MEIN FITNESS

8 Ub]Y`˙7fU][ ˙K cf_ci h˙!˙8]Y˙⅛Ua Yg!6cbX! G]l dUW_!6Ui Ẅa i g_Y`X]Àh

<]Yf˙]gh˙XUg˙; Y\Y]a b]g˙XYg˙8Ub]Y``7fU][!HfU]b]b[ g˙i bX gY]bYf˙⅛Ua Yg!6cbX!G]l dUW_!6Ui Ẅa i g_Y`X]Àh"˙⅛hnhž˙XU˙G]Y XUg˙⅛Ua Yg!6cbX!HfU]b]b[ gdfc[ fUa a ˙\UVYbž˙]gh˙Y]bYg˙XYf 8]b[ Yž˙X]Y˙G]Y˙j ]Y``Y]Ẅh˙\UVYb˙a ÒẄhYbž˙Y]b˙[Yf]ggYbYf G]l dUW_"˙@Y]XYf˙fY]ẄYb˙G]hi dg˙i bX˙7fi bẄYg˙b]Ẅh˙Ui gž˙i a X]Y˙6Ui Ẅa i g_Y`b˙ni a ˙JcfgẄY]b˙ni ˙Vf]b[Yb"˙G]Y˙a ØggYb f]Ẅh][˙YggYbž˙i a ˙XUg˙: Yhh˙cgni k YfXYbž˙XUg˙X]YgYb i b[˙Ui V˙]Ẅ˙gẄ˙Ub_Yb˙i bX˙ZUẄYb˙6Ui Ẅ˙j YfV]f[h"˙<]Yf g]bX˙X]Y˙&˙< Ui dhdi b_hY˙XYf˙8Ub]Y``7fU][ ˙K cf_ci h˙G]l ˙DUW_ 6Ui Ẅa i g_Y`X]Àh.˙%"˙8Ub]Y``7fU][˙\Uh˙˙A U\`nY]hYb˙dfc˙HU[ i bX˙&˙GbUW_g˙[ Y[ YggYb˙&"˙8]Y˙G]l dUW_!8]Àh˙jcb˙8Ub]Y` 7fU][˙k Uf˙b]Ẅh˙%$$˙ı ˙˙ghfYb[˙"˙9g˙\UhhY˙Y]bY˙[Yk]ggY : ˙YI]V]`]hÀh"˙?9=B9˙fUℤ]b]YfhYb˙⁄ Ua d⋀Y``]d⁄

<]Yf˙]gh˙XUg˙; Y\Y]a b]g˙XYg˙8Ub]Y``7fU][!HfU]b]b[g˙i bX˙gY]bYf ⅛Ua Yg!6cbX!G]l dUW_!6Ui Ẅa i g_Y`X]Àh"

⅛hnhž˙XU˙G]Y˙XUg˙⅛Ua Yg!6cbX!HfU]b]b[gdfc[fUa a ˙\UVYbž˙]gh Y]bYg˙XYf˙8]b[Yž˙X]Y˙G]Y˙j]Y``Y]Ẅh˙\UVYb˙a ÒẄhYbž˙Y]b˙[Yf]ggYbYf G]l dUW_"˙@Y]XYf˙fY]ẄYb˙G]hi dg˙i bX˙7fi bẄYg˙b]Ẅh˙Ui gž˙i a ˙X]Y

6Ui VXa i g_Y`b˙ni a ˙JcfgVXY]b˙ni ˙Vf]b[˙Yb"˙G]Y˙a ØggYb˙f]VXh][ YggYbž˙i a ˙XUg˙: Yhh˙cgni k YfXYbž˙XUg˙X]YgYb˙i b[˙`Ui V˙]VX gVX`Ub_Yb˙i bX˙ZUVXYb˙6Ui VX˙j YfV]f[h"

<˙]Yf˙g]bX˙X]Y˙&˙<Ui dhdi b_hY˙XYf˙8 Ub]Y`˙7fU][˙K cf_ci h˙G]l DUW˙6Ui VXa i g_Y˙X]Àh.

