

TV STAR TRAIL

Iqbal Khan gets candid about his fitness regime

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My workout regime...

I workout six days a week and concentrate on one body part at a time. Before workout I jog for ten minutes and after workout I walk for five minutes.

My happiness quotient...

There are lots but nothing very specific.

My daily diet...

I eat normally and make sure that I don't over eat. I eat regularly and at the right time. I am a simple 'dal-roti' kinda guy. I don't restrict myself too much as far as my diet is concerned but I try and avoid sweets and fried stuff.

On a rainy day, my idea of a workout would be...

Oh, a rainy day is just another day. Though I would like to use that as an excuse, we are in an industry, which is dictated by the way we look.

My idea of relaxation...

Getting enough sleep.



Size zero to you is...



It is nothing. I have heard of size 1, 2, 3... and give me the numbers anyday to a zero. It's passé and unhealthy.

At the moment, I crave for...

Hot chocolate fudge, brownies and ice-cream.

A lifestyle change I'm trying to make...

I'm pretty much on track and there's nothing that needs to be worked on. There's discipline and I attribute that to the profession that I am in.