

'This is ridiculous'

Four-year-old boy practices 1,200 crunches in the gym to get six-pack abs like hero Aamir Khan



Satya with Ronak in the gym (l) and Aamir Khan in Ghajini

Aroma Sah

aroma.sah@hindustantimes.com

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

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

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- Fitness trainer Satyajit Chaurasia

exercise," says Dr Rajiv Chhabra, head pediatrician, Artemis Health Institute.

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

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.