

# MEIN FITNESS

: ]hb Ygga cXY. 'H]ddg'ZØf'XYb'?Ui Z

: ]hb Ygga cXY. 'H]ddg'ZØf'XYb'?Ui Z: Øf'U``Yž'X]Y'[ YfbY'Gdcfh  
 hfY]VYb'cXYf']bg': ]hb Yggghi X]c'[ Y\Ybž']gh'Yg'k ]W h][ ž'X]Y  
 f]W h][ Y': ]hb Ygga cXY'ni 'hfU[ Yb"8i fW X]Y'f]W h][ Y'K'U\`  
 XYf'?Y]Xi b[ '\_Ubba'Ub'b]W h'bi f'gh]j c``'Ui ggY\Ybž'gbXYfb  
 Ui W 'XYb'?ca Zcfh'i bX'X]Y'@Y]ghi b[ gZÀ\][ \_Y]h'VY]a 'HfU]b]b[  
 j YfVYggYfb"·b'X]YgYa '5fh]\_Y``k YfXYb'k ]f'·bYb'H]ddg  
 [ YVYbž'X]Y'·bYb'`Y`ZYbž'X]Y'VYghY': ]hb Ygga cXY'ni '\_Ui ZYb"  
 K'Ufi a ']gh'X]Y'K'U\``XYf': ]hb Ygga cXY'k ]W h][ 3'8]Y  
 : ]hb Ygga cXY'gd]Y'h'Y]bY'k ]W h][ Y'F'c``Y'ZØf'·f  
 HfU]b]b[ gYf`YVb]g"·G]Y'gc``hY'b]W h'bi f'·fYb'dYfgØb' ]W Yb  
 Gh]`'k ]XYfgd]Y[ Y'bž'gbXYfb'Ui W 'Zi b\_h]cbU`'gY]b'i bX'·bYb  
 Yfa Ø[ `]W Ybž'·f'j c``Yg'DchYbn]U`'Ui gni gW ØdZYb"·< ]Yf'g]bX  
 Y]b][ Y'; fØbXYž/ Ua d\Y``]d/



: ]hb Ygga cXY. 'H]ddg ZØf XYb ?Ui Z

: Øf U`YžX]Y [ YfbY Gdcfh hfY]VYb cXYf ]bg : ]hb Yggghi X]c [ Y\Ybž]gh

Yg'k ]W h][ ž'X]Y 'f]W h][ Y ': ]hbYgga cXY 'ni 'hfU[ Yb" '8 i fW X]Y 'f]W h][ Y  
K U\ ``XYf'?'Y]Xi b[ '\_Ubb'a Ub 'b]W h'bi f'gh]j c``Ui ggY\ Ybž'gbXYfb  
Ui W XYb 'ca Zcfh'i bX 'X]Y '@Y]ghi b[ gžA\][ \_Y]h'VY]a 'HfU]b]b[  
j YfVYggYfb" 'b 'X]YgYa '5fh]\_Y'k YfXYb 'k ]f'Δ bYb 'H]ddg' [ YVYbž'X]Y  
Δ bYb 'Y'Zbž'X]Y 'VYghY ': ]hbYgga cXY 'ni '\_Ui ZYb"

K Ufi a ']gh'X]Y 'K U\ ``XYf': ]hbYgga cXY  
k ]W h][ 3

8 ]Y ': ]hbYgga cXY 'gd]Y'h'Y]bY 'k ]W h][ Y 'F c``Y 'Zof'Δ f  
HfU]b]b[ gYf'YVb]g" 'G]Y 'gc``hY 'b]W h'bi f'Δ fYb 'dYfg'Ob' ]W Yb 'Gh]  
k ]XYfgd]Y[ Y'bž'gbXYfb 'Ui W Z b\_h]cbU 'gY]b 'i bX 'Δ bYb  
Yfa 'O[ ']W Ybž'Δ f'j c``Yg'DchYbn]U 'Ui gni gW 'OdZYb" < ]Yf'g]bX 'Y]b][ Y  
; f'obXYž'k Ufi a 'X]Y 'K U\ ``XYf'f]W h][ Yb ': ]hbYgga cXY 'j cb  
6YXYi hi b[ ']gh

