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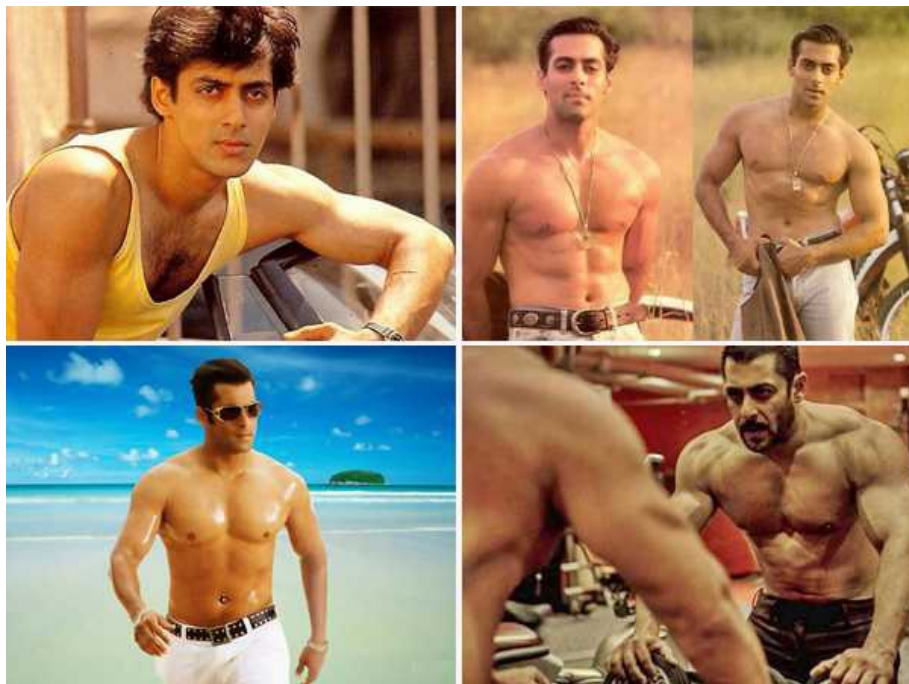
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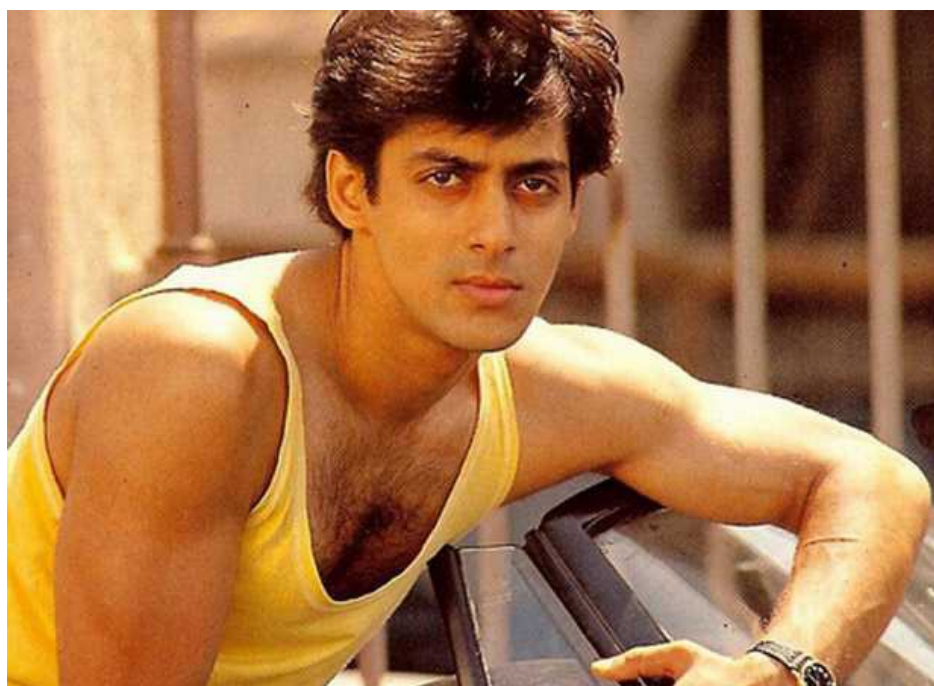
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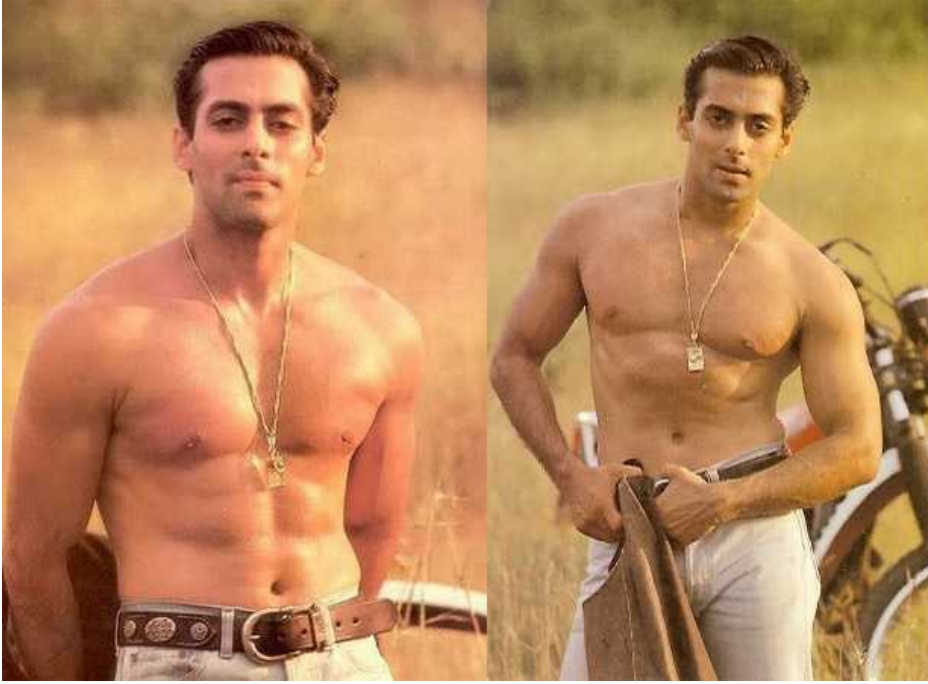


