

NEW ZEALAND

# fitness

February / March 2009  
No 95

*Live the lifestyle*

**YOU TOO  
CAN LOOK  
THIS GOOD**

Rose reveals all

**PHYSICAL  
ATTRACTION**

Meeting up  
in the gym

**CYCLE TOUR**  
to test your stamina

**Running**

Everything you  
need to know  
before your  
big race

**FITNESS  
FASHION**

For working out,  
dancing and  
on the beach



NZ \$8.40 (incl GST)  
AUST \$8.40

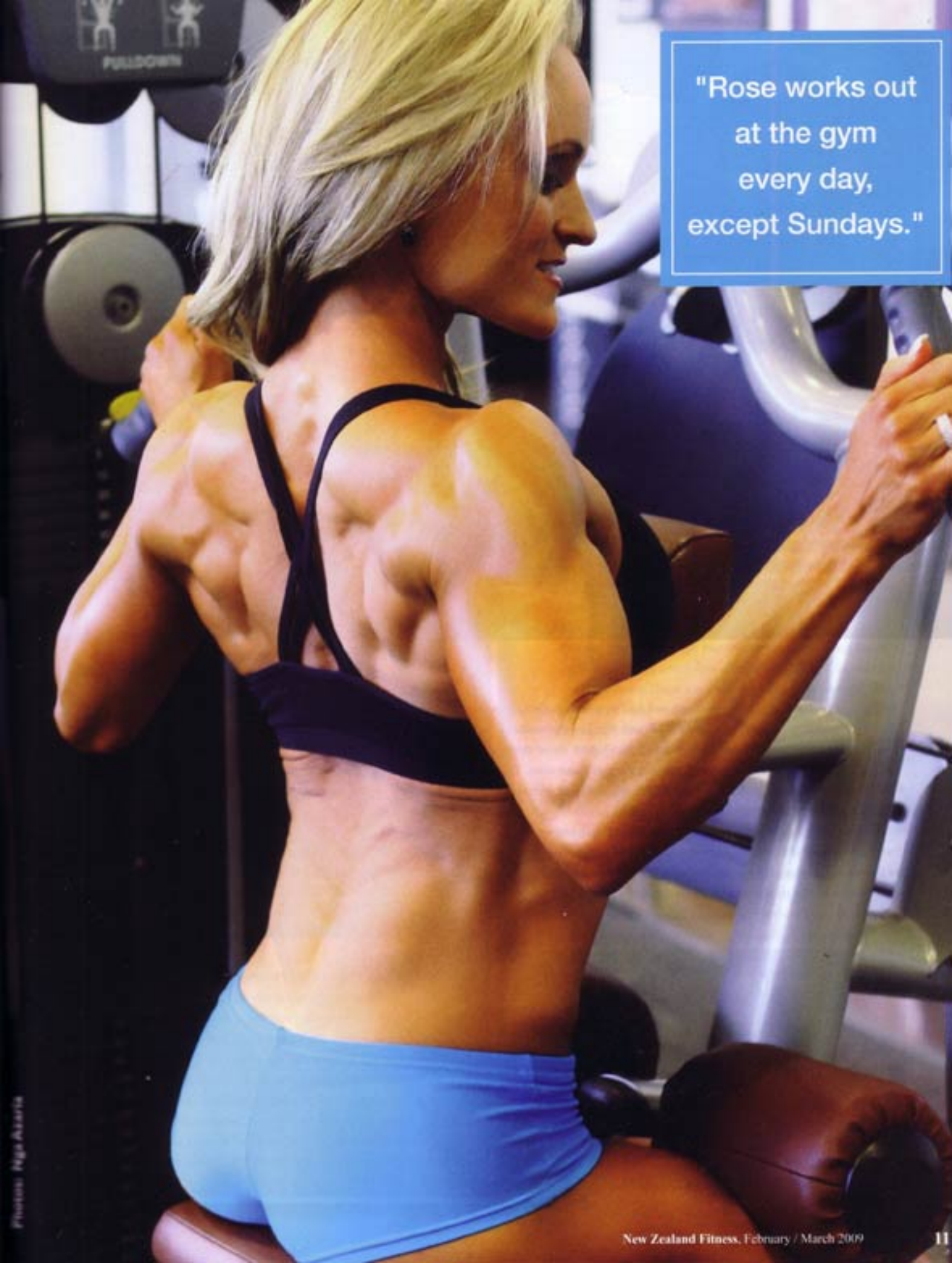


# The secret on *how to* **look this good**

Rosa-Maria Romero is a mother of two, a television presenter for fitness products, a long haul flight attendant, a personal trainer, a body building judge and the number one pro figure body building athlete in Australasia.

