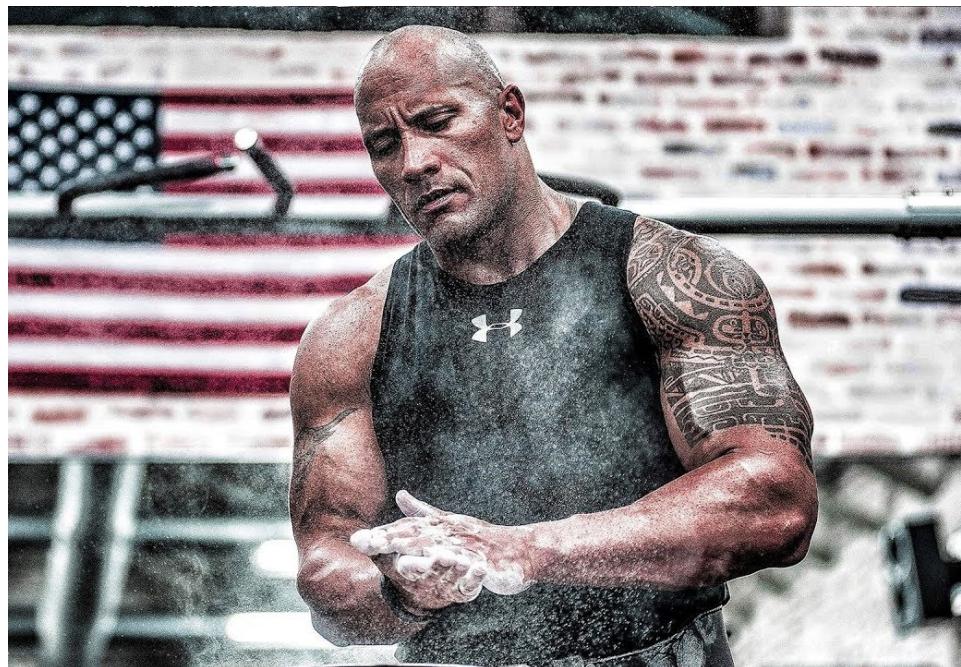


MEIN FITNESS

6Ui h'Dfc[YghYfc b'A i g_Y`b'Ui Z3

Dfc[YghYfc b']gh`Y]b'k Y]V]WX Yg'<cfa cbžXUg'X]Y'K]f_i b[j cb'^2 ghfc[Yb'VY]': fUi Yb'Ui g[`Y]WX h" Dfc[YghYfc b gd]Y[Y'_ObbYb'Ui WX'Y]bYb'g][b]Z]UbhYb'9ZZY_h'Ui ZX]Y : Yhhj YfVfYbbi b['VY]': fUi Yb'\UVYb''A ÀbbYf'dfcXi n]YfYb Ui WX'Dfc[YghYfc b']b'gY\f'[Yf]b[Yb'A Yb[Yb"? Ubb Dfc[YghYfc b'A i g_Y`b'Ui ZVUi Yb3'9g'k i fXYb'_Y]bY'<]bk Y]gY XUfUi Z[YZ]bXYbžXUgg'Dfc[YghYfc b'A i g_Y`b'Ui ZVUi h" HUhgÀWX']WX'_ObbhY'Dfc[YghYfc b'XYb'[Y[YbhY]][Yb'9ZZY_h Ui ZX]Y'A i g_Y`b'\UVYb''Dfc[YghYfc b']gh`Y]b'_UhUVc`]gWX Yg <cfa cbžXUg'; Yhh'i bX'A i g_Y'[Yk YVY'j YfVfYbbh''8]Y a Y]gh`Yb'; Yhhj YfVfYbbi b[ga]hhY'\UVYb'Y]bY'À\b']WX Y K]f_i b['Ui ZXUg'A i g_Y'[Yk YVY''5bXYfY'<cfa cbdfÀdUfUhY'_ObbhYb'dcg]h]j YfY'9f[YVb]ggY'']YZYfb'U'g'Dfc[YghYfc b''8 Ug a YbgWX']WX Y'K UWX ghi a g\cfa cb'fk; <£]gh'ni a '5i ZVUi 'j cb A i g_Y'a UggY'k Y]h'j YfVfY]hYh'<; <'k]fX'j cb'XYf / Ua dÀY'']d/



