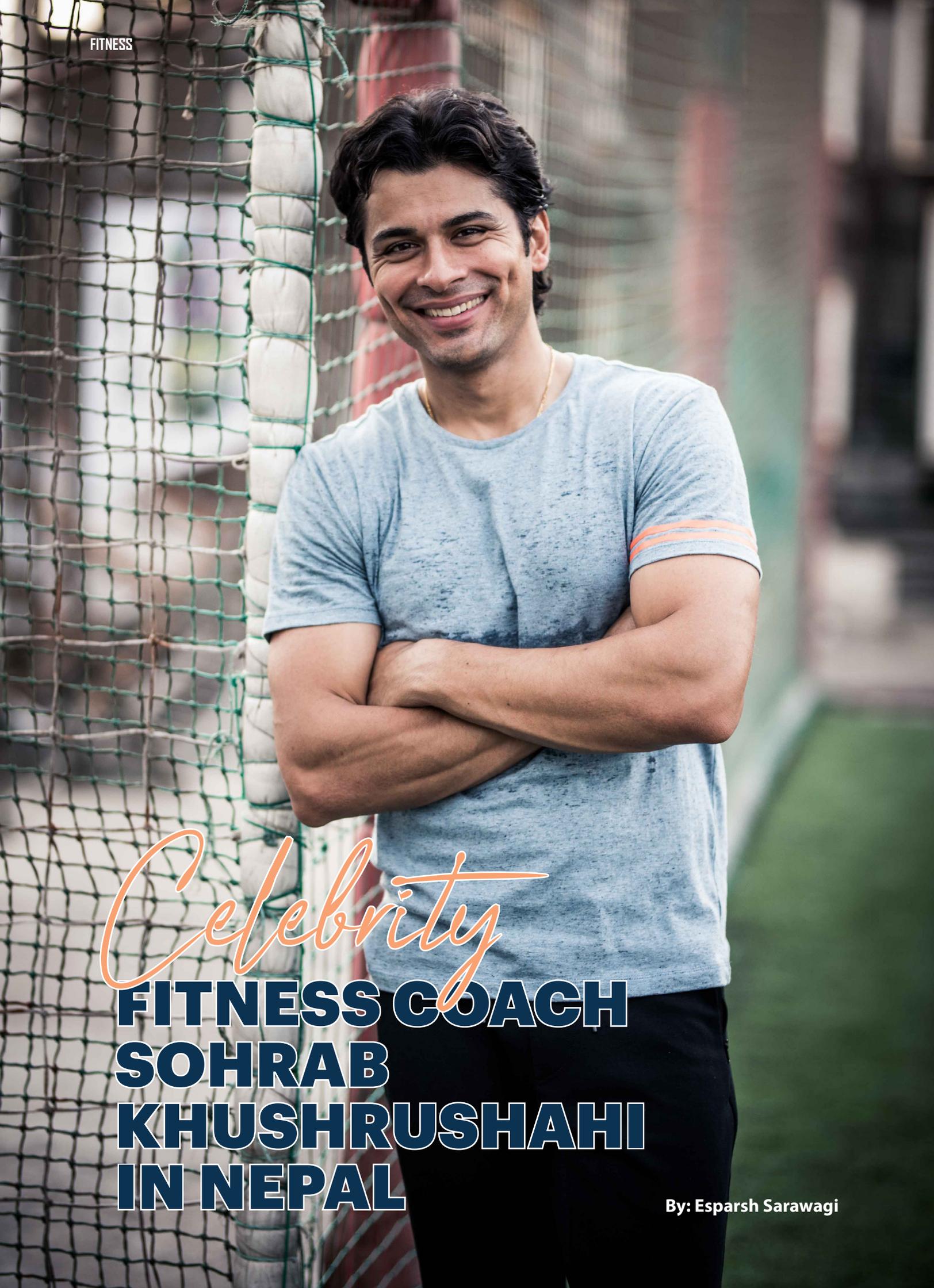


FITNESS

A photograph of a man with dark, wavy hair, smiling broadly. He is wearing a light blue t-shirt with orange stripes on the sleeves and black pants. He has his arms crossed and is standing in front of a green soccer goal net. The background is slightly blurred, showing a green field and some structures.

*Celebrity*  
**FITNESS COACH  
SOHRAB  
KHUSHRUSHAHI  
IN NEPAL**

By: Esparsh Sarawagi

Fitness coach and Founder of SOHFIT, Sohrab Khushrushahi is a popular figure in the fitness circles around India. After a decade spent working as a lawyer for some of the finest law firms in India and Singapore, Sohrab gave it all up to pursue his passion for fitness. In 2017, he launched SOHFIT to share his way of looking at fitness and movement with a growing community of people who are aligned with the same ideas and principles.

This lawyer-turned-fitness entrepreneur who counts Bollywood celebrities like Alia Bhatt, Kiara Advani and Karan Johar among his loyal clients, was recently in Nepal for his first ever international camp and we couldn't miss out on the chance to catch up with him and learn more about him and his experiences.

### **HOW DID YOU GET INTO FITNESS AND HOW LONG HAS IT BEEN?**

In the 1990s, my father took me for my first cricket coaching session when I was about nine years old. That's when I fell in love with the game of cricket. Growing up, Sachin was everyone's idol, and I was no different. I wanted to get better at my sport and that's when I started training. I entered a gym for the first time with a couple of my friends when I was 13 or 14 years old and I've been hooked ever since. What started off as a way for me

to get better at my sport became my life and I've been obsessed with training since then. Growing up, I studied different forms and principles of fitness, largely for gaining knowledge and improvement. Never really thought of pursuing it as a career until a few years back. So, to answer your question I've been training for over 25 years now.

