



TU CHALA, MAIN AAYA: Upen Patel with trainer Anmol.
PIC/ SAYED SAMEER ABEDI

...a Hardtail for Anmol

Upen buys costly bike for trainer, who pedals while the actor runs

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Upen Patel's trainer Anmol (who also works at Gold's Gym, Bandra) was shocked when Upen gifted him a Scott Aspect 45 Mountain Bike (Hardtail) worth ₹350 (Rs 30000).

Bhaaga bhaaga sa

Says Upen, "When I went to LA this year and met up with a couple of fitness instructors, they advised me to go on a particular diet and do an exercise regime. I bought Anmol a Scott Aspect 45 Mountain Bike, which has thick, knobby tyres and lots of gears. They are solid comfortable bicycles that are built to take the rough with the smooth and are designed mainly for off-road use. My training schedule involves waking up at 5 am every day for a run following Anmol on the bike. We have

been training for two months for a couple of hours daily."

Diet talk

Upen has also been following a rigorous high protein diet to get into leaner, tougher shape. "I drink four litres of water every day first thing in the morning, followed by six whole eggs, four toasts and orange juice. During my workout, I consume two litres of water and after working out, a protein shake and four bananas. Lunch is salad and half a steamed chicken while dinner is a full steamed chicken or raw fish and two litres of water just before going to bed. I am in bed by 10 pm as I get up early but before sleeping I eat a fruit salad and a protein shake. I used to do lots of cardio and weights earlier but I found the exercise boring so now I follow the jogging routine. Early morning, it's cooler, the roads are emptier and much more fun."

Upen says he's made his mother very happy with his exercise regime. "I am more focused, have more stamina and have the whole day to myself. My mum, who came down to visit me, was very happy on seeing the new me. I want to reinvent my whole look."