%'?'ca Zcfh '6Y]a 'Gdcfh]gh'XYf'?'ca Zcfhj cb 'Yb'gW Y]XYbXYf  
6YXYi hi b[ 'K Ybb'Δ fY ': ]hbYgg\_ 'Y]Xi b[ 'i bVYe i Ya ']ghž'\_Ubb 'X]Yg  
Δ fY '6Yk Y[ i b[ gžfY] \ Y]h'Y]b gW f'Ab \_Yb 'i bX 'Δ bYb 'XUg 'HfU]b]b[  
YfgW k YfYb"

&"'5ha i b[ gU\_h]j ]h'Ah '6Y]a 'Gdcfh'gW k ]hnYb 'k ]f' i bX 'i bgYfY  
? 'OfdYf'a 'OggYb 'HYa dYfUhi f'fY[ i ']YfYb" '5ha i b[ gU\_h]j Y 'Ghc ZY  
\ Y'Zb 'XUVY]ž: Yi W h][ \_Y]h'UVni 'Y]h'Yb 'i bX '\ U'hYb 'G]Y '\_Ø\ ``i bX  
hfcW Yb"

' " '6Yk Y[ i b[ gžfY] \ Y]h '8 ]Y 'f]W h][ Y ': ]hbYgg\_ 'Y]Xi b[ 'gc``hY  
Ui g'fY]W YbX '8Y '\ bVUf \_Y]h' i bX ': 'Yi ]V']h'Ah'V]Yh'Ybž' i a 'Δ bYb  
i bY]b[ YgW f'Ab \_hY '6Yk Y[ i b[ gžfY] \ Y]h'ni 'Yfa 'O[ ']W Yb"

( " 'I b hYfgh'Øhni b[ '9]b][ Y ': ]hbYgg\_ 'Y]Xi b[ ggh'ØW Y 'k ]Y 'Gdcfh! 6 < g  
V]Yh'Yb 'ni g'Ah' ]W Y 'I b hYfgh'Øhni b[ 'Zof'Δ fY '6fi gh'k 'fYbX 'XYg  
HfU]b]b[ g" '8Ug 'gh'VYgcbXYfg 'k ]W h][ 'Zof': fUi Ybž' i a  
J Yf'Yhni b[ Yb 'ni 'j Yfa Y]XYb"

) " 'GW i hn. '6Ygh]a a hY 'C i hXccf! GdcfhUfhYb 'YfZcfXYfb 'gdYn]Y ``Y  
GW i hn\_ 'Y]Xi b[ ž'k ]Y 'GcbbYbgW i hnž'fYZY \_h]YfYbXY '9 'Y a Yb hY 'Zof

X]Y'G]WXhVUf\_Y]h]a'8i b\_Y`b'cXYf'GWX i hn'j cf'XYb'9`Ya YbhYb"

A UhYf]U`]Y b 'ZØf': ]hb Ygg\_`Y]Xi b [

8]Y^K\_U\``XYg`f]W\h][Yb`A UhYf]U`g`Z\0f`\fY`:]hbYgg\_`Y]Xi b[ `]gh`j cb  
[fc»Yf`6YXYi hi b[ ``<]Yf`g]bX`Y]b][Y`XYf`Ua`\'\A`i Z][ghYb  
j Yfk YbXYhYb`A UhYf]U`]Yb`Z\0f`:]hbYgg\_`Y]Xi b[ .

%"`Dc`mYghYf.`Dc`mYghYf]gh`Y]b`gY\f`VY`]YVhYg`A UhYf]U`žXUg`ZØf  
gY]bY`@Ub[ `VY][ \_Y]h`i bX`gY]bY`gW\k bY`hfcW\_bYbXYb`9][ YbgW\k UZhYb  
VY\_Ubbh`]gh`9g`\_Ubb`G\k Y]» `Y\k]Ybh`UV`Y]hYb`i bX`G]Y`\_Ø\`i bX  
hfcW Yb`\U`hYb"

&"`B m`c b .`B m`c b `]gh`Y]b ``Y]W\hYg`i bX`ghfUdUn]YfZ\`[ Yg`A UhYf]U`ž  
XUg`g]W\`[ i h`ni a `HfU]b]b[ `Y][ bYh`9g`\Uh`Y]bY`\c\Y`8Y\`bVUf\_Y]h  
i bX`V]YhYh`Y]bY`[ i hY`6Yk`Y[ i b[ gZfY]\Y]h"

