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bodysuit Victoria Beckham

ROSA

ROSA SALAZAR IS LONG OVERDUE FOR A VACATION. FOR THE LAST DECADE, THE ACTRESS TURNED DIRECTOR - SOON TO BE MUSICIAN HAS BEEN A RELENTLESS POWERHOUSE IN THE ACTING REALM, APPEARING IN TITLES SUCH AS THE *MAZE RUNNER* SERIES, NETFLIX'S *BIRD BOX*, AND JAMES CAMERON'S UPCOMING CYBERPUNK FILM, *ALITA: BATTLE ANGEL*. DESPITE HOW EXHAUSTIVE HER SCHEDULE MAY BE THOUGH, SALAZAR ISN'T LOOKING TO SLOW DOWN ANYTIME SOON.

I caught up with Rosa while she was over in New Zealand, to chat about her newfound religion in martial arts, and the step-by-step process of going to an audition.

On a scale from one to ten, how hard was it preparing for this role? Oh, I would have to say (pauses) well the physical aspect I would have to say, a ten. It was constant, about two and a half to three hours everyday, mostly everyday of mixed martial arts training. We did staff work, some Kung Fu, Eagle Crawl forms, Muay Thai. It was pretty physically exhausting, and tough because you're constantly hitting these limitations of what your body can do, and then having to exceed those limitations. It's mentally and physically pretty challenging. But it was nice to develop that kind of determination at something that's really, really, hard, something that people train their whole lives to achieve, and it's become somewhat of a religion for me now. I still train to this day.

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