%"˙8 Ub]Y`˙7fU][˙\Uh˙˙A U`nY]hYb˙dfc˙HU[˙i bX˙&˙GbUW_g`[Y[YggYb

&"˙8]Y˙G]l dUW!8]Àh˙jcb˙8 Ub]Y`˙7fU][˙k Uf˙b]VXh˙%$$˙ı ˙ghfYb[ ˙"9g \UhhY˙Y]bY˙[ Yk ]ggY˙: ˙Yl ]V]`hÀh"

?˙9╫B 9˙fUZZ]b]YfhYb˙Ni W_Yf`i bX˙?c\`Yb\mXfUhY˙jcf˙%(˙`I ˙\f"˙B UVX %+˙`I ˙\f˙XØfZYb˙_Y]bY˙ghÀf_Y\Uh][Yb˙?c\`Yb\mXfUhY˙fF Y]gž˙6fch˙ž ?UfhcZZY`b˙YhWŁ`a Y˙f`[Y[YggYb˙k YfXYb"˙G]Y˙XØfZYb˙&˙GhØW_˙C Vgh YggYb˙i bX˙a ØggYb˙hÀ[`]WX˙&˙@]hYf˙K UggYf˙hf]b_Yb"˙9]b˙GbUW_˙jcf i bX˙bUVX˙XYa ˙HfU]b]b[˙]ghYbhgVXY]XYbX"

C Vk c\`˙5`_c\c`]b˙XYb˙a Y]ghYb˙8 ]ÀhYb˙Y]b˙[ fc»Yg˙B c!; c˙]gh˙˙]b XYf˙G]l dUW!8 ]Àh˙jcb˙8 Ub]Y`˙7fU][˙˙˙Yf˙Ui VhY˙Yf`g]VXž˙bi f˙Ub˙nk Y] HU[ Yb˙dfc˙K cVXY˙5`_c\c`˙ni ˙hf]b_Yb˙˙ZfY]hU[˙i bX˙gUa ghU[g"

9]b˙hmd]gVXYf˙HU[˙]b˙XYf˙8 Ub]Y`˙7fU][˙K cf_ci h˙8 ]Àh˙jYf`]YZ k]Y˙Zc`[h.

ł ˙: fØ\ghØW_˙˙nk Y]˙dcVX]YfhY˙9]Yf`i bX˙nk Y]˙GVXY]VYb˙HcUgh

ł ˙GbUW_˙˙DfchY]bg\U_Y˙cXYf˙: fØVXhY˙i bX˙B ØggY

ł ˙A]hhU[YggYb˙˙: ˙Y]gVX˙cXYf˙:]gVX˙i bX˙Ybhk YXYf˙VfUi bYf˙F Y]g cXYf˙Y]bY˙C ZYb_UfhcZZY`

ł ˙GbUW_˙˙DfchY]bg\U_Y˙cXYf˙⊁c[\i fh˙a]h˙Y]b][Yb˙B ØggYb"

ł ˙5VYbXYggYb˙˙: ˙Y]gVX˙cXYf˙:]gVX˙i bX˙Yhk Ug˙; Ya ØgY˙k]Y GU`Uhgd]bUh˙cXYf˙6fc__c`]"

GbUW_g˙jcf˙XYa ˙HfU]b]b[˙gc``hYb˙Ui g˙Y]bYf˙\U`VYb˙6UbUbY˙i bX

Y]bYa ˙ni W_Yf\U`h][ Yb ˙; YhfÀb_ ˙VYghY\Yb" I bX ˙YbX`]W ˙UW h
Ghi bXYb ˙GW ˙UZ˙Ua ˙HU[ž˙i a ˙≒fYa ˙? ÒfdYf˙i bX ˙≒fYb ˙A i g_Y`b ˙NY]h
ni ˙[YVYbž˙g]W ˙k]XYf˙Ui Zni VUi Yb˙i bX ˙ni ˙k UW gYb"

≒gd]f]Yfh˙j cb ˙: fUb_ ˙G\Yff]`

6 Ygi W Yb ˙G]Y ˙i b g˙Ui Z˙ a Y]b! Z]hb Ygg"b Yh