Dfc[YghYfc b']gh`Y]b'k Y]V]WX Yg'<cfa cbžXUg'X]Y'K]f_i b['j cb

2 ghfc[Yb'VY]: fUi Yb'Ui g[`Y]WX h'Dfc[YghYfcbgd]Y[Y`_ObbYb
Ui WX 'Y]bYb'g][b]Z_UbhYb'9ZZY_h'Ui Z'X]Y: Yhhj YfVfYbbi b['VY]
: fUi Yb'\UVYb"A AbbYf'dfcXi n]YfYb'Ui WX 'Dfc[YghYfc b']b'gY\f
[Yf]b[Yb'A Yb[Yb"? Ubb'Dfc[YghYfc b'A i g_Y'b'Ui Z'Ui Yb3

9g'k i fXYb'_Y]bY<]bk Y]gY'XUfUi Z[YZ bXYbz'XUgg'Dfc[YghYfc b
A i g_Y'b'Ui Z'Ui h'HUhgAWX']WX '_ObbhY'Dfc[YghYfc b'XYb
[Y[YbhY)][Yb'9ZZY_h'Ui Z'X]Y'A i g_Y'b'\UVYb'Dfc[YghYfc b']gh'Y]b
_UhUVc'gWX Yg'<cfa cbz'XUg: Yhh'i bX'A i g_Y'[Yk YVY'j YfVfYbbh"
8]Y'a Y]ghYb: Yhhj YfVfYbbi b[ga]hhY'\UVYb'Y]bY'À\ b']WX Y
K]f_i b['Ui Z'XUg'A i g_Y'[Yk YVY'"5bXYfY'<cfa cbdfÀdUfUhY
_ObbhYb'dcg]hjj YfY'9f[YVb]ggY'']YZfb'U'g'Dfc[YghYfc b"

8Ug'a YbgWX']WX Y'K UWX ghi a g\cfa cb'fk; <È]ghni a '5i Z'Ui 'j cb
A i g_Y'a UggY'k Y]hj YfVfY]hYh'<; <'k]fX'j cb'XYf'<mdcd\mgY
dfcXi n]Yfh'i bX']b'XYf'Di VYfhÀh]b'gY]bYf'[fÒ» hYb'A Yb[Y
ZFY][YgYhnhzj Yf'Ub[gUa h'g]WX'XUbb'a]hni bY\ a YbXYa '5'hYf'"=a
: Y[YbgUhn'ni 'Dfc[YghYfc b'VUi h'<; <'A i g_Y'b'Ui Z'k Y]'X]Yg'XYf
Y]bn][Y'Nk YW_]gh"8Ug'K UWX ghi a g\cfa cb'gh]a i ']Yfh'XUg
K UWX ghi a 'j cb'?bcWX Yb'i bX'A i g_Y'b'k À\ fYbX'XYf'Di VYfhÀh'>a
XYb'?ÒfdYfVUi 'XYg'9fk UWX gYbYb'ni 'VYgh]a a Yb'"9g'k i fXY'Ui WX
[YnY][h'z'XUgg'<; <'?ÒfdYfZYhh'fYXi n]Yfh'i bX['Y]WX nY]h][
A i g_Y'a UggY'i bX'?bcWX YbX]WX hY'gh]a i ']Yfh'<; <!DfÀdUfUhY'g]bX
Y]bYg'XYf'k Yb][Yb'DfcXi _hYz'X]Y'X]YgYb'5bgdfi WX'Yf\YVYb
_ObbYb"