### **HOW DID YOU DECIDE TO START SOHFIT?**

It took me quite a few years to make up my mind. I can't take credit away from my wife and family. If they hadn't supported me, I wouldn't have been able to do what I do. My wife is my backbone; she helps me on the business side and lets me do the creative work. I've always been a believer in enjoying what you do. The legal world wasn't giving me that enjoyment and that's when I decided to follow my heart for a change.

### **DESPITE HAVING A STABLE JOB, YOU DECIDED TO BREAK FREE AND FOLLOW YOUR PASSION. WHAT INSPIRED YOU TO MAKE SUCH A BRAVE CALL AND WHAT CHALLENGES DID YOU FACE INITIALLY?**

Like I said earlier, you need to be happy in life. We get only one life and it's pretty short so make the most of it. Fitness and helping people get better has always been something very dear to me. I enjoyed my legal career while it lasted. It was hard but a lot of fun too; I started losing interest in what I was doing towards the end though. I was more interested in studying fitness than studying law and that's when I knew it was time to make the switch.

### **WAS IT A HARD DECISION?**

Yes, it was quite scary. If anyone thinks that changing careers to follow their passion will be easy, they are sadly mistaken! What I do now is harder than what I did as a legal professional. You're constantly being judged for what you do and you're dealing with another person's well-being (mental and physical) so you can't really switch off. You also need to constantly update yourself with everything that is going on and build a solid team around you. I'm super

proud of the team we've built and will hopefully continue to build in the future.

### **HOW DID YOU BUILD THE BUSINESS?**

I never looked at it as a business. For me, SOHFIT has been all heart and it is a passion project. I enjoy getting up every day and going to work and that makes a massive difference. I have a very sound partner in my wife who helps me with all the business decisions. We also have a set of advisors we talk to constantly for advice. No one knows it all and I don't think anyone should pretend they do. I also wanted to build a team – SOHFIT is not about one individual, it's a team that works together to attain a certain goal. Yes, building a team takes a lot, but it's worth it in the end.

### **WHAT MADE YOU COME TO NEPAL?**

Honestly, my students. I have a couple of students from Nepal that train with me pretty regularly – Paaras Golccha and Saloni Sethia. Two of the nicest people I know and they've come to Delhi and Bombay for our camps. They really wanted me to do a camp in Kathmandu and I couldn't say no to them. All credit goes to them; they made it happen and honestly, I couldn't be happier.

### **WHAT IS RFT INDIA? HOW DO YOU PLAN TO BRING IT TO INDIA?**

Raw Functional Training (RFT) is a functional training program that focuses on certain bodyweight foundational movement patterns, such as crawling, rolling, rocking etc. The idea is to create a program that doesn't necessarily require you to be in a certain location. You could be at the beach, park, in your backyard, living room, wherever you are to train. It is strength and conditioning that can be utilized for any specificity, whether you're a first responder, a professional athlete or stay at home parent who's trying to be healthier and more mobile to play with your kids. India is RFT's first international licensing adventure, and we plan on doing online programs, online and offline workshops and certifications.

**YOU HAVE ALSO TRAINED SOME CELEBRITIES IN INDIA. WHO ARE SOME OF THE NOTABLE ONES?**

*Well, I train Alia Bhatt and Robin Uthappa and have worked with Kiara Advani, Mira Kapoor, Mahesh Bhupathi, Lara Dutta, Karan Johar, Ajay and Anand Piramal.*

**WHAT IS IT ABOUT YOUR FITNESS PROGRAMS THAT SET YOU APART FROM OTHER FITNESS TRAINERS?**

I think of SOHFIT as a community; one I really hope keeps growing not because of me, but because I believe people help people. It works at some level. We're also a team here at SOHFIT; we don't work as individuals. My team is ambitious as we aren't people who will just be happy to be where we were six months ago. That's what truly drives us all and we're a truly hard-working bunch of people, which helps.

**DO YOU THINK THERE'S A LOT OF DIFFERENCE GETTING TRAINED PHYSICALLY COMPARED TO VIRTUAL PLATFORMS? WHAT'S YOUR TAKE ON THAT BASED ON YOUR EXPERIENCE?**

It's different for sure. But I think we all need to adapt with time. A virtual platform helps you reach and be accessible to a lot more people and that's what I've always wanted to do. It was hard initially to shift to the virtual format but once you get the hang of it, you can make it work. Which one do I enjoy more? Definitely meeting people in person cause there's an energy you get from the people around you and it helps you work better.

**HOW WAS THE NEPAL CAMP? ANYTHING REMARKABLE YOU ARE TAKING BACK FROM YOUR NEPAL CHAPTER?**

It was truly amazing. It was our first ever international camp and I don't think we could have picked a better place to do it. The people were warm and worked with a smile on their faces. Some of the fitter people I've seen. The city of Kathmandu was stunning, and I honestly hope to come back really soon.

**HOW DO YOU MAKE SURE YOUR PROGRAMS ARE AFFORDABLE AND AT THE SAME TIME SIMPLE AND FUN?**

I'm not really sure on how we make it affordable but we try our hardest to make it value for money. Our programs are a reflection of us as coaches and truly bring out our training principles and philosophies which are super important to us. I

think we're a fun team that likes to do things differently, so we try and replicate that in our programs.

**WHAT PROGRAMS ARE YOU PLANNING IN THE FUTURE?**

I prefer keeping our programs and plans to ourselves and announce them only when they are ready. So, there's a lot in the pipeline and we are super excited about what the future holds for us as a team.

