



# DEAR ROSA

ROSA-MARIA, AUSTRALIA'S MOST SUCCESSFUL FIGURE COMPETITOR, IS DELIGHTED TO HAVE JOINED THE TEAM AT MUSCLE & FITNESS AND LOOKS FORWARD TO ANSWERING ALL YOUR QUESTIONS! EMAIL YOUR QUESTIONS NOW TO: [ROSE@FITROSE.COM](mailto:ROSE@FITROSE.COM)

## AMAZING ABS!

Dear Rosa,

You have amazing abs and I'd love to know what your secret is. I'm a Figure competitor and I've been training now for six years. I am quite happy with my body although I'm disappointed with my midsection. I just can't seem to get it tight enough let alone defined. I also seem to carry extra bodyfat in the lower section of my abs which is frustrating considering how much I train. Could you please help me out?

Cathy,  
Perth

Hi Cathy,

It could be a combination of many things such as diet, training techniques and/or cardio to name but a few. You should be taking a close look at your diet first of all. Are you eating too many carbohydrates? How often are you eating? Your diet is just as important as your training so make sure you are not neglecting that. Be careful with sauces, as many of the items you find on the shelf at your local supermarket are packed with sugar

and all sorts of fattening ingredients. I like to keep my meals nice and simple and will generally use fresh herbs and spices. Ensure you are eating every two to three hours so that your metabolism is working fast and burning the required calories.

Now for your training. How long has it been since you changed your abdominal exercises? I have a feeling it may be quite some time or perhaps you have run out of ideas. Let me share some of my favourite exercises with you.

**Floor Crunch** Try these but be nice and slow, controlling the movement. Feel it burn as you isolate the muscle group. You may also use a 5 kg plate either holding it on your chest or behind your neck.

**Hip tuck on stability ball** In a push-up position with your shins on the ball, roll your knees into your chest while tucking your hips up into the air, extend back out to your push-up position.

**Stability ball pass** Pass the ball from hands to lower legs at each crunch.

**Roman chair leg raise**

**Rope pulldown**

**Reverse crunch** Push your feet up towards the ceiling.

**Leg raise** Try straight legs and don't swing but lift and hold!

Hope this helps Cathy! Keep me posted!

Good luck,  
Rosa

## EXERCISE CONFUSION

Hi Rosa,

I need to build some serious muscle but I have no idea what exercises to do in order to achieve the look I'm after. As you know, there are so many different exercises you can do for each bodypart and everyone I speak to gives me a different opinion. I am new to the gym and totally confused to say the least! Please give me some insight into what basic exercises are best.

Samantha,  
NSW



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AUSTRALIAN  
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Milan



#### CHEST

Flat dumbbell bench press

Incline dumbbell press

Cable crossover

Push-up

#### SHOULDERS

Seated shoulder press

Standing dumbbell front raise

Bent-over rear delt

Upright row

#### BACK

Wide-grip pull-up

Wide-grip lat pulldown

Close-grip seated row

Bent-over dumbbell row

#### BICEPS

Straight-bar biceps curl

Single-arm seated biceps curl

Preacher curl

Hammer curl

#### TRICEPS

Dumbbell overhead press

Kickback

Skull crusher

Triceps push-up

#### LEGS

Squat

Lunge

Leg press

Leg extension

*Remember to change your programme every 6 to 8 weeks so that your body does not become accustomed to the same exercises. This way you can be sure to see changes and encourage maximum growth. Have fun!*

*Good luck, Rosa*

## REDUCE CELLULITE

Dear Rosa,

People often tell me I have a great body but little do they know I carry quite a bit of cellulite. I have tried absolutely everything (I think) to get rid of the dimples but nothing seems to work. Your legs are unbelievable and I would die for them! Have you any tips for me and how can I reduce the appearance of cellulite?

Pam,  
Castle Hill,  
NSW

*Hi Pam,  
Please don't feel negative. This is a common problem for a lot of women so you are*

*Hi Samantha,  
Welcome to the world of bodybuilding! So many exercises, so much you can do and the results are endless! Okay, I'm going to go through all the basic bodyparts and provide you with four of the most commonly used exercises for each. Hopefully, this will point you in the right direction and get you started*

*in the gym as soon as possible. I do think you should see a trainer though, and have them put a basic training programme together for you. This way your training days will be structured and you'll have a routine going in no time. The sooner you feel comfortable with your programme, the more enjoyable your workouts will be.*

# IFBB PRO FIGURE COMPETITOR

Cover Model, TV Presenter, Personal Trainer

Rosa-Maria Romero



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definitely not alone. About 90% of all women have some form of cellulite on their thighs or backside. It could be heredity or just a lack of exercise, even a diet that is high in fat, perhaps a combination of them all. The appearance of cellulite is caused when the fibrous tissue just below the skin forms pockets. These pockets fill up with fat deposits that bulge and produce the bumpy appearance that we call cellulite. The more fat you have, the more visible it is. It's believed cellulite is a combination of water, fat and toxic waste that the body has failed to get rid of. The best way to reduce cellulite is to combine a low fat diet with exercise including weights and cardio. Strength training increases muscle tone and decreases bodyfat. Squats, lunges and leg presses are all a MUST and should be included in your training programme in order to reduce the signs. Keep your reps nice and high at around 15 to 20. I would also complete a minimum of six exercises for legs, as this is a large muscle group. I sometimes split my leg workouts into two parts – quads and hamstrings/glutes, performing these on separate days. It would look something like this:

#### QUADS

**Single leg press** (foot low on platform)

**Step down** (start on top of a bench, with one leg behind you, slowly lower yourself down, barely touch the floor and drive back up to your starting position)

#### Leg extension

**Leg press** (feet wide and low on the platform)

#### HAMSTRINGS/GLUTES

**Olympic bar lunge**

**Single leg press**

(foot high on platform)



GARY PHILLIPS

**Lying hamstring curl**  
**Butt blaster/hack squat**  
**Seated hamstring curl**

*I normally do four sets for each exercise. You can never go hard enough on legs – make them burn. I also make sure to complete*

*around 45 minutes cardio a day. A combination of weights and cardio will work wonders and you will be amazed just how good you'll look and feel.*

*Good luck,  
Rosa M&F*