HYghcghYfc b'z'XUg'a Abb']WX Y'GYI i U'\cfa cb'k]fX'gck c\``j cb
A AbbYfb'U'g'Ui WX 'j cb': fUi Yb'j Yfk YbXYh'>a 'XUg
A i g_Y'k UWX ghi a 'ni 'ZÒfXYfb''HYghcghYfc b']gh'XUg'<cfa cbz'XUg
X]fY_h'ZÒf'XUg'5i ggY\Yb'XYg'a Abb']WX Yb'?ÒfdYfg'j YfUbhk cfh']WX
]gh"9g'VYgh]a a h'X]Y'A i g_Y'a UggY'i bX'XUg'<UUfk UWX ghi a "
HYghcghYfc b']gh'VYggYf'VY_Ubbh'ZÒf'X]Y'9fnYi [i b['XYg
a Abb']WX Yb'GYI i U'hf]YVg": fUi Yb'dfcXi n]YfYb'`Y]bY'A Yb[Yb
HYghcghYfc b'Ui g']\fYb'9]YfghÒW_Yb'k Ug'g]WX'Ui WX'Ui Z'X]Y
A i g_Y'a UggY'i bX'?fUZh'Y]bYf: fUi 'Ui gk]f_h'
HYghcghYfc bafÀdUfUhY'k YfXYb'j cb'A AbbYfb'i bX': fUi Yb'VY]a
6cXmVi]'X]b['['Y]WX Yfa U'Yb'Y]b[Ybca a Yb'z'i a 'XYb
A i g_Y'Ui Z'Ui 'i bX'X]Y'A i g_Y'Zcfa i b['ni 'i bhYfghÒhñYb'"GY]Yb'G]Y

YXcW j cfg]W h][ž HYghcghYfc b '_Ubb'Y]b][Y'VÖgY
BYVYbk]f_i b[Yb '\UVYb"

Gck c\`a YbgW]W Yg'K UW ghi a g\cfa cb'U'g'Ui W HYghcghYfc b
g]bX'UbUVc`Y< cfa cbY"5bUVc`Y< cfa cbY'g]bX]bgcZYfb'XUg
; Y[YbhY]`j cb'_UhUVc`Yb< cfa cbYbžU'g'g]Y'XUg'A i g_Y`k UW ghi a
ZÖfXYfb"6Y]XY`k YfXYb'cZh'U'g'B U\fi b[gYf[Abni b[ga]hhY'VY]a
6cXmVi]X]b['i bX'a]h'fc»Ya '9fZc'['Y]b[YgYhnhž'YXcW b]W h
c\bY'F]g]_c"ΔfY'U`[Ya Y]bY'; Ygi bX\Y]h'gc``hY'VYfØW_g]W h][h
k YfXYbžVYj cf'G]Y'a]h'Y]bYf< cfa cbYf[Abni b['cXYf'Y]bYa
GhYfc]X'VY[]bbYb"K Ybb'G]Y'[Ygi bX\Y]h'W Y'DfcV'Ya Y'\UVYbž
a ØggYb'G]Y'i bVYX]b[h'X]Y'J Yfk YbXi b['j cb'< cfa cbYb'a]h'ΔfYa
5fnh'VYgd fYW Yb"

9g']gh'bcW b]W h'VY_Ubbhž'XUgg'Dfc[YghYfc b'A i g_Y'b'Ui ZVUi hž
UVYf'Yg']gh'Y]bY'HUhgUW Yž'XUgg'Dfc[YghYfc b': Yhh'j YfVfYbbh"5i g
X]YgYa'; fi bX']gh'Dfc[YghYfc b'Y]b'\Y]»Yg'; i h'Ui ZXYa
GW Øb\Y]hg! 'i bX'? ØfdYfa Uf_h"8Ug'< cfa cbdfAdUfUh'k]fX']b
j]Y'Yb': cfa Yb'j Yf_Ui Zhž'ni 'Yhnh'U'g'hcd]gW Y'7fYa Yž'X]Y'k Yb][Yf
BYVYbk]f_i b[Yb '\Uh'i bX'XYbbcW '9f[YVb]ggY'V]YhYh"K Ybb'G]Y
Y]b'< cfa cb'k c``Ybž'XUg'[i h'ZÖf'6cXmVi]XYf'[YY][bYh']ghž'\U'hYb
G]Y'g]W 'Ub'Y]b'UbUVc`Yg'< cfa cb"K Ybb'G]Y'Yhk Ug'k c``Ybž'XUg
6`A\i b[Yb'i bX'K UggYfY]b'U[Yfi b[Yb'fYX i n]Yfhž'DA G"]bXYfh'i bX
VY]XYf': Yhh'j YfVfYbbi b['\]Zhž']gh'Dfc[YghYfc b'Y]bY'Cdh]cb"

≠gd]f]Yfh'j cb'H]a 'A 'GhU]bYg

8 YhU]g

6 Ygi W Yb'G]Y'i bg'Ui Z'a Y]b! Z]hb Ygg"bYh