· "·'9`Ugh\ Ub. ·'9`Ugh\ Ubž`Ui W\ .VY\_UbbhU`g`GdUbXYI `cXYf`@mWfUž]gh  
VY\_UbbhžZf`gY]bY`Ybcfa Y`8Y\ bVUF\_Y]h`i bX ·'9`Ugh]n]hA`h`·'9g  
Yfa Ò[ ]W\ h`6Yk Y[ i b[ gZF`Y]`Y]h`i bX gcf[ h`Zf`Y]bY[ i hY`DUggZcfa " "

( ``6Ui a k c ``Y. `6Ui a k c ``Y ]gh `Y]b `bUhØf]W Yg `A UhYf]U ``i bX `gY \ f  
\\Ui hZfYi bX ]W ``9g `UVgcfV]Yfh: Yi W h][ \_Y]hž `Ubb `YXc W `VY]  
]bhYbgjj Ya `HfU]b]b[ `gW bY ``Yf `bUgg `k YfXYb `i bX ``Ab[ Yf `VfUi W Ybž  
j a `ni `hfcW bYb"

D UggZcfa 'i bX'; fO» Y

8]Y·f]WXh][ Y·DUggZcfa ·i bX·; fÒ» Y·Δ fYf·; ]hb Ygg\_`Y]Xi b[ ·g]bX  
Yb hgWX Y]XYb X·ZØf·Δ fYb ·? ca Zcfh·i bX·Δ fY·@Y]ghi b[ gZÀ\][ \_Y]h·VY]a  
HfU]b]b[ ·<]Yf·g]bX Y]b][ Y·H]ddg·ni f·K U\ ``XYf·f]WXh][ Yb ·; fÒ» Y·i bX  
DUggZcfa .

%"; fØ» Yb hUVY ``Y. , VYfd fØZYb 'G]Y 'X]Y'; fØ» Yb hUVY ``Y 'XYg  
< YfghY ``Yfg' i a 'A fY '[ YbUi Y'; fØ» Y 'ni 'Yfa ]hhY `b" 'XYf < YfghY ``Yf  
\_ØbbhY ``Y]W h i bhYfgW ]YX]W Y'; fØ» YbUb[ UVYb '\UVYb"

&"`5bdfcVY. `K Ybb`G]Y`X]Y`A `Ò[ `]W\ \_Y]h`UVYbž`gc``hYb`G]Y`A`fY  
: ]hbYgg\_`Y]Xi b[ `UbdfcV]YfYbž`VYj cf`G]Y`\_Ui ZYb"`5W\ hYb`G]Y  
XUfUi Z`k ]Y`g]Y`g]hnh`i bX`g]W\ `UbZ\`hž`i a`g]W\ Yfni ghY``Ybž`XUgg  
G]Y`[ Ybi [ `6Yk Y[ i b[ gZfY]`Y]h`UVYb`i bX`g]W\ `k c\`Z\`Yb"

' ```Ghc ZZ`Ghc ZZY`k ]Y`9`Ugh\ Ub`\_ÒbbYb`g]W\ `XY\ bYb`i bX`UbdUggYbž  
i a`Y]bY`VYggYfY`DUggZcfa`ni`[ Yk `À\`f`Y]ghYb"`5W\ hYb`G]Y`Ui Z  
Ghc ZZY`a ]h\c\Yf`9`Ugh]n]hÀhž`i a`g]W\ Yfni ghY``Ybž`XUgg`X]Y  
?`Y]Xi b[ `Yb[ `Ybi [ `g]hnhž`UVYf`b]W\ h`ni`Yb[ `]gh"

8 Yg][ b`i`bX`Gh]`

BYVYb`XYf`i b\\_h]cb`]gh`XUg`8 Yg][ b`i`bX`XYf`Gh]`A`fYf  
: ]hbYgga`cXY`Ui`W\`k]W\ h][ ``<]Yf`g]bX`Y]b][ Y`H]ddgž`i a`X]Y`f]W\ h][ Y  
: ]hbYgga`cXY`Z\`f`A`fYb`;`YgW\ a`UW\`i`bX`A`fYb`Gh]`ni`k`À\`Yb.

