

MEIN FITNESS

=gh·9ggYb·j cf·XYa·GWX·UZYb[Y\Yb
Y][Ybh`]WX·i b[Ygi bX3

G]Y·\UVYb·gi dYf·gdÀh[YUfVY]hYh·fbXYf·hfU]b]YfhE·i bX·b]WX·hg
]a·?Ø\`gWXfUb_ži bX·Δf·\Yi·YbXYf·A U[Yb·VYhhY·h·bUWX
Yhk Ugž]f[YbXYhk Ugži a·G]Y·bUWX·Y]bYa·`Ub[Yb·HU[·k]YXYf
Ui Zni hUb_Yb"·K]f·\UVYb·Yg·U``Y[YhUb"·I bX·cVkc\``Yg
j YfgWX]YXYbY·Ghi X]Yb·ni a·bÀWXh]WX Yb·9ggYb·i bX·gY]bYb
5i gk]f_i b[Yb·Ui Z·ΔfYb·GhcZZk YWXgY`[]VhžgU[Yb
9fbÀ\fi b[gk]ggYbgWX UZh`Yfž`XUgg·Yg·a Y\f·i a·X]Y
BÀ\fghcZZY[Y\hž`X]Y·G]Y·ΔfYa·?ØfdYf·ni ZØ\ fYbžk]Y·n"
YfZU\ fYb·G]Yžk Ug·G]Y·ØVYf·XUg·9ggYb·]b·XYf·B UWXh·k]ggYb
a ØggYb·i bX·k Y·WX Y·@VVYbga]hhY`·G]Y·Ua·VYghYb·j cf·XYa
GX·UZYb[Y\Yb·YggYb"=gh·9ggYb·j cf·XYa·GWX·UZYb[Y\Yb
i b[Ygi bX3·9]bY·]b·XYf·NY]hgWXf]Zh·7Y``A YhUVc`]ga
j YfØZZYb·h`]WX hY·Ghi X]Y·/ Ua d·A Y``]d/



G]Y·\UVYb·gi dYf·gdÀh[YUfVY]hYh·fbXYf·hfU]b]YfhE·i bX·b]WX·hg·]a
?Ø\`gWXfUb_ži bX·Δf·\Yi·YbXYf·A U[Yb·VYhhY·h·bUWX·Yhk Ugž
]f[YbXYhk Ugži a·G]Y·bUWX·Y]bYa·`Ub[Yb·HU[·k]YXYf
Ui Zni hUb_Yb"·K]f·\UVYb·Yg·U``Y[YhUb"·I bX·cVkc\``Yg

j YfgW_X]YXYbY'Ghi X]Yb'ni a' bÀW_Xh`]W_XYb'9ggYb'i bX'gY]bYb
5i gk]f_i b[Yb'Ui Z'ÀfYb'GhcZ_Xk YW_XgY`[]Vhž'gU[Yb
9fbÀ\fi b[gk]ggYbgW_XUZh'Yfž'XUgg'Yg'a Y\fi a'X]Y'BÀ\fghcZ_X
[Y\hž'X]Y'G]Y'ÀfYa'?'ÒfdYf'ni ZØ\fYbž'k]Y'n"

<]Yf'YfZU\fYb'G]Yž'k Ug'G]Y'ØVYf'XUg'9ggYb']b'XYf'B UW_Xh'k]ggYb
a ØggYb'i bX'k Y'W_XY@VYbga]hH'Y`G]Y'Ua'VYghYb'j cf'XYa
GW_X'UZYb[Y\Yb'YggYb"

'''=gh'9ggYb'j cf'XYa'GW_X'UZYb[Y\Yb
i b[Ygi bX3'''

9]bY']b'XYf'NY]hgW_Xf]Zh'7Y``'A YhUVc`]ga'j YfÒZZYbh`]W_XhY'Ghi X]Y
Yf[UVž'XUgg'A Ài gYž'X]Y'bi f'UW_Xh'Ghi bXYb'Ub['Ni [Ub['ni
XYfgY'VYb'ZYhYfY]W_XYb'9fbÀ\fi b['\UhH'Ybž'bÀa'']W_XhU[gØVYfž
[YgØbXYf'i bX'gW_XUb'_Yf'k UfYb'U'g'X]Y'Yb][Ybž'X]Y'XYb'[UbñYb
HU['ØVYf'Ni [Ub['ni'XYf'B U\fi b['\UhH'Yb'hfchñ'XYg'J YfnY\fg'X]Y
['Y]W_XY'?U'cf]YbnU\''''

