

# MEIN FITNESS

) 'H]ddg'ZØf'XYb'; fci d': ]hbYgg'BYk V]Y

8Yf'6Y[ ]bb'XYg'bYi Yb'J\ fYg'VYXYi hYhž'XUgg'j ]Y`Y  
 A YbgWX Yb'Y]b', Vi b[ gdfc[ fUa a 'VY[ ]bbYb'k YfXYb" '@Y]XYf  
 k ]fX'k Yb][ Yf'U'g'X]Y'<À`ZhY'bUWX'nk Y]A cbUhYb'ZcfhZU\fYb"  
 ; fi ddYbZ]hbYgg'\_Ub b'Y]bY'[ fc» Ufh][ Y'A Ø[ `]WX \_Y]h'gY]bž'Ui Z  
 XYa 'f]WX h][ Yb'K Y[ 'ni 'V'Y]VYbž'XU'DYfgcbYbž'X]Y'']b'; fi ddYb  
 hfU]b]YfYbž'Ui Z[ fi bX'XYf'FYWX YbgWX UZhgdZ]WX hž'X]Y'Xi fWX  
 gcn]U`Y'J YfV]bXi b[ Yb'VYfY]h[ YghY``h'k ]fXž'Y\ Yf'Ub 'Y]bYf  
 \_cbg]ghYb hYb'Fci h]bY'ZYgh\ U'hYb" K Ybb'G]Y'; fi ddYbZ]hbYgg  
 Ui gdfcV]YfYb'a ØWX hYbž'Z]bXYb'G]Y'']Yf'ZØbZ' H]ddgž'X]Y'Δ bYb  
 XYb'9]bgh]Y[ ']b'XYb'f]WX h][ Yb': i » 'Yf'Y]WX hYfb. '%'' GhY``Yb'G]Y  
 g]WX 'j cf" '@UggYb'G]Y'XYb'? i fg'Y]hYf'k ]ggYbž'XUgg'G]Y'XYb  
 ? i fg'ni a 'YfghYb'A U'j Yfgi WX Ybž'i bX'ghY``Yb'G]Y'g]WX Yfž  
 XUgg'G]Y'U`Y' / Ua dΛY`]d/



8Yf'6Y[ ]bb'XYg'bYi Yb'J\ fYg'VYXYi hYhž'XUgg'j ]Y`Y'A YbgWX Yb'Y]b  
 , Vi b[ gdfc[ fUa a 'VY[ ]bbYb'k YfXYb" '@Y]XYf'k ]fX'k Yb][ Yf'U'g'X]Y

<À`ZhY`bUW\`nk Y]`A`cbUhYb`ZcfhZU\fYb"; fi ddYbZjhbYgg`\_Ub b`Y]bY  
[ fc»Ufh][ Y`A`Ò[ `]W\`\_Y]h`gY]bž`Ui ZXYa`f]W\h][ Yb`K`Y[ `ni`V`Y]VYbž  
XU`DYfgcbYbž`X]Y`]b`; fi ddYb`hfU]b]YfYbž`Ui Z[ fi bX`XYf  
FYW\YbgW\UZhgdZ]W\hž`X]Y`Xi fW\`gc n]U`Y`J`YfV]bXi b[ Yb  
VYfY]h[ YghY`h`k ]fXž`Y\Yf`Ub`Y]bYf`\_cbg]ghYb`hYb`Fci h]bY  
ZYgh\U`hYb`K`Ybb`G]Y`; fi ddYbZjhbYgg`Ui gdfcV]YfYb`a`ÒW\hYbž  
Z]bXYb`G]Y`]Yf`ZØbZ`H]ddgž`X]Y`Δ`bYb`XYb`9]bgh]Y[ `]b`XYb`f]W\h][ Yb  
: i »`Yf`Y]W\hYfb.