The man who launched a thousand gyms. Salman Khan has been famous for two things, apart from his films – his bodybuilding and his penchant for controversy. We're focusing on the original reason why he's considered the original He-Man of Hindi films. He's inspired generations of young Indian men to hit the gym, bulk up the muscles and get all macho. Even his latest avatar in Sultan has been inspirational. Just in the film, his bodily transformation of going from fit to fat to fab is spectacular to say the least. Here's a quick run through of Salman Khan's evolution as a bodybuilder. A chronicle of his body going from lean to hulking mean over a period of 28 years.



Lean machine

When he was young, Salman Khan had a lean and athletic physique. There were no bulging biceps; instead his frame was slender and nimble. Reportedly, he'd hit the gym when he was just 17 years old. Even in his first film *Biwi Ho Toh Aisi*, Salman had a shirtless scene. In *Maine Pyar Kiya* too, there were scenes where he was showing off his perfectly toned arms.



Young and chiseled

In the mid-nineties, Salman Khan was gunning for the action and fantasy genre. Movies like *Suryavanshi* featured him in Conan The Barbarian style avatar with less clothes and more bulging muscles. Then there were regular action flicks like *Jaagruti* and *Karan Arjun* where Salman Khan was the veritable image of machismo. It was during this phase that he acquired the chiseled abs and bulky biceps. The sight of him dancing to *Oh oh jane jaana* in *Pyaar Kiya Toh Darna kya* is a definitive memory of bhai's super body.



Broad swagger

In the early 2000s, Salman Khan's focus on bodybuilding shifted to getting a wider avatar. As his body got closer to forties and his frame grew, so did his focus on keeping fit. While everyone else was in the race for six packs and lean muscles, Salman Khan was into pumping up and getting those broad shoulders to impress. Films like *Chal Mere Bhai*, *Tere Naam* and *Partner* showcased his superhot body.



Bulking up

By the end of 2000s first decade and now well into his 40s, Salman Khan was into bulking up. The focus was no on massive arms and heavy chest muscles as opposed to an overall 'V' shaped frame. Movies like *Wanted* and *Veer* featured Salman Khan in

herculean avatars. Even though Salman Khan is only 5' 9" his massive and hulking physique made him look a lot bigger and meaner.



Defying age

Come 2016, well into the next decade of life, Salman Khan's focus on fitness and bodybuilding is now a lot more intense. It's not easy to look like a 30-year-old when you're 50, but that's exactly what he's achieved with his rigorous all-body workout. Movies like Jai Ho and the recent Sultan have featured Salman Khan in a super hot avatar. The muscle definition on his body looks a lot better than before.

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Aiyaary	17 Cr
Welcome to new york	3 Cr
Veerey Ki Wedding	3 Cr
Hate Story 4	3 Cr

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