5bXYfY':cfgW_Xi b[gYf[YVb]ggY'VYgU[Ybž'XUgg'gdÀhYg'9ggYb'XYb
GhcZ_Xk YW_XgY`Ub_i fVY'b'_Ubb'i bX'XUgg'DfcH'Y]b'ÀbYb'Y]bYb
9bYf[]YgW_Xi V'ZØf'Àf'a cf[YbX]W_XYg'HfU]b]b['Ua'bÀW_XghYb'HU[
[YVYb'_Ubb"K Y]hYfY'Ghi X]Yb'VYghfY]hYb'X]Y'dchYbn]Y'Yb'J cfhY]`Y
XYg'bÀW_Xh']W_XYb'9ggYbg'i bX'VY\Ui dH'Ybž'XUgg'X]Y'< cfa cbYž'X]Y
X]Y'GÀhH][i b['ghYi Yfbž'gdÀhYf'Ua'HU['Ub[gUa Yf'k YfXYbž'UVYf
X]Y':cfgW_Xi b['\Uh'Yf[YVYbž'XUgg'Y]b'_Y]bYf'GbUW_j cf'XYa
GW_X'UZYb[Y\Yb']b'CfXbi b['gh' 'VYgcbXYfg'k Ybb'Àf'<i b[Yf
=fYb'GW_X'UZ'Xi fW_XY]bUbXYf'Vf]b[Yb'_ÒbbhY''

A]h'Y]bYa' _bi ffYbXYb'A U[Yb']bg'6Yhñni'[Y\Ybž'_Ubb'XUg
9]bgW_X'UZYb'YfgW_Xk YfYb'cXYfž'gW_X`ja a Yf'bcW_Xž'X]Y'J Yfgi W_Xi b[
Yf\Ò\Ybž'a]hH'Yb']b'XYf'B UW_Xh'ni'YggYbž'k Ybb'XYf'<i b[Yf'XYb
GW_X'UZ'ghÒfh ž'gU[h'< YUh\Yf'A Ub[]Yf]ž'F8ž'Y]bY'j ca'J cfghUbX
nYfh]ZñjYfhY'GdYn]U'gh]b'ZØf'GdcfhYfbÀ\fi b['i bX'GdfYW_XYf'XYf
5_UXYa]Y'ZØf'9fbÀ\fi b['i bX'8]ÀhYh]_''

8 Yf`GWX`ØggY`]ghž`X]Y`?ca V]bUh]cb`Ui g`DfchY]b`i bX`Y]b`k Yb][?c\`Yb\mXfUhYb`ni `hfYZZYb`k]Y`XUg`B`UgWX`Yb`j cb`BØggYb`cXYf[f]YWX]gWX`Ya`'x[\i fh`i bX`XUg`?ca V]b]YfYb`a]h`CVgh`cXYf; Ya ØgY`f@YgYb`G]Y`k Y]hYfž`i a`a Y\ f`ØVYf`X]Y`gWX`YWX`hYghYb`i bX`VYghYb`@VYbga]hhY`j cf`XYa`GWX`UZYb[Y\ Yb`cXYf`gdÀh`b`XYf`B`UWX`h`ni `YggYb"Ł

@YhnhYbX`]WXž`gU[Yb`cfgWX`Yfž`_ca a`h`Yg`VY]`A`fYb`b`ÀWX`h`]WX`Yb`9gg[Yk c\`b\`Y]hYb`XUfUi Z`Ubž`g]WX`gY`Vgh`ni`_cbhfc`]YfYbž`k`Ybb`Yg`XUfi a`[Y\ hž`bU\`f\`UZhY`9b`hgWX`Y]Xi b[Yb`ni`hfYZZYb`"8]Y`@VYbga]hhY`VYgWX`fÀb`i b[`VY]a`A`YbgWX`Yb`k`]fX`j`]Y`k`Yb`][Yf`_cbhfc`]Yfh`i bX`\`Ab[h`a`Y\`f`j`cb`XYf`5i`ZfYWX`hYf\`U`hi`b[`Y]b`Yf`[Ygi`bXYb`l`a`k`Y`h`i`bX`XYf`K`]`Ybg_fUZh`UV`Yhk`Ugž`k`ca`]h`j`]Y`Y`A`YbgWX`Yb`ni`_Àa`dZYb`\`UVYb`ž`gU[h`A`Ub[`]Yf`"`b`XYb`5VYbXghi`bXYb`k`YfXYb`X]Y`a`Y]ghYb`A`YbgWX`Yb`i`b`cbhfc`]YfhYg`9ggYb`ni`[YVYbž`XU`X]Y`5fVY]h`Yf`YX][h`]gh`i`bX`Yg`NY]h`]ghž`g]WX`ni`YbhgdUbb`Yb`"

