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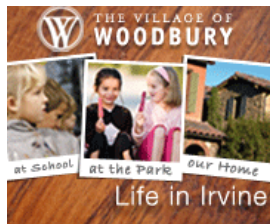


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#### YOUNG SUCCESS STORIES

Published: May 01, 2009

## 40 Under 40 Web extra

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#### SARINA JAIN

**Creator and founder of the Masala Bhangra Workout**  
(She's also known as "The Jane Fonda of India.")

Sarina Jain has come a long way since teaching fitness classes in Orange County more than 19 years ago. Today, Jain travels from Newport Beach to New York City as an international television and radio personality, sharing her knowledge with the world. Jain's fitness plans and music videos have been featured on Exercise TV and NBC's "Today" show, among other major broadcasts. She is the first to introduce Indian dance into an aerobic exercise.



#### Most important lesson learned:

Never give up! There will be copycats, but if you are a creator, you will always be a leader!

#### Next big step:

I am training certified fitness instructors to teach [Masala Bhangra](#) in all the fitness facilities throughout the world. Masala Bhangra Workout is a certified fitness program, and it is becoming very popular worldwide! I am the first to introduce Indian dance to the U.S. fitness industry at a global level, and I would love to work toward an infomercial.

#### Advice for other young professionals:

If you are going to start something on your own, have the full confidence to make it happen, and don't let anyone stop you. Also, have a backup plan, since you never know what curve balls will be thrown at you.

#### What you do for fun:

Travel! I love learning about new cultures. Reading – currently, I am reading "Shantaram."

#### If you could have dinner with anyone – alive or dead – who would it be and why?

I would love to have dinner with either Madonna or Angelina Jolie, both for the same reasons. These two women are so powerful. They created their own pathways, their own destiny. I would love to meet with them and ask them how they got to be where they are today. I love what these two stand for.



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Brandon Hall, Tom Leahy & Jake Klobberdanz | Nichole Carroll  
Taite Bergin | Michael Carroll | Ryan Steelberg | Scott Graham  
Heidi Steele | Robert Pagliarini | Ari Benowitz | Scott Nguyen  
Jennifer Backhaus | Jason Koch & Newt Morris IV  
Steve Economos | Michael Avenatti | Anthony Dever  
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