

#16

SURPRISING
SUPERPHYSIQUESameer Khan, 30
MNC executiveSTOP
TIME
AT 25!

Sameer Khan has taken the journey from fit to fat and back. His ground rule: Time is precious. Stop wasting it

Words: Aashmita Nayar Photography: Manpreet Singh

Rebellion: Anger, aggression, negativity. Right? Wrong. If you've upgraded your Blackberry, your Notebook and your manual car to an automatic, upgrade your understanding. Rebellion breeds determination. And determina-

tion reaps possibility. Gurgaon-based Sameer Khan is a rebel—a rebel against time and it shows on his face. At the age of 30, he looks 24. Looking six years younger is his achievement. Still think rebellion is something worth burying in your teens?

Sports is like military training. It disciplines you for life!

HIDE YOUR AGE

Easier said than done. Some people are structured to look younger, while others have to invest in a daily dose of synthetic products that may or may not give results. Natural cure: Start early. "I spent most of my childhood in Saudi Arabia, where we were accustomed to playing basketball or soccer in a 50°C environment," recalls Sameer. "Today, as I continue to shoot hoops in the increasingly hot summers, I am grateful to have one less excuse to avoid my training. As a child, you do not want to give up running after a ball even if your legs are crying out in pain. As an adult, you should remember that lesson. Sports is like military training. It disciplines you for life."

FIND A MENTOR

"The Bull worker was my dad's exercise plaything. It didn't do much for his or my physique, but that image of my dad (a fit guy) inspired me enough," says Sameer. "I joined a gym after that without any knowledge of working out, dreaming to make an entry into college, but I ended up with a weight gain, a dislocated shoulder and an injured right hand. Never underestimate the power of an education—in any field!"

CATCH YOUR
MOMENT(S)

Sameer's first step to chiseling his abs was taken when his older ex-colleagues told him how much older he looked to them. "Though people can be cruel with their words, listen up if they contain a grain of truth and channel it into success." The second blow was struck by his company's cricket club. "I couldn't even field for 20 minutes without my knees hurting!" The final nail in that flab's coffin was delivered by a future vision. "I want to be able to play with my kids without having to keel over for breath constantly."

"Don't get into lifting too much weight, it will just lead to injuries"

Apparel, shoes and watch, Sameer's own; Ford Endeavour

TAKE THE HIGH ROAD

"I joined a local gym which I still go to today despite the opening of many fancy gyms in the vicinity," says Sameer. "After all a 5kg plate is a 5kg plate, no matter where you lift it." Sameer has stuck to the same trainer and feels that no trainer is bad. "But don't settle for less than the best. And the best is someone who knows your body as well as you do."

LEAVE NO STONE UNTURNED

Sameer had to teach himself to use his left hand after his gymming accident. "It's difficult to imagine, let alone do, when you have been taught to use one hand," says Sameer. "I did it because I had no choice. Others should practice it as a skill. The patience you imbibe from teaching yourself will hold true when you're trying to meet a long-term goal."

HIT, DON'T MISS!

There is so much of contradicting information everywhere, especially online. Your best chance to success is a hit-and-miss method where the hits outbalance the misses. "Understand the logic and crack the science of the exercise that works for you and the diet that gives you what you need," says Sameer. "Wrench your body out of its comfort zone."

FINISH THE BIG TASKS

Sameer keeps his toughest and most disliked workout (legs) for the start of the week. "That way I don't have to think about it for the rest of the week," he says. "And on a Friday, when I'm the least motivated, I can concentrate on easier and enjoyable exercises. It's the same with timing. Finish your sessions in the morning. That way you don't have to center your day around them." Not only will this keep you motivated, it'll help you give a 100 per cent every time.

SHOULD YOUR SUV BE AN AUTOMATIC?

The obvious answer: No! After all, SUVs are about speed, power and agility, all qualities associated with swift-shifting gear drives. The Ford Endeavour, however, seems to change that. While there's no doubt about the fact that manual cars are fuel efficient and give you a greater sense of control, the automatic makes its own statement in terms of convenience, extreme condition sustainability and high comfort. Here are three reasons for you to make the shift.

1 Turbo-charged apps

Automatic transmissions can be more efficient than a manual when coupled with a turbo-charged diesel engine. The turbo boost in a manual is lost between gear changes while an automatic can shift faster, reducing the loss of turbo boost. The new Endeavour is powered with a 2.5L and a 3.0L Common rail Diesel (TDCi) power

trains, and Ford's Duratec TDCi engines are ideal for overtaking and off-roading or even hill driving. The 3.0L and the 2.5L TDCi models are capable of zero to 100kph acceleration in 14.3 seconds and 14.6 seconds respectively.

2 Stop-and-go driving

Given the situation of Indian traffic, the incessant engaging and disengaging of the clutch and consistent gear changing requires attention and acquires irritation. In an automatic, the driver can concentrate on steering and braking instead. One can simply put the car on

Park during a long wait and switch it back to Drive. The automatic transmission in the Endeavour has been calibrated to match the torque output of the TDCi engines with excellent shift quality and refinement. It's equipped with torque-sensing limited slip to maintain optimum torque balance for better drivability and handling.

3 Gear grinding

The popularity of clutch driving in India, besides being a pain in the foot has led to the problem of gear grinding. When the driver gets used to resting his feet on the clutch, in most situations, he does not press down completely. Thus he cannot change and shift gears smoothly and the gear system suffers, resulting in gears becoming stripped—which FYI cost more than just a pretty penny!



The Ford Endeavour tames the high tides of Goa beaches

Photos are a great way to keep a check on your body



EAT WHEN YOU LIKE

"It's simple: I eat when I'm hungry," says Sameer. But differentiate between hunger and pangs. Chew some gum and see how you feel first. "The last office hour is the worst.

By the time you're home, you can't resist stuffing yourself as a reward for a busy day. I eat something just before heading home, so I can waive off the temptation." It's all about making the best choices, not finding a way out, says Sameer. "When I go out, I scan the menu to see which food suits me the best."

DON'T WASTE TIME

Arm yourself with your iPod. "The music keeps you focused." Plus your earphones signal 'Do Not Disturb'. "I keep to myself to save on time, without letting my hard work go to waste," says Sameer. "I also look at my watch while working out to keep a constant reminder." ■■■

Surprising Superphysique is a column that celebrates regular guys whose commitment towards fitness is worth emulating