



## Kareena Kapoor: Salman Khan started the bodybuilding trend in India & Bollywood followed

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**K**areena Kapoor, who will next be seen romancing Arjun Kapoor in R Balki's unconventional romantic comedy, *Ki and Ka*, feels that Salman Khan started the trend of bodybuilding in India and the young actors in Bollywood are focusing more on their six pack abs than on acting.

In a group interaction with *Catch News*, the actress was asked her opinion on the current trend in Bollywood where almost every actor is intent on developing six pack or eight pack abs. This is what she said:

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"I think all the actors and actresses are busy making six pack and eight pack abs. I think very few people actually want to go out and act. I don't think there is any industry pressure to have six pack abs, but it is all a matter of choice. Of course some roles do demand such kind of body, and physical appearance is very important. Looking good is a part of our job, but that does not mean everyone should have a six pack abs."

The actress also feels that it is important for Salman Khan to sport this tough look as his roles demand such a physique.

"Of course Salman Khan started the trend of six pack abs in Bollywood, but he is fabulous. He is genetically brilliant. He looks good with that kind of body and the roles that he does require the kind of physique he has maintained over the years, but I don't know why everyone these days wants to have six pack abs with the toned look," explained Kareena.



Kareena Kapoor revealed that Akshay Kumar is one actor who has a great physique and looks good without the six pack abs.

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"I think Akshay Kumar is one person who has always maintained a great physique and has always looked good without the six pack abs," said Kareena

*Ki and Ka* is slated to release on 1 April 2016.

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Himesh Mankad is an entertainment journalist who has a B.Com degree from Narsee Monjee College, Mumbai. He prefers covering Bollywood and loves good stories and music. When not watching movies, he can be found on a cricket field strutting his stuff.



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