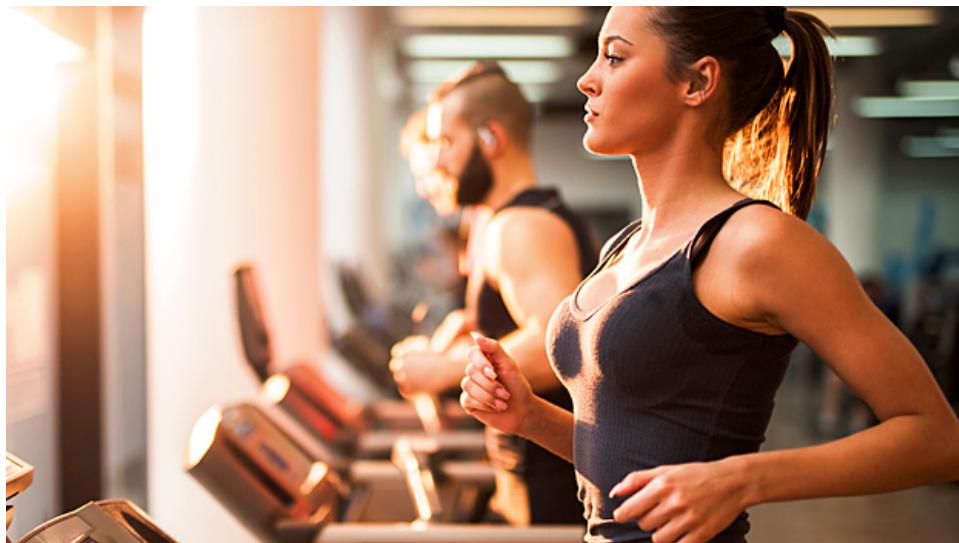


# MEIN FITNESS

, Vi b[ Yb 'i bX 'K cf\_ci hg'! '8 ]Y 'VYghY b  
 7UfX]c!K cf\_ci hg'ni a ' ? fUZhUi ZVUi  
 ? fUZhkfU]b]b[ ']gh'Y]bY 'UbXYfY '5fh'ni 'gU[ Yb  
 / Ua d/\_ , &&\$/GhY][ Yfi b[ 'XYf'A i g\_Y`\_fUZh' Ua d/\_ , &&%/  
     ? fUZhkfU]b]b[ 'Z b\_h]cb]Yfh'bUW 'XYa 'D\Àbca Yb 'XYg  
 , VYf'Ughi b[ gdf]bn]dg" 'K Ybb 'G]Y 'a Y\ f' ? fUZh']b ' ? fY a ' ? ÒfdYf  
 Ui ZVUi Yb 'a ÒW hYbžUVYf 'b]W hgc 'gY\ f'XUfUb ']b hYfYgg]Y fh  
 g]b Xž'Y]b 'hUhgÀW ']W hYg' ? fUZhkfU]b]b[ 'ni 'VY [ ]bbYbž'ZfU[ Yb  
 G]Y 'g]W 'a Ò[ ']W hYfk Y]gYž'k Y 'W hY '7UfX]c!, Vi b[ Yb 'G]Y 'b  
     ? fYb '5 \_hj]hÀhg'd'Ub 'Ui ZbY\ a Yb ' ?ObbYbž'i a 'a Y\ f' ? fUZh  
 Ui Zni VUi Yb 'C V k c\ ``7UfX]c 'j cb 'B Uhi f'Ui g' b]W h]XYU ``]ghž  
     i a 'A i g\_Y`\_fUZh'Ui Zni VUi Ybž '\_Ubb 'Yg' ? bYb 'VY] 'XYf  
     f]W h][ Yb 'J Uf]Uh]cb 'Y'ZYbž'VY] 'U ``Ya ž'k Ug 'G]Y 'hi bž'a Y\ f  
 Z b\_h]cb Y ``Y' ? fUZh'ni 'Yf'Ub[ Yb " ? Y]b '7UfX]c 'k ]fX 'Ya U'g'a ]h  
     XYa 'XYg' ? fUZhkfU]b]b[ 'g'j Yf[ 'Y]W hVUf'gY]bž'UVYf 'a ]h'XYf  
     f]W h][ Yb '5 i gk U\ ``\_ ?ObbYb 'G]Y ' ? Ua d A Y ``]d /



