



Dance till you drop... your weight

International fitness icon Sarina Jain—known as the Jane Fonda of India—has swept the globe with her unique *Masala Bhangra* Workout. This modernised high-intensity folk dance of *bhangra*, that combines the exhilaration of Bollywood moves, salsa and hiphop, burns your calories too. Rachna Virdi learns how to stomp, clap, sweat and get into the groove!

BASIC Step

1. With arms out like a 'W' and hands turning the light bulbs, step with right heel.
2. Move to left heel and repeat (right heel, left heel, right heel, left heel).
3. The shoulders will move up and down—as if you are saying, 'I don't know'.

STAR FACTOR: This step works your deltoids and your legs. It also keeps your heart rate steady—a good step to catch your breath—very similar to marching in place.



BHANGRA Slide

1. Slide to the right side four times and then slide to the left side four times.
2. Extend the right arm up in the air following the right leg and then the left arm up in the air following the left leg.
3. The arm is calling out to the music while moving the shoulder up and down.

STAR FACTOR: It works the side of your legs, lateral movement and your deltoids.



1. Raise your right leg to 45° and bend forward, moving arms as if hitting a *dhhol* (drum) with your right hand going down first and left hand going up.
2. Repeat this motion four times and then switch to the left leg with your left knee at 45°.
3. The right arm is up and left arm is down. As your shoulder shrugs down, tap your left foot and scoop and 'turn light bulbs' with both hands.

STAR FACTOR: This step works your hamstrings, glutes, quads, deltoids, triceps and your core for balance.

DHOL Beat



BHANGRA

Kick

1. Face forward and lean right with right arm down and left arm raised up.
 2. Kick right leg out (like a soccer ball) with arms following, kicking legs together two times.
 3. Repeat two times on the other side.
- OPTIONAL:** Arms are out shoulder-width apart creating a 'W'.
- STAR FACTOR:** This step works your hamstrings, glutes, quads, deltoids, triceps, and your core for balance, mainly your obliques.



HAREEPA

1. The hips will move to the right side four or eight times and then back to the left side.
 2. The arms are up in the air following the hips to each side. Pretend that you're holding scarves in your hands (like shown in the pic).
- STAR FACTOR:** This step works your abs, glutes, and quads.





BHANGRA Squat

1. The arms are out shoulder-width apart creating a 'W' or an 'L'.
 2. Squat down and then spring back up with arms continuously raised.
 3. Make sure the knees and the toes are parallel. Arch the back and tuck your abs in a proper form.
 4. Squatting can be done according to your comfort level.
- STAR FACTOR:** This step works your glutes and quads, and your deltoids.



BHANGRA Chicken Arms

1. The right leg hits the ground four times with arms moving ever so slightly like a chicken.
 2. Repeat on the left side.
- STAR FACTOR:** This step works your hamstrings, glutes, quads, inner thighs, calves, deltoids, triceps and your core for balance, mainly obliques.



POWER Bhangra

1. With legs shoulder-width apart, hop forward with hands swinging in the direction of legs.
 2. Repeat motion forward and then back.
 3. Flip your wrists back and forth as if you have handkerchiefs tied around your index fingers and they are going back and forth.
- STAR FACTOR:** This step works your calves, deltoids, triceps, biceps and core.

BHANGRA Groove

1. The legs are out a little wider than shoulder-width apart.
 2. The right shoulder is leading the entire body to move in any direction.
 3. Use the pelvic muscles to move up as you pop the right shoulder forward.
- STAR FACTOR:** This step works your quads and abs—a great move to work your abs and obliques!

IMPORTANT facts



■ Sarina has combined the influences from her Indian heritage with 19 years of experience as a US certified fitness instructor to create an exotic and intense calorie-burning cultural dance workout.

■ The *Masala Bhangra Workout* proudly holds claim to be the first-ever introduction of Indian dance to the global fitness scene, and to be certified by American Fitness Boards.

■ The name, *Masala Bhangra Workout*, is as much fun as it is rigorous (burning over 500 calories per workout), and is suitable for people of all ages and fitness levels.

■ It can be done in the privacy of your home, or in one of the many classes scheduled across the US.

■ The celebrities drawn to the *Masala Bhangra Workout* are Paulina Porizkova (former supermodel and judge on *America's Next Top Model*) and Deepak Chopra (leading mind, body, spirit guru and writer of *Ageless Body, Timeless Mind*) among others.

■ The programme was recently featured on Oprah's *The Dr Oz Show*.



BHANGRA Love

1. Begin standing upright and facing forward.
2. Step forward with the right leg and your left arm out.
3. Step forward with left leg and your right arm out.
4. You'll fall in love while doing this move.

STAR FACTOR: This step works your triceps, biceps and deltoids—a great step to cool down with.

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