

MEIN FITNESS

< ≠H! HfU]b]b[. '5``Yg'k Ug'Xi 'k]ggYb 'a i ggh

< ≠H! HfU]b]b[. '5``Yg'k Ug'Xi 'k]ggYb 'a i ggh'9]bZØ\fi b['≠b'XYf
 K Y`h'XYg':]hbYgg! HfU]b]b[g'[]Vh'Yg'Y]bY'J]Y'nU\ ``j cb
 A Yh\cXYbži a ']b': cfa 'ni '_ca a Yb"9]bY'VY']YVhY 'i bX
 YZZY_h]j Y'A Yh\cXYži a 'gck c\ ``?fUZh'U'g'Ui W\ '5i gXUi Yf'ni
 j YfVYggYfbž]gh'XUg'gc[YbUbbhY' < ≠H! HfU]b]b["8cW\ 'k Ug
 [YbUi 'j YfV]f[h'g]W\ XU\]bhYf'i bX'k Y'W\ Y'J cfhY]`Y'V]YhYh'Yg3
 ≠b'X]YgYa '5fh]_Y``k YfXYb 'k]f'i bg'a]h'XYa ' < ≠H! HfU]b]b[
 Ui gY]bUbXYfgYhnYb 'i bX'U``Y'k]W\ h][Yb ': U_hYb 'XUfØVYf
 `]ZYfb"K Ug']gh< ≠H! HfU]b]b[3' < ≠H'ghY\h'ZØf
 / Ua d/_ , &&\$/<][\ '≠b'hYbg]hmi ≠b'hYfj U``HfU]b]b[/ Ua d/_ , &&%/
 i bX'VYgW\ fY]Vh'Y]bY'HfU]b]b[ga Yh\cXYž'VY]XYf'_i fnYž
 \cW\]bhYbg]j Y' ≠b'hYfj U``Y'a]h'D\UgYb 'XYf'9f\c'i b[
 UVk YW\ gY`b"8Ug'N]Y``XYg'HfU]b]b[g']gh'Ygž'XYb '?ØfdYf'Ub
 / Ua dΛY``]d/



< ≠H! HfU]b]b[. '5``Yg'k Ug'Xi 'k]ggYb 'a i ggh

9]b ZØ\ fi b [

↳ XYf' K Y`hXYg':]hbYgg!HfU]b]b[g'[]Vh'Yg'Y]bY'J]Y`nU\ ``j cb
A Yh\cXYbž'i a 'b': cfa 'ni '_ca a Yb"9]bY'VY]YVhY'i bX'YZZY_h]j Y
A Yh\cXYž'i a 'gck c\ ``?fUZh'U'g'Ui W\ '5i gXUi Yf'ni 'j YfVYggYfbž]gh
XUg'gc[YbUbhY'<=H!HfU]b]b["8cW\ 'k Ug'[YbUi 'j YfV]f[h'g]W\
XU\]bhYf'i bX'k Y`W\Y'J cfhY]Y'V]YhYh'Yg3'↳ X]YgYa '5fh]_Y'k YfXYb
k]f'i bg'a]hXYa '<=H!HfU]b]b['Ui gY]bUbXYfgYhnYb'i bX'U'Y
k]W\h][Yb': U_hYb'XUfØVYf'']YZYfb"

K Ug']gh'<=H!HfU]b]b[3

<=H'ghY\h'ZØf' <][\↳ hYbg]hm↳ hYfj U'`HfU]b]b['i bX'VYgW\ fY]Vh
Y]bY'`HfU]b]b[ga Yh\cXYž'VY]XYf'_i fnYž'\cW\]bhYbg]j Y'↳ hYfj U'`Y
a]h'D\UgYb'XYf'9f\c'i b['UVk YW\gY'b"8Ug'N]Y'`XYg'HfU]b]b[g']gh
Ygž'XYb '?ÒfdYf'Ub'gY]bY'; fYbnYb'ni 'Vf]b[Yb'i bX'XUbb'Y]bY'_i fnY
DUi gY'ni f'9f\c'i b['ni '[Yk A\ fYbž'VYj cf'XYf'Nm'_i g'k]YXYf\c'h
k]fX"8]Y'\cW\]bhYbg]j Yb'↳ hYfj U'`Y'XUi Yfb'bcfa U'Yfk Y]gY
nk]gW\Yb' '\$'GY_i bXYb'i bX'%'A]bi hYž[YZc'[h'j cb'DUi gYb'j cb
A\b']W\Yf'8Ui Yf'cXYf'`Àb[Yf"