? fUZhkfU]b]b[ ']gh'Y]bY 'UbXYfY '5fh'ni 'gU[ Yb ' G hY][ Yfi b[ 'XYf  
 A i g\_Y`\_fUZh " ? fUZhkfU]b]b[ 'Z b\_h]cb]Yfh'bUW 'XYa 'D\Àbca Yb 'XYg  
 , VYf'Ughi b[ gdf]bn]dg" 'K Ybb 'G]Y 'a Y\ f' ? fUZh']b ' ? fY a ' ? ÒfdYf  
 Ui ZVUi Yb 'a ÒW hYbžUVYf 'b]W hgc 'gY\ f'XUfUb ']b hYfYgg]Y fh'g]b Xž  
 Y]b 'hUhgÀW ']W hYg' ? fUZhkfU]b]b[ 'ni 'VY [ ]bbYbž'ZfU[ Yb 'G]Y 'g]W

a Ø[ `]WX Yfk Y]gYž'k Y`WX Y`7UfX]c!, Vi b[ Yb`G]Y`]b`Δ fYb  
5\_h]j ]hÀhg'd`Ub`Ui ZbY\ a Yb`\_ØbbYbž'i a`a Y\ f`? fUZh`Ui Zni VUi Yb"

C V k c\ ``7UfX]c`j cb`B Uhi f`Ui g`b]WX h`]XYU``]ghž'i a`A i g\_Y`\_fUZh  
Ui Zni VUi Ybž`\_Ubb`Yg`Δ bYb`VY]`XYf`f]WX h`[ Yb`J Uf]Uh]cb`\ Y`ZYbž`VY]  
U``Ya ž'k Ug`G]Y`hi bž'a Y\ f`Z`b\_h]cbY``Y`? fUZh`ni`Yf`Ub[ Yb``? Y]b  
7UfX]c`k ]fX`Ya U`g`a ]h`XYa`XYg`? fUZh`hfU]b]b[ g`j Yf[ `Y]WX VUf`gY]bž  
UVYf`a ]h`XYf`f]WX h`[ Yb`5i gk U\ ``\_ØbbYb`G]Y`bU\`XfUb`gY]b"

@UggYb`G]Y`i bg`X]Y`VYghYb`7UfX]c!K cf\_ci hg`ni a`? fUZh`Ui ZUUi  
Xi fWX[ Y\ Ybž'i a`g]Y`]b`6YhfUWX h`ni`n]Y\ Yb`

%``9``]dgYb`hfU]b]b[ ``8Yf`9``]dgYb`hfU]b`Yfž`Ui WX`U`g`7fc`gg!HfU]b`Yf  
VY`\_Ub`bž`]gh`Y]b`gh`U]cb`Àf`Yg`HfU]b]b[ g`Yf`Àh`ni a`5i Z`Ui`j`cb  
7UfX]c!: ]hb`Ygg`i bX`5i gXUi`Yf`i bX`V]Yh`Yh`Δ bYb`[ `Y]WX nY]h`[ `Y]b][ Y  
J`cf`hY]`Y`ZØf`X]Y`A i g\_Y`\_cbX]h`cb]Yfi`b[ ``

8U`G]Y`XUg`K`]XYfghUbXgb]j`YUi`X]YgYf`A`UgWX]b`Yb``Y]WX h`Ub`Δ fY  
U\_hi`Y``Yb`? fUZh`jj`YUi`g`Ubd`UggYb`\_ØbbYb`i`bX`G]Y`XUVY]  
\Yf`Ui`gZcf`XYfbž`gh`Àf`Yf`ni`k`Yf`XYbž`gc`hYb`G]Y`b`UWX`b]WX h`U``ni  
`Ub[ Yf`NY]h`\Yfj`cffU[ Yb`XY`? fUZh`ni`k`ÀWX gY`ZY`ghghY``Yb"

8UfØVYf`\]b`Ui`g`Z`b\_h]cb]Yfh`X]YgYg`;`Yf`Àh`gck`c\``Ua`CVYf`U`g  
Ui`WX`Ua`I`bh`Yf`\_Øfd`Yfž`k`Ug`bi`f`k`Yb][ Y`7UfX]c!A`c`XY``Y`hi`b`

