Anil Kapoor, who recently trended a big time on social media because of his biceps, has once again proved that age is just a number with his latest workout post. The 63-year-old actor's latest entry shows that nothing can stop him from exercising. There's a reason why Anil Kapoor is getting "stronger every day" - it's because the actor doesn't make "excuses" and follows his workout routine dedicatedly. On Tuesday, Anil Kapoor posted a video of himself performing leg workouts and wrote: "Never skip leg day! #tuesdayworkout #strongereveryday #noexcuses." Michael Jackson's track Beat It can be heard playing in the background of the clip.