%``GhY``Yb`G]Y`g]W\`j`cf``

@UggYb`G]Y`XYb`?i`fg`Y]hYf`k`]ggYbž`XUgg`G]Y`XYb`?i`fg`ni`a`YfghYb  
A`U`j`Yfgi`W\`Ybž`i`bX`ghY`Yb`G]Y`g]W\`Yfž`XUgg`G]Y`U`Y  
J`Yf`Yhni`b[`Ybž`G`W\`a`YfnYb`c`XYf`6`YgW\k`YfXYb`Yfk`À`b`Ybž`X]Y`G]Y  
a`Ò[ `]W\`Yfk`Y]gY`UVYb`5i`Z`X]YgY`K`Y]gY`\_Ubb`XYf`?i`fg`Y]hYf  
XUfUi`Z`j`cfVYfY]hYh`k`YfXYbž`C`d`h]cb`Yb`VYfY]hni`ghY`Ybž`k`Ybb`X]Y  
?`UggYbØVYfg]W\h`Yhk`Ug`Ybh\À`hž`XUg`a`Ò[ `]W\`Yfk`Y]gY`b]W\h`ni  
Δ`b`Yb`d`Uggh`9f`c`XYf`g]Y`\_Ubb`Δ`fY`HYW\`b]\_`Ui`W\`k`À`f`YbX`XYg  
I`b`hYff]W\`hg`]a`5i`[`Y`VY\U`hYb`9g`\_Ubb`]\`Z`Y]W\`gY]bž`a`]h  
Ub`XYfYb`]b`XYf`?`UggY`]b`?`cb`hU`\_hni`h`f`Yh`Ybž`XU`g]Y`9]b`V`]W\`Y  
[`VYVYb`\_Ò`b`b`Ybž`k`Ug`U`g`HY]`b`Y\`a`Yf`ni`Yfk`UfhYb`]gh`8]Y`a`Y]ghYb  
g]b`X`VYghf`YVhž`\fY`5i`Z`Y[`i`b[`i`bX`A`Y]bi`b[`a`]h`b`Yi`Yb  
A`]h[ `]YXYfb`ni`hY`Yb"

&``6i`XXm`i`d``

BY\`a`Yb`G]Y`Ub`Y]b`Ya`?i`fg`a`]h`Y]b`Ya`:`f`Yi`bX`hY]`5`b`ghU`h`g]W\`  
ni`Y]b`Ya`7`c`W\`hU`c`XYf`?`UZZYY`ni`h`f`Y`ZZ`bž`h`f`Y`ZZ`Yb`G]Y`g]W\`  
ghU`h`h`X`Y`gg`Yb`ni`a`I`b`hY`ff]W\`h`G`c`n]U`Y`I`b`hY`f`gh`Ø`hni`b[`]g`h`k`]W\`h][ ž  
i`a`G]Y`VY]a`6Y[`]bb`Y]b`Yg`b`Yi`Yb`\_,`Vi`b[`g`df`c`f`Ua`a`g`ni  
i`b`hY`f`gh`Ø`h`n`Yb`8`Ug`6i`XXm`G`m`gh`Y`\_Ubb`Y]b`Y`b`Yi`Y`?`UggY`k`Yb][`Yf`  
Y]bgW\Ø`W\h`Yfb`X`a`UW\`Yb`i`bX`j`]Y`a`Y\`f`G`d`U`a`UW\`Yb`"

'``GhY``Yb`G]Y`g]W\`]b`X]Y`A`]h`hY``

G]Y`UVYb`\_Y]b`Yb`G`h`U`b`X`j`cf`b`Yž`UVYf`G]Y`g`c`h`Yb`Ui`Z`\_Y]b`Yb`:`U`  
\`]b`h`Yb`gh`Y\`Yb`G`h`Y`Yb`G]Y`g]W\`]b`X]Y`A`]h`h`Yž`X`Ua`]h`G]Y`g`Y\`Yb`i`b`X`  
j`ca`5i`g`V]XYf`[`Yg`Y\`Yb`k`Yf`XYb`\_Ò`b`b`Yb`8]Yg`[`]V`h`Δ`b`Yb`Ui`W\`X]Y

A Ø[ `]WX \_Y]hž HY]`b Y\ a Yf]b XYf YfghYb FY]\ Y ni VYc VUWX hYbž X]Y  
k U\ fgWX Y]b ]WX fY[ Y`a À»][ `Ua `I b hYff]WX h\hY]`b Y\ a Yb" 8Yf  
5i gV]XYf ghY\ h\ A\ b Yb bcfa U\Yfk Y]gY[ Y[ YbØVYf i bX YZYfh\Y]b  
Gd]Y[ Y\ V]Xž k À\ fYbX X]Y A Yb[ Y]b XYf YfghYb FY]\ Y Y]b Yb 6`]W  
Ui Z\X]Y , Vi b[ `Ui g\ A\ fYf DYfgdY\_h]j Y\ V]YhYh"  
; fi ddYbZjh bYggfÀi a Y\ g]b X cZh\ a ]h\Gd]Y[ Y\ b`Ui g[ Y\ Y]XYhž X]Y  
g]WX ni bÀWX gh\Y]bgWX ØWX hYfbX UbZØ\ `Yb \_ØbbYb"? Y]b Y Gcf[ Yž X]Y  
a Y]ghYb @Yi hY \_cbnYbhf]YfYb \g]WX ZØf X]Y 8Ui Yf XYg I b hYff]WX hg  
[ Ub\`Ui Z\g]WX \gY\ Vgh" 9g\ k ØfXY A\ b Yb gWX k Yf ZU\`Ybž Y a UbXYb ]b  
Y]b Yf hmd]gWX Yb ?`UggY ni Z]b XYbž XYf UbXYfY U\ g\ g]WX \gY\ Vghc XYf  
XYb 5i gV]XYf Ub\ g]Y\ h"

( " < ØfYb G]Y`Ui Z\ A\ fYb ? Øfd Yf"