A`UbWX`a`U`]gh`Yg`YXcWX`i`bgYfY`Y]bn][Y`K`U\`ž`gdÀh`b`XYf`B`UWX`h`ni`YggYb`"6Y]`Àb[YfYb`5fVY]hgnY]hYb`i`bX`J`YfdZ]WX`h`i`b[Yb`b`UWX`XYf`5fVY]h`XYb`_h`a`Ub`Ub`a`UbWX`Yb`HU[Yb`b`]WX`h`Y]ba`U`Ubg`5VYbXYggYb`V]g`&\$`I`\\f`"8]Y`[i`hY`B`UWX`f]WX`hž`gc`A`Ub[`]Yf]ž`]ghž`XUgg`Yg`k`Yb`][Yf`XUfi`a`[Y\ hž`k`Ubb`a`Ub`]ggħž`U`g`j`]Y`a`Y\`f`XUfi`a`ž`k`Y`WX`Y`@VYbga`]hhY`Ui`Z`Y]b`Ya`g]bX`D`UhhY`"

<]Yf`]ghž`k`Ug`G]Y`VYUWX`hYb`gc`hYbž`k`Ybb`G]Y`b`UWX`hYggYbž`i`bX`k`Y`WX`Y`@VYbga`]hhY`G]Y`Ua`VYghYb`j`cf`XYa`GWX`UZYb[Y\`Yb`YggYb`gc`hYb`"

```8]Y`VYghYb`@VYbga`]hhY`j`cf`XYa`GWX`UZYb[ Y\`Yb`"

- 6YZc`[ Yb`G]Y`X]Y`" \$!`\$!F`Y[ Y`."5\_h]j`Y`↑`b[ Y`f`Ui`Ybž`X]Y`Yhk`U`" \$`A`]bi`hYb`j`cf`XYa`GWX`UZYb[ Y\`Yb`" \$`f`Ua`a`DfchY]b`ni`g]WX`bU\`a`Ybž`Yf`YVhYb`\_Y]bY`bY[ Uh]j`Yb`GhcZk`YWX`gY`YZZY`hYž`VYf]WX`hY`h`XUg`6f]h]g\`'x`i`fbU`cZ

B i hf]h]cb"·HUhgÀWX·]WX·VUi hY·DfchY]b·j cf·XYa  
 GWX·UZYb[ Y\Yb·A i g\_Y`b·]b·Y]bYf·Ghi X]Y·Ub·? fUZhkfU]b]b[ g!  
 A ÀbbYfb·Ui Zz·i bX·9I dYfhYb·[ `Ui VYbž·XUgg·XUg·; ·Y]WX Y·ZØF  
 : fUi Yb·[ Y`hYb·k ØfXY"·8 Ug·DfchY]b·gc`·hY·Ui g·? UgY]b·]b  
 A ]·WX dfcXi \_hYb·k ]Y·< ØhhYb·ÀgY·ghJa a Yb·fY]bY·HUGgY  
 Ybh\À·h·Yhk Ug·k Yb][ Yf·U·g"·\$·; fUa a £"·9g·]gh`·Ub[ gUa  
 j YfXUi ·]WX i bX·a UWX hG]Y·gUhž·c\ bY·XYb·6·i hni W\_Yf·]b  
 X]Y·< Ø\Y·ni ·hfY]VYb"·f9g·]gh·Yfk À\ bYbgk Yfh·K Ybb·G]Y  
 bcfa U·Yfk Y]gY·bUWX·XYa ·5VYbXYggYb·\_Y]bYb·GbUW\_·ni  
 g]WX·bY\ a Ybž\ UhYg·k U\ fgWX Y]b·]WX·\_Y]bYb·J cfhY]·zj cf  
 XYa ·GWX·UZYb[ Y\Yb·Y]bYb·dfchY]b fY]WX Yb·GbUW\_  
 \]bni ni ZØ[ Yb"£  
 • : Ø[ Yb·G]Y·Y]b][ Y·? c\·Yb\ mXfUhY·ZØf·GX·UZj cfhY]·Y  
