

# MEIN FITNESS

K Ufi a '7UfX]c ? ]W\_Vcl Yb 'j ]Y``Y]W h'XUg  
VYghY 'HfU]b ]b [ 'ZØf 'G]Y ']gh

K Ybb 'G]Y 'bcW b]Y 'j cb '7UfX]c!? ]W\_Vcl Yb '[ Y\Øfh'\UVYb  
cXYf 'XUj cb '[ Y\Øfh'\UVYbž'Yg 'UVYf 'bcW b]Y 'Ui gdfcV]Yfh  
\UVYbž'k ]ggYb 'G]Y 'bcW b]W hž'k ]Y 'j ]Y ``G]Y 'Ui g 'X]YgYf ': cfa  
XYf ', Vi b[ '\YfUi g\c 'Yb '\_ØbbYb "9g 'k ]fX 'j cb 'HfU]b ]YfYbXYb  
k Y `hk Y]h'dfU \_h]n]Yfh'i bX '\Uh'j ]Y ``J cfhY ]Y '[ YbØVYf  
UbXYfYb 'HfU]b ]b[ gZcfa Yb "K Ug 'gh '7UfX]c ? ]W\_Vcl Yb3 '8 ]Yg  
]gh 'Y]bY ': cfa 'XYf ', Vi b[ ž 'X]Y 'U ``Y]bY 'cXYf ']b 'Y]bYf ; fi ddY  
Xi fW [ YZØ\ fh'k YfXYb '\_Ubb "G]Y 'a ØggYb 'A fY '6Y]bY  
VYbi hnYbž i a 'bUW 'Ui » Yb 'ni 'hfYhYbž'k A\ fYbX 'G]Y 'Ui Z'XYa  
UbXYfYb ': i » 'VU 'UbW]YfYb "9g 'gh 'Y]bZUW 'Y]bY '7UfX]c ! J Yfg]cb  
XYg 'Gdcfhgž 'XYf 'U 'g ? ]W\_Vcl Yb 'VY \_Ubbh 'gh '8i 'VYbi hn  
XY]bY '5fa Y 'VY]a '7UfX]c !? ]W\_Vcl Yb 'i bX / Ua dA Y ``]d /



K Ybb 'G]Y 'bcW b]Y 'j cb '7UfX]c !? ]W\_Vcl Yb '[ Y\Øfh'\UVYb 'cXYf  
XUj cb '[ Y\Øfh'\UVYbž'Yg 'UVYf 'bcW b]Y 'Ui gdfcV]Yfh '\UVYbž'k ]ggYb  
G]Y 'bcW b]W hž'k ]Y 'j ]Y ``G]Y 'Ui g 'X]YgYf ': cfa 'XYf ', Vi b[  
\YfUi g\c 'Yb '\_ØbbYb "9g 'k ]fX 'j cb 'HfU]b ]YfYbXYb 'k Y `hk Y]h

dfU\_h]n]Yfh'i bX'\Uhj ]Y`Y`J cfhY]`Y`[ Y[ YbØVYf'UbXYfYb  
HfU]b]b[ gZcfa Yb"

K Ug`]gh`7UfX]c`? ]W\_Vcl Yb 3

8 ]Yg`]gh`Y]bY` cfa`XYf` Vi b[ žX]Y`U`Y]bY`cXYf`]b`Y]bYf` fi ddY  
Xi fW`[ YZØ\fh`k YfXYb`\_Ubba`G]Y`a ØggYb`ΔfY`6Y]bY`VYbi hnYbž`i a  
bUW`Ui » Yb`ni `hfYhYbž`k Å\fYbX`G]Y`Ui Z`XYa`UbXYfYb` i »  
VU`UbW]YfYb`9g`]gh`Y]bZUW`Y]bY`7UfX]c!J Yfg]cb`XYg`Gdcfhgž`XYf  
U`g`? ]W\_Vcl Yb`VY\_Ubbh`gh"

8i`VYbi hnYbXY]bY`5fa Y`VY]a`7UfX]c!?) ]W\_Vcl Yb`i bX`gW`À[ gh`X]Y  
@ Zh`k ]Y`a`? Ua dZ`K Ybb`Xi`Yg`f]W`h][`a`UW`ghž`g]Y`h`Yg`gc`Ui`gž  
U`g`cV`Xi`a`]h`Ya`UbXYa`]b`Y]bYa`Hf]hhl`i`bX`G`U[k`YhhVYk`YfV  
V]ghž`Ui » Yf`XUgg`XYf` Ya`UbX`b]W`h`k`]f\_`]W`XU`]gh"

