

## CELEB PICK: Samurai sword fighting, ballroom dancing...



**IQBAL KHAN** [www.miqbalkhan.com](http://www.miqbalkhan.com)

*TV Actor*

A combo of

**CARDIO AND**

**WEIGHT**

**TRAINING** keeps

me upbeat,

*tones my*

*body, increases stamina*

and helps me stay fit.