%`UfVYb`i`bX`A`i`ghYf`K`À\`Yb`G]Y`UfVYb`i`bX`A`i`ghYfž`X]Y  
`A`bYb`[ YZU``Yb`i`bX`X]Y`A`fY`DYfgÒb`]W\ \_Y]h`k`]XYfgd]Y[ Y`b``G]Y`Yb  
G]Y`b]W\ h`gW\ ØW\ hYfb`i`bX`YI`dYf]a`Ybh]YfYb`G]Y`a`]h`j`YfgW\`]YXYb`Yb  
: UfVYb`i`bX`A`i`ghYfb"

&"`GW\ b]hh`i`bX`G]`c`i`YhhY`9bhgW\ Y]XYb`G]Yž`cV`G]Y`Y]bY`Yb[  
Ub`]Y[ YbXY`cXYf`cW\ Yf`g]hnYbXY`?`Y]Xi b[ `VYj`cfni`[ Yb``8Yf  
GW\ b]hh`i`bX`X]Y`G]`c`i`YhhY`\_ÒbbYb`A`fY`][ i`f`j`YfVYggYfb`i`bX  
VYgh]a`a`hY`?`ÒfdYfhY]`Y`VYhcbYb`cXYf`Y\`Yf`j`YfVYf[`Yb"

' ```A`Uf`\_Yb`i`bX`8 Yg][ bYf`J`Yf`UggYb`G]Y`g]W\ `Ui`Z`fYbca`a`]YfhY  
A`Uf`\_Yb`i`bX`8 Yg][ bYf`Z\`f`cW\ k`Yfh][ Y`][ ]hbYgga`cXY`G]Y`V]YhYb  
cZh`VYggYfY`E`i`U`]hÀhž`DUggZcfa`i`bX`<`U`hVUf`\_Y]h"

DZY[ Y`i`bX`K`Ufhi`b[

I`a`A`fY`][ ]hbYgga`cXY`]b`Y]bYa`[ i`hYb`Ni`ghUbX`ni`U`hYbž`]gh`Yg  
k`]W\ h][ ž`g]Y`f]W\ h][ `ni`dZY[ Yb`i`bX`ni`k`Ufhi`Yb`<`Yf`g]bX`Y]b][ Y  
H]ddg`ni`f`DZY[ Y`i`bX`K`Ufhi`b[ `A`fYf`][ ]hbYgga`cXY.

%" K UgWX Ub`Y]hi b[ . '6YZc`[ Yb`G]Y`X]Y`K UgWX Ub`Y]hi b[ 'Ui Z`XYa  
9h]Yhh`ΔfYf`?`Y]Xi b[ ži a`g]WX Yfni ghY`YbžXUgg`g]Y`f]WX h][  
[ Yk UgWX Yb`i bX[ YdZY[ h`k ]fX"

&"GYdUfUhYg`K UgWX Yb`K UgWX Yb`G]Y`ΔfY`:]hbYgg\_`Y]Xi b[  
gYdUfUh`j cb`UbXYfYb`?`Y]Xi b[ gghØW\_Ybži a`UfVØVYfhfU[ i b[ Yb  
ni`j Yfa`Y]XYb"

' "HfcW\_b i b[ . 'JYfk YbXYb`G]Y`XYb`HfcW\_bYf`bi fžk Ybb`X]Yg`]b  
XYf`K UgWX Ub`Y]hi b[ 'Ub[ Y[ YVYb`]gh`@ ZhhfcW\_b i b[ `]gh`cZh`X]Y  
VYghY`A Yh\cXYži a`X]Y`@YVYbgXUi Yf`ΔfYf`?`Y]Xi b[ `ni  
j Yf`Ab[ Yfb"

<Ài Z][ ` [ YghY`hY`:]fU[ Yb`fl` 5 E gŁ

E . 'K Y`WX Y`5fh`j cb`GWX i \Yb`]gh`Ua`VYghYb`ZØf`XUg  
: ]hbYgghfU]b]b[ 3

5. '9g`]gh`Ya dZY\`Yb`gk YfhžXUgg`G]Y`gdYn]Y`ZØf`XUg`Yk Y`][ Y  
HfU]b]b[ ` [ YY][ bYhY`GWX i \Y`h`fU[ Yb`'9g`[ ]Vh`@Ui ZgWX i \Yž`7fcgg!  
HfU]b]b[ ggWX i \Yž; Yk ]WX h\YVYfgWX i \Y`i bX`j ]Y`Y`UbXYfY  
Cd`h]cbYbžX]Y`ZØf`j YfgWX]YXYbY`5\_h]j ]hÀhYb`cd`h]a`]Yfh`g]bX"