7UfX]c!?) ]W\_Vcl Yb`]gh`Y]bY`GdcfhUfhž`X]Y`j`]Y`\_UfX]cj`Ug\_i`ÀfY  
5i`gXUi`Yf`i`bX`;`YgW`k`]bX`[\_Y]h`YfZcfXYfh`GcVU`X`G]Y`UbZU`b`[`Ybž  
ZU\`fYb`G]Y`Zcfhž`V]g`G]Y`Y]bY`\U`VY`Ghi`bXY`HfU]b`]b`UV`[`YgW`cggyb  
\UVYb`cXYf`YfgW`ØdZh`g]bX`5a`5bZU`b`[`k`YfXYb`G]Y`b]W`h`gY`f  
gW`bY`[`Y\`Yb`\_ØbbYb`i`bX`Δf`;`Y]W`[`Yk`]W`h`k`]fX`gW`Y`W`h`gY]bž  
UVYf`gW`]Y`»`]W`[`Yk`YfXYb`G]Y`]b`XYf`@U[Y`gY]bž`Ui`Z`XYa`6U`Y]bYg  
: i » Yg`ni`VU`UbW]YfYbž`k Å\fYbX`G]Y`a`]h`XYa`UbXYfYb`hfYhYb`G]Y  
\_ØbbYb`gW`bY`Yf`ZU\`fYb`i`bX`a`Y\`f`?U`cf]Yb`j`YfVfYbbYb"

H]ddg`ZØf`XYb`9fZc`[

I a`X]YgY` Vi b[ `YfZc`[ fY]W`Xi`fW`ni`ZØ\`fYb`i`bX`i`bj`Yf`Yhnh`ni  
V`Y]VYbž`a ØggYb`G]Y`Y]b`[ Y`8]b[ Y`k`]ggYb`Ni`a`6Y]gd]Y`a`ØggYb  
G]Y`Ui`Z`XYb`6Å`Yb`ΔfYf`; Ø»Y`V`Y]VYb`i`bX`Δf`; Yk`]W`h`j`cb`Y]bYf  
GY]hY`Ui`Z`X]Y`UbXYfY`j`Yf`U[Yfb`G]Y`gc`hYb`Ui`W`b]W`h`a`]h`XYb  
5fa`Yb`gW`U[Yb`cXYf`a`]h`XYb`6Y]bYb`]b`j`c`Yf`GhfYW`i`b[`h`fYhYb`  
N]Y`Yb`G]Y`a`a`Yf`ni`fØW`z`XUa`]h`ΔfY`; Y`Yb`\_Y`k`Y]W`V`Y]VYb`  
8]Yg`gW`Øhnh`ΔfY`; Y`Yb`\_Y`j`cf`J`Yf`Yhni`b[ Yb`Xi`fW`\_,`VYfXY`bi`b[  
XYf`; Y`Yb`\_Y`i`bX`Yf`Ø\`h`X]Y`?U`cf]Ybž`X]Y`G]Y`k`Å\fYbX`XYg  
HfU]b`]b[ g`j`YfVfYbbYb"

8Yf`?Yfb`ΔfYg`?ØfdYfg`gc`hY`k`Å\fYbX`XYg`HfU]b`]b[ g`Yb[`V`Y]VYb`"

8]Yg`\]Zh`AbYbžXUg` ; `Y]W\h[ Yk ]W\h ni \U`hYbži bX`Yfa Ø[ `]W\h`Yg  
=AbYbžXUg`a UI ja U`Y`A U» `Ub ?fUZh`Ubni k YbXYbžk Ybb`G]Y`=fY  
9I hfYa ]hÀhYb`]b`Y]bYf`\_Ua dZÀ\`b`]W\h Yb`5\_h]cb`XfØW\Yb`i bX  
n]Y\Yb`K Ybb`=f`?Yfb`Ub[ YgdUbbh`ghž`\_ØbbYb`G]Y`X]Y`A i g\_Y`b  
=fYg`FØW\Ybg`i bX`6Ui W\Yg`ghÀf`Yb`i bX[ `Y]W\h nY]h[ `X]Y`?fUZh  
=fYf`9I hfYa ]hÀhYb`Yf\Ø\Yb"

8]Y`<UbXVYk Y[ i b[ Yb`gc``hYb`Ghc» VYk Y[ i b[ Yb`gY]bžk cVY]`=fY  
<UbX`Ui g[ YghfYW\h`i bX`=fY`9``Vc[ Yb`Y]W\h`[ YVYi [ h`g]bX``G]Y  
\_ØbbYb`Ui W\Y]bY`?fYi nVYk Y[ i b[ `j Yfk YbXYbžVY]XYf`G]Y`a ]h  
XYa`5fa`VY[ ]bbYbžXYf`\]bhYf`=bYb`VY[ ]bbh`i bX`X]Y`JcfXYfgY]hY  
=fYg`?ØfdYfg`ØVYfei YfhžU`g`k ØfXYb`G]Y`Y`a UbXYb`]b`XYb`6Ui W\cXYf`X]Y`6fi gh`gW\`U[ Yb`

