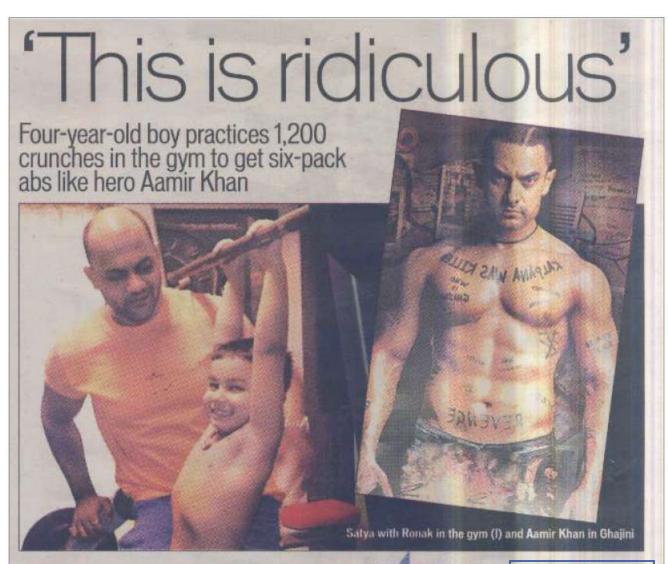
Hindustan Times - HT Café



Aroma Sah

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idiculous. That is how medical experts describe news about a four-year-old in Mumbai being gym-trained by a celebrity fitness instructor.

The young boy, Ronak Vitha, apparently got "inspired" by actor Aamir Khan's six pack abs in the movie Ghajini when he was barely two-and-a-half.

His parents, noticed his 'talent' at doing 50 push-ups in one go and encouraged him to do more. "After watching Aamir's body, Ronak got inspired and within a few months, started doing 300-400 push ups. Now, at four years and three months of age, he can do 1,000 to 1,200 in one go," says Atul Vitha, his father. The parents then took him for formal training to Satyajit Chaurasia aka Satya, the instructor who trained Aamir.

"Ronak's parents asked me to train him. I couldn't believe that a child that young could do 400 dips. I have never trained a child and this was a challenge," says Satya, adding that Ronak has a "superb growth struc-

ture". Now, Ronak visits Satya's gym thrice a week, where he works out for an hour without weight training.

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"This is ridiculous. A kid of that
age is just not designed for regular

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- Fittoss trainer Satyajit Chaurasia exercise," says Dr Rajiv Chhabra, head pediatrician, Artemis Health Institute.

Dr Rahul Nagpal, HOD, Pediatries, Max Healthcare, adds, "He may undergo 'exer cise exhaustion'." "If the energy intake is diverted to the muscles, his vital organs can get affected. I'd warn the parents,"

The parents, however, are happy

to see their kid sweat it out.
"Ronak is our only child and we see his capability as God's gift.
Satya doesn't even charge us," says Vitha.