

Bodilicious

Television stars are flaunting fab abs, rippling muscles and looking fitter than before. *AT* gives you a ringside

KIRTI SETHI
Times News Network

You thought only big screen dudes had six-pack abs and rippling muscles? Wrong! Take a closer look at the posterboys of the soap box and you'll see them make the adrenaline rush with fab abs, cool tattoos, shirtless scenes! Every male heartthrob, from Ronit Roy, Hussain Kuwajerwala, Karan Hukku, Iqbal Khan to Saurabh Panday and Karan Singh Grover seem to be taking their fitness regime seriously and are sweating it out at gyms, pumping iron and flaunting their well-toned bodies.

On stage shows and awards nights,

small screen's male stars are sure giving their 70mm counterparts a run for their physique (pun intended). Fitness is at such a premium that even Ekta Kapoor has asked actors like Hiten Tejwani, Shabbir Ahluwalia and Chetan Hansraj to get 'gym toned' bodies for her new magnum opus soap opera.

Ronit Roy at 42, has just shed a few kilos and is look-

ing trimmer and fitter than ever. Actor Mohit Mallik even took off his shirt for a scene in a prime time daily. Karan Singh Grover and Hussain have made the *ganjee* something of a

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style statement as they flaunt their

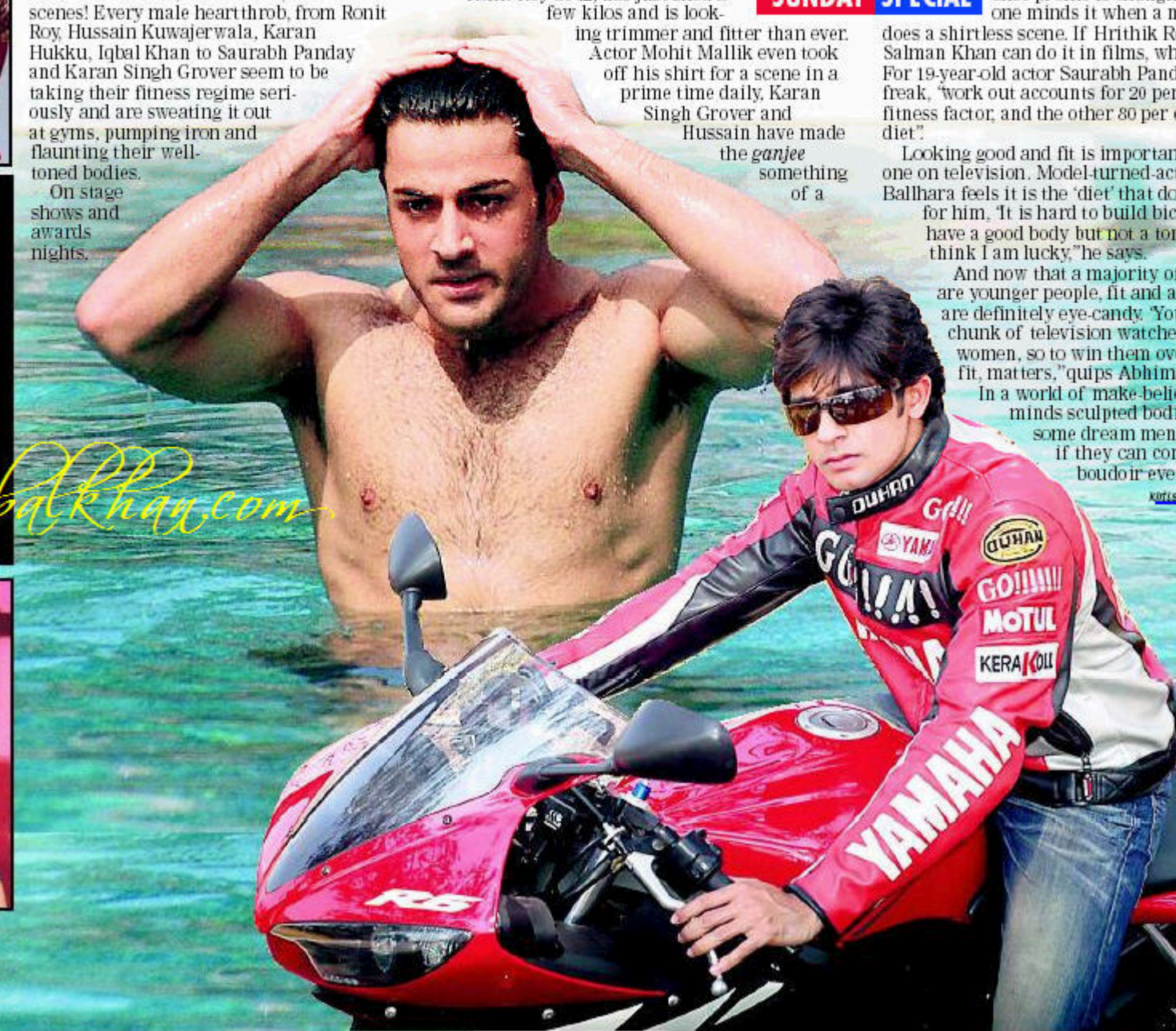
Flaunting toned bodies is new for actors and some of them told us it's not easy to stay in shape, given the demanding nature of their work. Chetan hits the gym daily, usually in the morning and works out for 45 minutes.

He says, "Even the television industry profile is changing. It's not just the male minds it when a male actor does a shirtless scene. If Hrithik Roshan and Salman Khan can do it in films, why can't we? For 19-year-old actor Saurabh Panday, fitness is a freak, "work out accounts for 20 per cent of my fitness factor, and the other 80 per cent is diet".

Looking good and fit is important for actors on television. Model-turned-actor Abhinav Ballhara feels it is the 'diet' that does it for him. "It is hard to build a good body but not a ton. I think I am lucky," he says.

And now that a majority of actors are younger people, fit and athletic, they are definitely eye-candy. "You can't be a chunk of television watching women, so to win them over, fitness matters," quips Abhinav.

In a world of make-believe, where minds sculpted bodies are some dream men, it's not surprising if they can corner the boudoir eye



Mohit Mallik, Abhinav Ballhara, Iqbal Khan, Ronit Roy, (right) Hussain Kuwajerwala, Karan Hukku

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