 \]bni .·K Ybb·G]Y·DfcV·Ya Y·VY]a ·9]bgWX·UZYb·\UVYbž  
 ZØ[ Yb·G]Y·ÀfYa ·DfchY]bgbUW\_·Y]bY·\_Y]bY·A Yb[ Y  
 [ Ygi bXYf·? c\·Yb\ mXfUhY·\]bni ž·k Ybb·G]Y·j cf·XYa  
 GWX·UZYb[ Y\Yb·YggYbž·k ]Y·Y]bY·\U·VY·GX·Y]VY  
 J c`·\_cfbhcUgh·cXYf·Y]b·dUUf·K Y]bhfUi VYbž·gU[ h·Gi gUb  
 ?·Y]bYfž·D\·"8 "ž·A ]h[ ·]YX·XYg·G\UdY·6fU]b·Hfi ghž·F 8·5i hcF  
 j cb·H\Y·BYk·Dck Yf·9Uh]b[ ·"8 ]YgY·\_ÒbbYb·XYa ·? ÒfdYf  
 \Y·ZYbž·X]Y·YggYb]Y·Y·5a ]bcgÀi fY·Hfmdhc d\Ub·]b·XUg  
 ; Y\]fb·ni ·hfUbgdcfh]YfYbž·i a ·GYfchcb]b·ni ·dfcXi n]YfYbž  
 Y]bYb·B Yi fchfUbga ]hhYfž·XYf·XYb·GX·UZ ZØfXYfh"

···8 ]Y·gWX·YWX hYghYb·@VVYbga ]hhY·j cf·XYa  
 GWX·UZYb[ Y\Yb ·

- J Yfn]WX hYb·G]Y·Ui Z·ZYhh! ·i bX·ni W\_YffY]WX Y  
 @YW\_YfY]Yb··8 ]Y·gWX·YWX hYghYb·@VVYbga ]hhY·ž·X]Y·G]Y·j cf  
 XYa ·GX·UZYb[ Y\Yb·YggYb·\_ÒbbYbž·g]bX·fY]WX·Ub·: Yhh  
 cXYf·Ni W\_Yfž·gU[ h?·Y]bYf. ·: YhhfY]WX Y·@VVYbga ]hhY·  
 VfUi WX Yb·Ub[ Yž·i a ·j YfXUi h·ni ·k YfXYbž·i bX·Ni W\_Yf  
 Yf\Ò\h·ÀfYb·6·i hni W\_Yfž·k Ug·VY]XYg·XYb·GX·UZ·ghØfYb  
 \_Ubb"
- , VYfXYb·Yb·G]Y·X]Y·A c`·\_Y. ·A c`·\_YbdfchY]b·j Yfi fgUWX h

↳gi`]bgd]hnYbžX]Y'G]Y'YVYbZU`g'k UWX`U'hYb`\_ØbbhYbž  
gU[ h?`Y]bYf"

- GWX bY]XYb'G]Y'X]Y'?c\`Yb\mXfUhY.'K Ybb'XUg  
5VYbXYggYb'i a`&\$'I\f']gh'i bX'X]Y'GWX`UZYbgnY]h'nk Y]  
Ghi bXYb'gdÀhYf']ghž'gc``hY'X]Y'A U\`nY]h'\_`Y]bYf'gY]b'i bX  
k Yb][ Yf'?c\`Yb\mXfUhY'Ybh\U'hYbžgU[ h'A Ub[ ]Yf]"  
<U'hYb'G]Y'g]WX'Ub'Y]bY'Dcfh]cb'a U[ YfYg'DfchY]b'i bX  
ZØ`Yb'G]Y'g]WX'a ]h'; Ya ØgYž'XUa ]h'G]Y'ΔfYb  
BÀ\fghcZZVYXUfZ'c\bY'U``X]Y'bÀWXh']WX Yb'?U'cf]Yb'XYW\_Yb  
\_ØbbYb"

8 YhU]`g

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