&``F`i`XYfb`F`i`XYfb`]gh`Y]b`Y`k`Y]h`Yf`Y`]b`h`Yf`Ygg`Ub`h`Y`7UfX]c!  
J`Uf]Ub`h`Yž`X]Y`G]Y`Δ f`Y`a`5\_h]j`]h`Àhg'd`Ub`\]b`ni`ZØ[ Yb`gc`h`Ybž`k`Ybb  
G]Y`Ub`? fUZh`[ Yk`]bb`Yb`a`ØWX h`Yb``5i`WX`\]Yf`\]Z`Δ b`Yb`X]Ygž`? fUZh  
gck`c\``]b`Δ f`Y`a`CVYf`U`g`Ui`WX`]b`Δ f`Y`a`I`bh`Yf`\_Øfd`Yf`ni  
[ Yk`]bb`Ybž`k`À\`f`Yb`X`G]Y`XUVY`]? U`cf]Yb`j`Yf`V`f`Ybb`Yb``8]Y`5bn`U\`  
XYf`? U`cf]Ybž`X]Y`G]Y`j`Yf`V`f`Ybb`Ybž`]gh`i`a`V]g`ni`\$`Dfcn`Ybh`Ø\`Yfž  
i`bX`G]Y`gh`Àf`Yb`ZUgh`U``Y`A i g\_Y`b`Δ f`Yf`GWX`i`h`Yf`V]g`\]b`ni`XYb  
A i g\_Y`b`Δ f`Yf`K`UXYb`

Y`a`Y\`f`K`]XYfghUbX`G]Y`j`Yfk`Yb`XYbž`XY`ghc`[ fØ»`Yf`g]bX`X]Y  
? fUZh`j`cf`hY]`Yž`X]Y`G]Y`gY\`Yb`k`Yf`XYb`

'``F`UXZU\`f`Yb``9fk`À[ Yb`G]Y`gWX`]Y`>`]WXž`Δ f`Y`a`7UfX]c!

5\_h]cbgd`Ub`FUXZU\fYb`\]bni ni ZØ[ Yb``K Á\ fYbX`XUg`FUXZU\fYb  
Ui Z`A\fYb`I b hYf\_ÒfdYf`UVn]Y`hž]gh`Yg`gY\ f`[ i hž`i a`?fUZh  
Ui Zni VUi Yb``6Y]a`FUXZU\fYb`k YfXYb`X]Y`k ]WX h][ ghYb  
A i g\_Y`[ fi ddYb`]b`A\fYb`6Y]bYb`hfU]b]Yfh``A\fY`?fUZh`i bX`5i gXUi Yf  
k YfXYb`Yf\Ò\h`i bX`U`g`6cbi g`j Yf`]YfYb`G]Y`?ÒfdYfZYhh`i bX  
j YfVfYbbYb`?U`cf]Ybž]bXYa`G]Y`A\fY`<YfnZfYe`i Ybn`Yf\Ò\Yb"  
5i WX`\]Yf`g]bX`X]Y`GhÀf\_i b[ gj cfhY]Y`A\fYf`E`i UXgž; YgÀ`a i g\_Y`bž  
K UXYb`i bX`?b]YgY\`bYb`i a`gc`[ fÒ`Yfž`Y`\Ò\Yf`XYf`K`]XYfghUbX  
]ghž`XYb`G]Y`j Yfk`YbXYb"

8 Yb\_Yb`G]Y`U`gc`Ub`X]YgY`7UfX]c!J Uf]Uh]cbYb``K`Ybb`G]Y`cZZYbž  
A\f`?fUZh`b]j`YUi`ni`a`UI`ja`]YfYbž`cbnYbhf]YfYb`G]Y`g]WX`gc`cZh`k`]Y  
a`Ò[ `]WX`Ui`ZX]YgY"

≠bgd]f]Yfh`j`cb`6Yj`Yf`Y][ \`<`D]YdYfg

8 YhU]`g

6Ygi`WX`Yb`G]Y`i`bg`Ui`Z`a`Y]b!Z]hb`Ygg"b`Yh