8]Y'J cfhY]`Y'j cb'<=H!HfU]b]b[

%'<c\Y'?U'cf]Ybj YfVfYbbi b[. '8i fW\ 'X]Y'?ca V]bUh]cb'j cb
]bhYbg]j Yb'`HfU]b]b[gY]b\Y]hYb'i bX'9f\c'i b[gd\UgYb'Vf]b[h'<=H
XYb'GhcZk YW\gY'`Ui Z'<cW\hci fYb"8]Yg'ZØ\fh'ni 'Y]bYf'Yf\Ò\hYb
?U'cf]Ybj YfVfYbbi b['k A\ fYbX'XYg'HfU]b]b[g'UVYf'Ui W\']b'XYb
Ghi bXYb'XUbUW\ž'XU'XYf'?ÒfdYf'k Y]hYf\]b'9bYf[]Y'VYbÒh][h'j a
g]W\ 'ni 'Yf\c'Yb"

&"NY]hYfgdUfb]g.'<=H!HfU]b]b['gh']XYU'`ZØf'A YbgW\Ybž'X]Y'k Yb][
NY]h\UVYbž'i a '``Ub[Y']a ':]hbYgggh' X]c'ni 'j YfVf]b[Yb"8i fW\ 'X]Y
\c\Y'↳ hYbg]hÀh'`UggYb'g]W\']b'_i fnYf'NY]h[fc»Y': cfhgW\ f]hhY
Yfn]Y'Yb"9]bY'`hmd]gW\Y'<=H!9]b\Y]h'XUi Yfh'nk]gW\Yb'%) 'i bX'` \$

A]bi hYb"

' "J YfVYggYfhY'5i gXUi Yf. '8i fW\ X]Y'6Y`Ughi b[']b 'XYb ']bhYbg]j Yb
=bhYfj U``Yb 'k]fX 'XUg' < Yfn! ? fY]g`Ui ZlGmghYa ' [YghAf_h'i bX 'X]Y
5i gXUi Yf'j YfVYggYfh" F Y[Y'a A»][Yg' < =H! HfU]b]b['_Ubb 'X]Y
@ b[Yb_UdUn]hAh'Yf\O\Yb 'i bX 'X]Y '@Y]ghi b['VY]UbXYfYb
gdcfh]W\ Yb '5_hjj]hAhYb 'j YfVYggYfb"

("A i g_Y`Ui ZUUi . 'CVk c\ ``XUg' < =H! HfU]b]b['\Ui dhgAhW\ ']W\ 'Ui Z'X]Y
J YfVYggYfi b['XYf'5i gXUi Yf'UVn]Y`hZ'k YfXYb ' [`Y]W\ nY]h]['Ui W\
A i g_Y`b 'Ui Z[YVUi h"8]Y'k]YXYf\c`hYb ']bhYbg]j Yb' , Vi b[Yb
ZcfXYfb 'X]Y A i g_Y`b '\YfUi g'i bX 'ZOfXYfb 'XUg'A i g_Y`k UW\ ghi a "

) "? Y]bY'5i gfØghi b['YfZcfXYf]W\ . '< =H! HfU]b]b['_Ubb 'ØVYfU``
Xi fW\ [YZ\ fh'k YfXYbZ'XU '_Y]bY'gdYn]Y``Y'5i gfØghi b['VYbØh][h
k]fX" , Vi b[Yb 'k]Y'6i fdYYgZ'GdfØb[YZ< Ua dY'a ABBYf'i bX
5i gZU``gW\ f]hY' _ØbbYb 'dfcV`Ya `cg'c\ bY' < UbhY'b 'cXYf'; YfAhY
Ui g[YZ\ fh'k YfXYb"