XYb HU[ žUb XYa G]Y hfU]b]YfYbž k YfXYb G]Y g]WX UbXYfg ZØ\ `Yb"  
K Ybb g]WX Y]b Y VYgh]a a hY , Vi b[ `ZØf A\ fYb ? Øfd Yf i bUb[ Yb Y\ a  
cXYf i bg]WX Yf UbZØ\ `hž \_ØbbYb G]Y Y]b Y\ k Y]hYfY , Vi b[  
Xi fWX ZØ\ fYbž Y]b Yb HY]`XYf , Vi b[ `k Y[ `UggYb cXYf Y]b ZUWX U\`Yg  
ni gUa a Yb ØVYfgdf]b[ Yb" K Ybb G]Y g]WX b]WX h\g]WX Yf g]b Xž V]hhYb  
G]Y A\ fYb @Y\ fYfž A\ fY HYWX b]`b UWX XYa I b hYff]WX h\ ni \_`ÀfYb  
cXYf ni VYc VUWX hYb": cfa i b X HYWX b] g]b X\ k ]WX h] Yf U\ g\ X]Y  
bhYbg]hÀh XYf , Vi b[ " \b g[ YgUa h\ Ubb 5WX hgUa \_Y]h\ k À\ fYbX XYg  
HfU]b]b[ g\ A\ b Yb \ Y ZYbž XUg J Yf Yhni b[ gf]g]c ni gYb\_Yb i b X XUg  
6YghY`Ui g\ YXYf G]hni b[ `YfUi gni \c`Yb"

) " J Yfgi WX Yb G]Y\ Yg\ Yfb Yi h"

DfcV]YfYb G]Y\ YXY ?`UggY a ]b XYghYbg XfY]a U\`Ui gž VYj cf G]Y g]WX  
Yb hgWX Y]XYbž X]Y HY]`b U\ a Y ni VYYbXYb" 9fZcfgWX Yb G]Y b UWX  
A Ø[ `]WX \_Y]h? i fgY j cb j YfgWX YXYb Yb @Y\ fYfb" YXYf 5i gV]XYf  
V]YhYh Y]b Y\ Y]bn][ Ufh][ Y 9fZU\ fi b[ žX]Y`Ui Z\gY]b Yf DYfgØb ]WX \_Y]h  
i b X gY]b Ya < ]b hYf[ fi b X VUg]Yfh" K Ybb G]Y g]WX b Y]b Yf  
VYgh]a a hYb ?`UggY k c \` ZØ\ `Ybž ZcfXYfb G]Y g]WX \ YfUi gž Y]b Y  
UbXYfY A cXU]hÀh`Ui gni dfcV]YfYb" K Ybb G]Y M[ U\ a Ø[ Ybž  
j Yfgi WX Yb G]Y\ Yg\ a ]h? fUZh\hF]b]b[ " K Ybb G]Y \b Xccf 7mW]b[  
a Ø[ Ybž dfcV]YfYb G]Y Ni a VU" 7fcgg! HfU]b]b[ \gcf[ h\ZØf Y]b  
Ui g[ Yk c[ Yb Yg\ : ]hb Yggdfc[ fUa a i b X j Yff]b[ Yfh[ `Y]WX nY]h[ `X]Y  
K U\ fgWX Y]b ]WX \_Y]hž XUgg G]Y`Ui Z\ c fhgWX f]hhgd`UhYUi g\ ca a Yb

i bX'g]W ``Ub[ k Y]`Yb"

8 Ug'HfU]b]YfYb' ]b'XYf'; fi ddY']gh'gcn]U``i bX'a UW h'GdU» "5``Y]b  
X]YgY': U\_hcfYb'XYi hYb'XUfUi Z\]bž'XUgg'Yg'ZØf'; fi ddYbZ]hbYgg!  
HY]`bY\ a Yf'Y]bZUW Yf']ghž'Y]bY'\_c b g]ghYb hY'F c i h]b Y  
Ui ZFYW hni Yf\ U'hYb" 8 UfØVYf'\]bUi g'k YfXYb'j ]Y`Y'A YbgW Yb' ]b  
; Y[ Ybk Ufh'UbXYfYf'\ÀfhYf'UfVY]hYb'U'g'U``Y]bž'k Ug  
; fi ddYbØVi b[ Yb'b c W j c fhY]\UZhYf'a UW h'6 YUW hYb'G]Y'ni  
6Y[ ]bb'ÀfYf'; fi ddYbZ]hbYggfY]gY'X]YgY'H]ddgž'i bX'G]Y'k YfXYb' ]b  
\_ØfnYghYf'NY]h'U`g'GhJa a [ Ugh'Ub[ YgY\ Yb"

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≠gd]f]Yfh'j cb' 579

8 YhU]g

6 Ygi W Yb'G]Y'i bg'Ui Z.'a Y]b!Z]hbYgg"bYh