8]Y`<U\_YbVYk Y[ i b[ `YfZc`[ h`a ]h`AbYa`5fa`i bX`VY]b\U`hYh`Y]bY  
\c\Y`gW\k i b[ `A\`b`]W\Y`6Yk Y[ i b[ `z`U`g`cV`G]Y`Ui Z`XYb`?cdZcXYf  
?]YZYf`Y]bYf`DYfgcb`n]Y`Yb`k ØfXYb`9]b`l ddYfW\h`gh`Y]bY  
<UbXVYk Y[ i b[ `A\`b`]W\Y`bYa`<U\_Ybž`Ui » Yf`XUgg`G]Y`=fY`<UbX  
Ui Z`XUg` ; Yg]W\h`XYg` ; Y[ bYfg`f]W\h`Yb`

6Y]a`HfYhYb`[ ]Vh`Yg`XYb`G\W\]YbVY]bV`cW``8UXi fW\`k YfXYb`X]Y  
?b]Y`[ YfUXY`bUW\`cVYb`i bX`=fY`<ÀbXY`#9``Vc[ Yb`j cf`=fY`  
; Yg]W\h`bUW\`i bhYb`[ YVfUW\h`gcXUgg`g]W\`9``Vc[ Yb`i bX`?b]Y`Ui Z`  
XYfgY`VYb`?ØfdYfgY]hY`k ]Y`XUg`hfYhYbXY`6Y]b`hfYZZYb`i bX  
VYfØ\`fYb`K Ybb`G]Y`Y`a UbXYb`\_b]Yb`ž\YVYb`G]Y`=f`?b]Y`Ubž  
k `A\fYbX`G]Y`XYb`]a U[ ]bÀfYb` ; Y[ bYf`Ui Z`XUg  
\YfUi g[ YgW\`Yi XYfhY`?b]Y`n]Y\Yb`

6Y]`Y]bYa`Hf]hh`j cb`j cfbY`ghfYW\Yb`G]Y`=f`6Y]b`[ YfUXY`bUW\`  
j cfbY`i bX`\_ØbbYb`=f`?b]Y`b]W\h`j c``ghÀbX][ `Ui gghfYW\Yb`6Y]  
Y]bYa`\c\Yb`Hf]hh`XfY\Yb`G]Y`=f`Hf]hhVY]b`i bX`=fY`<ØZhYb`gcž  
XUgg`G]Y`gY]h]W\`ni`=fYf`?ca dc`bYb`hY`g]bX`i bX`ni f`GY]hY`hfYhYb`  
G]Y`gc``hYb`=fY` ; Ø» Y`gc`k YW\gY`bžXUgg`G]Y`i b[ YZÀ\`f`[ `Y]W\`cZh  
a ]h`VY]XYb`6Y]bYb`hfYhYb`i bX`XUg`UbXYfY`6Y]b`ZØf`XUg  
; `Y]W\`[ Yk ]W\h`j Yfk YbXYb`8]Yg`j YfVYggYfh`=f  
; YgUa`h[ `Y]W\`[ Yk ]W\h`i bX`j Yf\`]bXYfhž`XUgg`G]Y`Y]b`6Y]b`ØVYf  
XYa`UbXYfYb`ØVYfUfVY]hYb`

? U`cf]Ybj cfhY]`Y

7UfX]c!?)W\_Vcl Yb`j YfVfYbbh'a Y\`f`U`g`(\$\$`?U`cf]Yb`dfc  
&\$!a ]bØh][ Ya `HfU]b]b[ "8]Yg`VYXYi hYhž`XUgg`G]Y`ZUgh`&\$`?U`cf]Yb  
dfc`A ]bi hY`j YfVfYbbYbžk Ybb`G]Y`X]Y [ UbnY`NY]h`i bi bñYfVfcWYb  
gWY`U[ Yb`i bX`hfYhYb"9g`]gh`Y]bY`Ui g[ YnY]WYbYhY`cfa`XYf  
, Vi b[ žX]Y`Δ`bYb`Ui WY`\]Zhžk Ybb`G]Y`j cb`Y]bYa`5b[ fY]ZYf  
Ub[ Y[ f]ZZYb`k YfXYbži bX`bUhØf`]WY`XUg`  
<Yfn`ghÀf\_h"

A i g\_Y`Ui ZVUi

8]Y`J Yfk YbXi b[ `U``Yf`k ]WYh][ Yb`A i g\_Y`[ fi ddYb`k À\`fYbX`Y]bYg  
7UfX]c!?)W\_Vcl !HfU]b]b[ g`Yfa Ø[ `]WYh`Yg`Δ`bYbžA i g\_Y`b`Ua  
[ UbnYb`?ØfdYf`Ui Zni VUi Yb`i bX`ni `ghfUZZYbži a`Y]bYb`\`UfhYb`i bX  
gWY`Ub\_Yb`?ØfdYfVUi`ni`YffY]WYb"

≠bgd]f]Yfh`j cb`A cUhUn`9`n]Ybm

8 YhU]`g

6 Ygi WYb`G]Y`i bg`Ui Z`a Y]b!Z]hbYgg"bYh