K]Y'a Ub ' < =H! HfU]b]b['Xi fW\ Z\O\ fh

K Ufa !i d

6Yj cf'Xi 'a]h'XYa ' < =H! HfU]b]b['VY[]bbghZ'gh'Y]b '[fØbX ']W\ Yg
5i Zk Ahfa Yb 'k]W\ h][Z'i a 'J Yf`Yhni b[Yb 'ni 'j Yfa Y]XYb"9]b ``Y]W\ hYg
7UfX]c! HfU]b]b['k]Y' & [[Yb 'cXYf'; U\ffUXZU\fYb 'ZØf') !%\$ 'A]bi hYb
Yf\O\h'X]Y ? ØfdYfhYa dYfUh f'i bX 'VYfY]hYh'X]Y A i g_Y`b 'Ui Z'X]Y
_ca a YbXY '6Y`Ughi b['j cf"

=bhYfj U``! HfU]b]b[

K A\ fYbX 'XYg' < =H! HfU]b]b[g'k YW\ gY'b 'g]W\ ']bhYbg]j Yg'HfU]b]b[
i bX '9f\c`i b[gd\UgYb 'UV"9]b 'hmd]gW\ Yg' =bhYfj U``! HfU]b]b['_ØbbhY
k]Y'Zc'[h'Ui ggY\Yb.

%"·bhYbg]j Yg·HfU]b]b[.·: Ø\ fY·Y]bY·, Vi b[·a]h·c\Yf·bhYbg]hÀh
Ui gžn"6"·GdfØb[Yž·6i fdYYg·cXYf·gWbY·Y·Gdf]b hgž·ZØf· \$!* \$
GY_i bXYb"

&"·9f\c`i b[gd\UgY·F YXi n]YfY·X]Y·bhYbg]hÀh·cXYf·a UWY·Y]bY
DUi gY·j cb· \$!* \$·GY_i bXYb"

' "·K]YXYf\c`Y·XYb·Nm_`i g.·K]YXYf\c`Y·X]Y·bhYbg]j Y·, Vi b[
[YZc`[h·j cb·XYf·9f\c`i b[gd\UgY·(!* `A U·"

("·7cc`Xck b.·6YYbXY·XUg·HfU]b]b[·a]h·Y]bYf·) !%\$·a]bØh][Yb
5V_\Ø\`i b[ž]bXYa·Xi·`Ub[gUa·[Y\gh·cXYf·XY\bgħži a·XYb
?ØfdYf·k]YXYf·]b·XYb·F i \Yni ghUbX·ni·Vf]b[Yb"

<Ài Z][·[YghY·`hY·: fU[Yb

%"·K]Y·cZh·gc``hY·a Ub <=H! HfU]b]b[·a UWYb 3
: Øf·5bZÀb[Yf·k]fX·Ya dZc\`Ybž·nk Y]a U·dfc·K cWY·a]h<=H!
HfU]b]b[·ni·VY[]bbYb·i bX·g]WY·U·a À\`]WY·ni·ghY][Yfb"
: cfh[YgWYf]hhYbY·_ØbbYb·XUg·HfU]b]b[·Ui Z·XfY]!·V]g·j]Yfa U·dfc
K cWY·Yf\Ø\Yb"·9g·gh·k]WYh][ž·XYa·?ØfdYf·Ui gfY]WYbX·NY]h·ni f
9f\c`i b[·ni·[YVYbž·XU·XUg·]bhYbg]j Y·HfU]b]b[·XYb·?ØfdYf·ghUf_
VYUbgdfi WYh"