E . 'K ]Y`cZh`gc`hY`WX`a`Y]bY`:]hbYgg\_`Y]Xi b[ `YfgYhnYb`3

5. '8]Yg`\Ab[ h`j cb`XYf`<Ài Z][ \_Y]h`i bX`bh`h`ΔfYg`HfU]b]b[ g  
UV` , VYfdfØZYb`G]Y`fY[ Y`a`À`][ `ΔfY`:]hbYgg\_`Y]Xi b[ 'Ui Z  
J YfgWX`Y`][ bX`YfgYhnYb`G]Y`g]Yž`k Ybb`g]Y`VYgWX`AX][ h`cXYf  
UV[ Ybi`hnh`]gh"

E . `]Vh`Yg`VYgh]a`a`hY`:]hbYgg\_`Y]Xi b[ `ZØf`gdYn]Y`Y  
: ]hbYggU\_h]j ]hÀhYb`3

5. `]Už`ZØf`VYgh]a`a`hY`5\_h]j ]hÀhYb`k`]Y`@Ui ZYbžMc[ U`cXYf  
F UXZU\`fYb`[ ]Vh`Yg`gdYn]Y`Y`:]hbYgg\_`Y]Xi b[ ž`X]Y`Ui Z`X]Y  
6YXØfZb]ggY`X]YgYf`5\_h]j ]hÀhYb`ni`[ YgWX b]hhYb`]gh"

E . 'gh'hYi fY : ]hbYgg\_`Y]Xi b[ 'VYggYf'U`g[ Øbgh][ Y3

5. 'B ]W h'i bVYX]b[ h'HYi fY : ]hbYgg\_`Y]Xi b[ '\_Ubb 'cZh'Y]bY 'VYggYfY  
E i U`]hÀhž< U'hVUf\_Y]h'i bX : i b\_h]cb 'V]YhYbž'UVYf'Yg[ ]Vh'Ui W  
e i U`]hUh]j 'cW k Yfh][ Y'i bX 'dfY]g[ Øbgh][ Y'Cd h]cbYb 'Ui Z'XYa  
A Uf\_h"

: Unjh

6Y]XYf'5i gk U\ ``XYf'f]W h][ Yb : ]hbYgga cXY'[ Y\h'Yg'i a ' ?ca Zcfhž  
5ha i b[ gU\_h]j ]hÀhž'6Yk Y[ i b[ gZfY]\ Y]h'i bX 'i b hYfghØhni b[ "5W hYb  
G]Y 'Ui Z'cW k Yfh][ Y'A UhYf]U`]Ybž'X]Y'XYb'5bZcfXYfi b[ Yb 'A fYf  
5\_h]j ]hÀhYb'[ YfYW h k YfXYb" K 'A\ 'Yb 'G]Y'Y]bY 'DUggZcfa 'i bX  
; fØ» Yž'X]Y 'A bYb '[ i h'dUggYb" '6YfØW\_g]W h][ Yb 'G]Y 'Ui W 'A f  
; YgW a UW\_ 'i bX 'A fYb 'Gh'`VY]XYf'5i gk U\ ``XYf : ]hbYgg\_`Y]Xi b[ "  
J Yf[ YggYb 'G]Y 'b]W hž 'A fY : ]hbYgga cXY'f]W h][ 'ni 'dZY[ Yb 'i bX 'ni  
k UfhYbž'i a ']'fY '@YVYbgXUi Yf'ni 'j Yf'Ab[ Yfb" 'A ]h'XYb 'f]W h][ Yb  
H]ddg'i bX '5b'Y]hi b[ Yb 'k YfXYb 'G]Y ']b 'XYf '@U[ Y'gY]bž'X]Y 'VYghY  
: ]hbYgga cXY'ZØf'g]W 'gY'Vgh'ni 'Z]bXYb 'i bX 'A f' HfU]b]b[ gYf'YVb]g  
ni 'j YfVYggYfb"

8 YhU]`g

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