She also happens to look absolutely amazing, writes

**LORRAINE THOMSON.**



"Rose works out  
at the gym  
every day,  
except Sundays."



Rose hopes to qualify for Figure Olympia when she competes at the Pro Figure Show in Auckland.

**R**osa-Maria, or Rose for short, will be flying into Auckland to compete at the New Zealand / South Pacific International Federation of Body Building (IFBB) Pro Figure show this year. I should at this stage say that Rose is Australian. This will not be her first trip to Auckland, however, as she flies in often in her part-time job as a flight attendant.

"Having several jobs keeps Rose, 33, on the go, but rather than look tired and stressed, Rose is a picture of health. A lot of this has to do with her daily diet and workout regime, which she is happy to share with **New Zealand Fitness**.

#### Rose's weekly gym workouts:

Monday:	Chest, triceps, abs.
Tuesday:	Quads, calves.
Wednesday:	Back, biceps, abs.
Thursday:	Shoulders.
Friday:	Hamstrings, calves, abs.
Saturday:	Back.
Sunday:	Day off!

#### Rose's weekly diet:

8-10 egg whites, 1 whey protein shake 40g, 1/2 cup oats, 185g tuna, 1 cup sweet potato, 8-10 almonds, 140g chicken breast, 1 cup brown rice, 1 cup steamed mixed vegetables, 130g lean red meat, two cups steamed veggies, 1/2 cup basmati rice, 1 x whey protein shake 30g, two rice cakes with peanut butter, 1 tablespoon ground flax seeds, 240g white fish, two cups steamed green veggies, 1 x whey protein shake, 1/2 cup oats.

"I follow a strict diet from Monday through to Saturday and have a free day on Sundays where I enjoy all the foods I love including dessert! I find this helps me stay focused throughout the week.

So if you can follow the above strict diet [no cheating] and work out at the gym every day for at least an hour at a time, focusing on different body parts, you too can look like Rose. Maybe you would like to take up body building as well?

Rose hopes to qualify for Figure Olympia when she competes in Auckland and so will be "looking my all time best!"

In competitions she never thinks about who is competing or who is a threat.

"One thing I have grown to learn since turning pro is that we are not competing against each other, but competing against the judges. Placings vary from show to show and it really boils down to what the judges are looking for on that particular day."

An example of this was when Rose placed 16th in Atlantic City and then went on to place sixth at the IFBB Tournament of Champions in Anaheim, one week later. This was the highest placing in her professional career and the highest placing ever by an Australian or New Zealand professional figure athlete.

After the New Zealand Pro, Rose will be focusing on her next shows in April and May – the Europa Show of Champions in Florida and the California Pro in Culver City.

As a personal trainer, she trains clients both online and face-to-face at Titan Fitness Centres in Rockdale and Kensington [Sydney]. Her number of online clients these days exceeds her face-to-face.



"My trainer and husband Sam would love to see me grace the Olympia stage and together we are working toward making that happen."

"One of my top clients, Markeeta Maletz, lives in another state. I have trained her online for the last two years and recently she placed second at the World Championships."

Rose is a firm believer, if you put in the hard yards, you will succeed in achieving your dreams and aspirations. And this has carried over to her television presenting work.

She currently works for Foxtel and TVSN, as well as the Kerryanne Show on Channel Nine in Australia. She presents fitness and beauty products and was also on Danoz Direct, where she was labelled the Ab King girl.

When at home, Rose is mum to two beautiful boys, Dylan (8) and Jaime (6). Her husband Sam Iliopoulos, used to compete but is now retired. The last time he competed was in 2006, but he still trains six days a week and is also in "phenomenal shape".

Sam and Rose won the Australian Mixed Pairs Title in 2006 and he is her number one fan / supporter and also her trainer.

"He would love to see me grace the Olympia stage and together we are working toward making that happen."bursting hill climbing 86km to St Arnaud.

**Rose placed sixth at the IFBB Tournament of Champions, – the highest placing ever by an Australian or New Zealand professional figure athlete.**