&"·gh<=H! HfU]b]b[·ZØf·`YXYb·[YY][bYh3
<=H! HfU]b]b[·gh·gY·f·]bhYbg]j·i bX·YfZcfXYfh·Y]bY·[Yk]ggY·:]hbYgg"
DYfgcbYb·a]h<Yfn!·cXYf·; Y·Yb_dfcV·Ya Yb·gc``hYb·j cf·6Y[]bb
XYg·HfU]b]b[g·]\fYb·5fnh·_cbgi·h]YfYb"·9g·]gh·Ui WY·k]WYh][ž·XUg
HfU]b]b[·Ub·XUg·]bX]j]Xi Y·`Y·:]hbYgg·Yj Y·`Ubni dUggYb·i bX·DUi gYb
Y]bni·Y[Ybž·k Ybb·bØh]["

' "·? Ub b <=H! HfU]b]b[·VY]a·5VbY\ a Yb·\Y·ZYb 3
Jž<=H! HfU]b]b[·gh·Y]bY·YZZY_h]j Y·A Yh\cXYži a·VY]a·5VbY\ a Yb
ni·\Y·ZYb"·8i fWY·X]Y·c\Y·bhYbg]hÀh·j YfVfYbbh·XYf·?ØfdYf·j]Y·Y
?U·cf]Yb·i bX·Yf\Ø\h·XYb·GhcZk YWgY·"·bh·?ca V]bUh]cb·a]h·Y]bYf
[Ygi bXYb·9fbÀ\fi b[·_Ubb <=H! HfU]b]b[·XUVY]·\Y·ZYbž
ØVYfgWØgg][Yg·?ØfdYfZYh·ni·fYXi n]YfYb"

("·? Ub b <=H! HfU]b]b ['ni 'A i g_Y`_UhYf' ZØ\ fYb 3
↳j cf' U` Ya 'k Ybb' Xi 'bYi 'a ' <=H! HfU]b]b ['V]gh'·8]Y]bhYbg]j Yb
, Vi b[Yb' _ØbbYb' XUni 'ZØ\ fYbž' XUgg' X]Y 'A i g_Y`b' ØVYf' UghYh
k YfXYb' i bX' Yg' ni 'A i g_Y`_UhYf' _ca a h"·9g']gh' k]W h][ž' XUg
HfU]b]b ['gW f]hhk Y]gY' ni 'ghY][Yfb' i bX' XYa ' ? ØfdYf'Ui gfY]W YbX
NY]h' ni f'9f\ c' i b['ni ' [YVYbž' i a 'A i g_Y`_UhYf' ni 'j Yfa Y]XYb"

: Unjh

<=H! HfU]b]b ['gh' Y]b Y' YZZY_h]j Y'A Yh\ cXYž' i a 'gck c\ ``5i gXUi Yf' U'g
Ui W ? fUZh' ni 'j YfVYggYfb"·8 i fW 'X]Y ' ? ca V]bUh]cb' j c b']bhYbg]j Yb
, Vi b[Yb' i bX' 9f\ c' i b[gd\ UgYb' k YfXYb' [fc' Y': cfhgW f]hhY
Yfn]Y' hž' k A\ fYbX' ['Y]W nY]h]['XYf' Ghc Zk YW gY' Ub[Y_i fVY' h' i bX
? U'cf]Yb' j YfVfUbh' k YfXYb"·9g']gh' k]W h][ž' X]Y' bhYbg]hA' h' Ub' XUg
]bX]j]Xi Y``Y':]hbYgg'Yj Y``Ubni dUggYb' i bX' XYa ' ? ØfdYf
Ui gfY]W YbX' NY]h' ni f'9f\ c' i b['ni ' [YVYb"·A]h' fY[Y'a A'][Ya
HfU]b]b ['i bX' Y]bYf' [Ygi bXYb' 9fbA\ fi b['_Ubb' <=H! HfU]b]b ['XUVY
\ Y' ZYbž':]hbYgg]Y' Y' ni 'YffY]W Yb' i bX' X]Y' U``[Ya Y]bY' _ØfdYf']W Y
@Y]ghi b[gZA\][_Y]h' ni 'j YfVYggYfb"

8 YhU]`g

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