



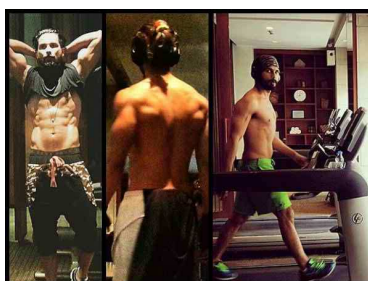
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Shahid Kapoor Workout Routine Gym Bicep Chest Exercise Fitness Plan Diet Chart Bodybuilding

## Shahid Kapoor Workout Routine Gym Bicep Chest Exercise Fitness Plan Diet Chart Bodybuilding

Are you ready for shahid kapoor Workout Routine Gym Bicep Chest Exercise Fitness Plan Diet Chart Bodybuilding details then must read further details. No matter whether it is about Ishq Vishq as the debut film or the journey till the movie Haider, Shahid Kapoor has made his body shape quite impressive and commendable. In Haider film Shahid Kapoor has completely transform his body and for that sake he has followed up with some strict workout and diet plan routine!

### shahid kapoor Workout Routine Gym Bicep Chest Exercise Fitness Plan Diet Chart Bodybuilding



#### Shahid Kapoor Workout Routine:

When it comes to the workout then the first choice of this actor has always remained as the exercise. He is a regular visitor to the gym too where he perform with some heavy and tough exercises. He loves to take the challenges not just in the films but even in the workout plans so he make sure that he keep on changing his workout plans after every week. His workout exercises are simply mixed with the balance between cardiovascular exercises in addition to weight training.

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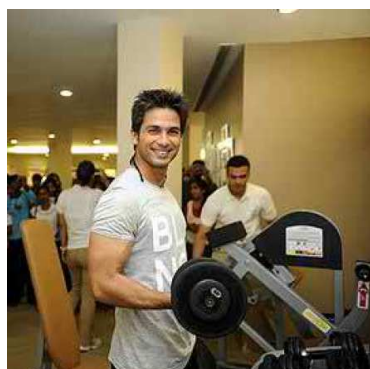


### **Review About Shahid Kapoor Diet:**

It is to be mentioned that few fans of Shahid Kapoor would be aware from the fact that this actor is a complete and strict vegetarian. This is the main reason that it is quite conscious about selecting with the meals. He takes maximum meat in his meal because it is just the provider of the proteins that are excellent for his body building and muscles. Plus he make sure one thing that his diet plans are rich not just with the proteins but with the vitamins and calcium boost up level.



- He keeps himself away from the oily, junk and fat based food items.
- His meals are usually included with the items of fruits, rice plus spinach and veggies.
- He takes 5 meals in a day that are divided into small portions. Sometimes the portions of the meals even depend upon his workout routine.



### **Shahid Kapoor Gym Routine:**

In seven days in a week he does various exercises each single day. At the start of the gym he does 15 minutes on the treadmill with the walk or running. After it he does with some dead lifts, flat bench flats and chin ups exercises. After taking small break he continues with the set 2 that is added wit the incline dumbbell as well as bent over barbell rows exercises. Well it might look tough to follow this workout and diet plan of Shahid Kapoor but just one try will make you learn that it is quite easy! Try it once!

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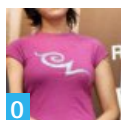
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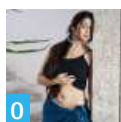
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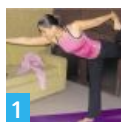
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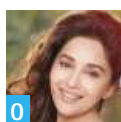
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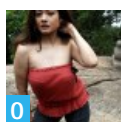
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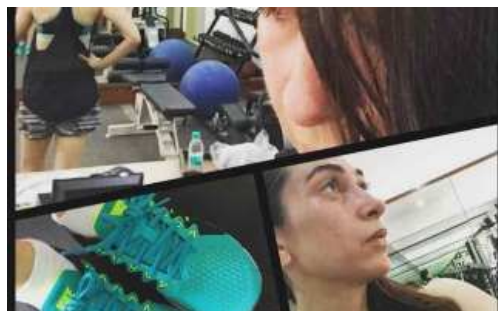
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