

the Masala Bhangra® workout

Spice up your workout!

The Masala Bhangra Workout® is a high-energy, non-stop cardio dance program that burns calories, provides overall toning, and builds stamina by combining dynamic bhangra steps with dramatic Bollywood moves. This unique workout is the first introduction of Indian dance to the global fitness industry to be accredited by ACE® and AFAA®. Its easy-to-follow format makes it fun for everyone to enjoy!



FOR MORE DETAILS:

www.masaladance.com

 The Masala Bhangra Workout

 @masalabhanga, @sarinajain

Sarina Jain, creator and founder of the Masala Bhangra Workout® is an international fitness icon often referred to as the “Indian Jane Fonda.” A certified fitness instructor and choreographer for over 20 years, she is a pioneer in bringing Indian dance to the global market. She has over 10 workout videos under her belt and together with her team of Masala Bhangra® Ambassadors motivates students in over 15 countries around the world to dance their way to fitness! Balle! Balle!

