

**OVERTRAINING?**

**Dear Rosa,**

I am 168 cm, 64 kg and approx 14% bodyfat. I am quite athletic in build but feel my thighs and glutes are letting me down. I have been training hamstrings separate from quads to try bring my legs up to speed. I have noticed some great results in the last four weeks, however a friend of mine mentioned I may be 'overtraining' them and I should be careful. I don't really understand this concept and I'm hoping you can advise me if I am doing the right or wrong thing? I'm wondering if I'm over-train-



ing should I just increase my cardio to increase definition in my legs, and ease off the weights? Or, am I okay with what I am doing currently? Any help you can give me would be greatly appreciated as I value your advice and always find your responses informative. Below is my weekly training split. I have entered the full workouts for legs so you can see what I'm doing.

**MONDAY: Shoulders**

30 minute cycling

**TUESDAY: Hamstrings**

30 minute cycling

Power squat: 4 sets x 5 reps

Stiff legged deadlift: 4 sets x 20 reps

45 degree leg press: 4 sets x 15 reps

Hamstring curl: 4 sets x 15 reps

**WEDNESDAY: Back**

30 minute cycling

**THURSDAY: Chest**

30 minute cycling

**FRIDAY: Quads**

30 minute cycling

Leg extension: 4 sets x 15 reps

45 degree leg press: 4 sets x 15 reps

Hack squat: 4 sets x 15 reps  
Lunges: 4 sets x 20 each leg

Standing calf raise: 4 sets x 30 reps

**SATURDAY: Biceps and Triceps**

30 minute cycling

**SUNDAY: Rest**

Thanks in advance,

**Emily,  
NSW**

*Hi Emily,  
From what I can see you are doing a great job with your workouts and if the results are good, then why change?*

*I believe our bodies are all different and we need to find techniques and concepts that work for each and every one of us. I don't believe you are overtraining at*



*all. Legs are a big muscle group and we need to work them hard. I do believe that you should change your workouts every six weeks in order to keep things moving and changes progressing. This way we don't become accustomed to the same exercises. The body needs to be shocked so that results occur.*

*What I would recommend is incorporating some track workouts into your routine comprising of plyometric squat jumps and sprints. This will definitely bring the legs down and help transform your body into a more streamlined 'Figure' physique. Try doing this once a week then increase to two.*

*I would also advise doing interval cardio sessions. High Intensity Interval Training (HIIT) works better for fat loss because when you do a cardio session at the same pace the whole time, your body goes into what is called steady state. This means that your body has adjusted itself to the speed you are going and tries hard to conserve energy (calories). You will be able to avoid this and burn more calories*

and fat by doing the interval training. Keep in mind that your diet also plays a huge part in achieving your goals. A well-balanced and lean diet will speed the process up significantly so make sure you keep a close eye on this as well. Good luck girl and well done. I'm impressed!

Good luck,  
Rosa

**FIGURE COMPETITIONS**  
**Hi Rosa,**

My name is Jessica Watkins and I've just moved to Perth from New Zealand. Prior to leaving New Zealand I had started training for Figure competitions and had a wonderful personal trainer who knew everything about bodybuilding named Kay. But being over in Perth, I have noticed that most of the competitions are held in the eastern states and really don't know where to start to find all the information that I am after for Australia.

Could you point me in the right direction? I have joined a gym but just need more help trying to find where to head next! Love your work by the way!

Thanks,  
**Jessica Watkins,**  
Perth

Hi Jessica,  
Welcome to Australia and beautiful sunny Perth. Believe it or not some of our best athletes come from Perth and there are some wonderful people close by who will definitely be able to help you get started and progress forward with your career.

Daniela O'Mara is an IFBB Fitness professional who lives in Perth with her husband Michael. Together they promote the IFBB and put on some wonderful shows. I am sure they would be delighted to help you out. I also train girls online through my website at [www.fitrose.com](http://www.fitrose.com). All of the packages available online include all diets and workouts for the

entire duration as well as updates and changes to ensure you reach your optimum. Many of my clients are actually interstate or international!

Online training is a fantastic approach to getting fit and looking great as it enables each client to train at their leisure whilst still receiving a personal and individual training experience. I am proud to be ranked in the top ten in the world of professional 'Figure' and sharing my knowledge and seeing others benefit from my twenty years experience, brings me much joy and satisfaction. I hope I've managed to shed some light Jessica. If you have any further questions please do not hesitate to e-mail me: [rose@fitrose.com](mailto:rose@fitrose.com).

Good luck,  
Rosa M&F

Rosa-Maria Romero is Australia's most successful figure competitor and looks forward to answering all your questions! Email your questions now to: [rose@fitrose.com](mailto:rose@fitrose.com)

