

# How these leaders aced their lockdown fitness challenge

Not to shy away from difficult situations, these bosses share how they stayed in shape while stuck at home

### Single focus Greg Moran

CEO, Zoomcar  
"During the lockdown, I have managed to master single-leg burpees. It's important to have a defined schedule and stick to it. I ensure that I block out some time during the day for exercise. I work out at home daily with various bodyweight exercises - I do push-ups, burpees and air squats. I love doing CrossFit and high-intensity interval training that combines weightlifting, aerobics, powerlifting and gymnastics."



### Reboot and recharge Vinati Saraf Mutreja

CEO, Vinati Organics  
"I participated in the SOHFIT Reboot Challenge organised by a business organisation for its members. It was for 30 days and we were divided into teams, sharing details of our exercise regimen, food, water intake and sleep schedules with each other on a daily basis. Though I have been a hardcore fitness enthusiast for the better part of my life, this challenge proved to be the ultimate fitness experience. I was motivated to push my boundaries to the extreme and felt a sense of achievement and success when the challenge was completed. It made me feel stronger, fitter and happier."



### Stick to the plan Vineeta Singh

CEO, SUGAR Cosmetics  
"Startups are quite demanding, so I've never been able to work out more than three days a week, even when I trained for the Ironman Triathlon. So, when the lockdown was announced, I decided to challenge myself with a 'consistency goal' of accomplishing a workout a day. It began with coordinated workouts on Zoom with my friends and as restrictions eased, I started going for outdoor runs. There were days when there would be so many calls that I'd be seen climbing the building stairs at 10 pm. I now have more than 100 days of workouts under my belt and it has been the biggest stressbuster."



### Core strength Dattatri Salagame

MD, Robert Bosch Engineering and Business Solutions  
"I've taken up the challenge of how long I can hold a plank. From the earlier one minute, I can now plank up to close to two minutes. I want to get better. I plan on setting a new record soon. Holding the plank was something I always wanted to get better at in order to build my core."

### Challenge accepted Sumant Sinha

CMD, ReNew Power  
"My wife Vaishali and I have entered into a fitness and weight loss competition. We are both trying to get in shape and so far, she's comfortably ahead of me. But there's still some time to go."



### Peddle power Sanjay Swamy

Managing partner, Prime Venture Partners  
"I decided to use this opportunity to improve my physical conditioning. I started cycling (after more than 40 years) inside my gated community from

mid-April. I went from seven kilometres per ride to 20 kilometres by the end of June. Recently, I did a 52-kilometre ride to Chikka Tirupathi [on the outskirts of Bengaluru]. Cycling has had a huge impact, not just on my physical conditioning but also my confidence."

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