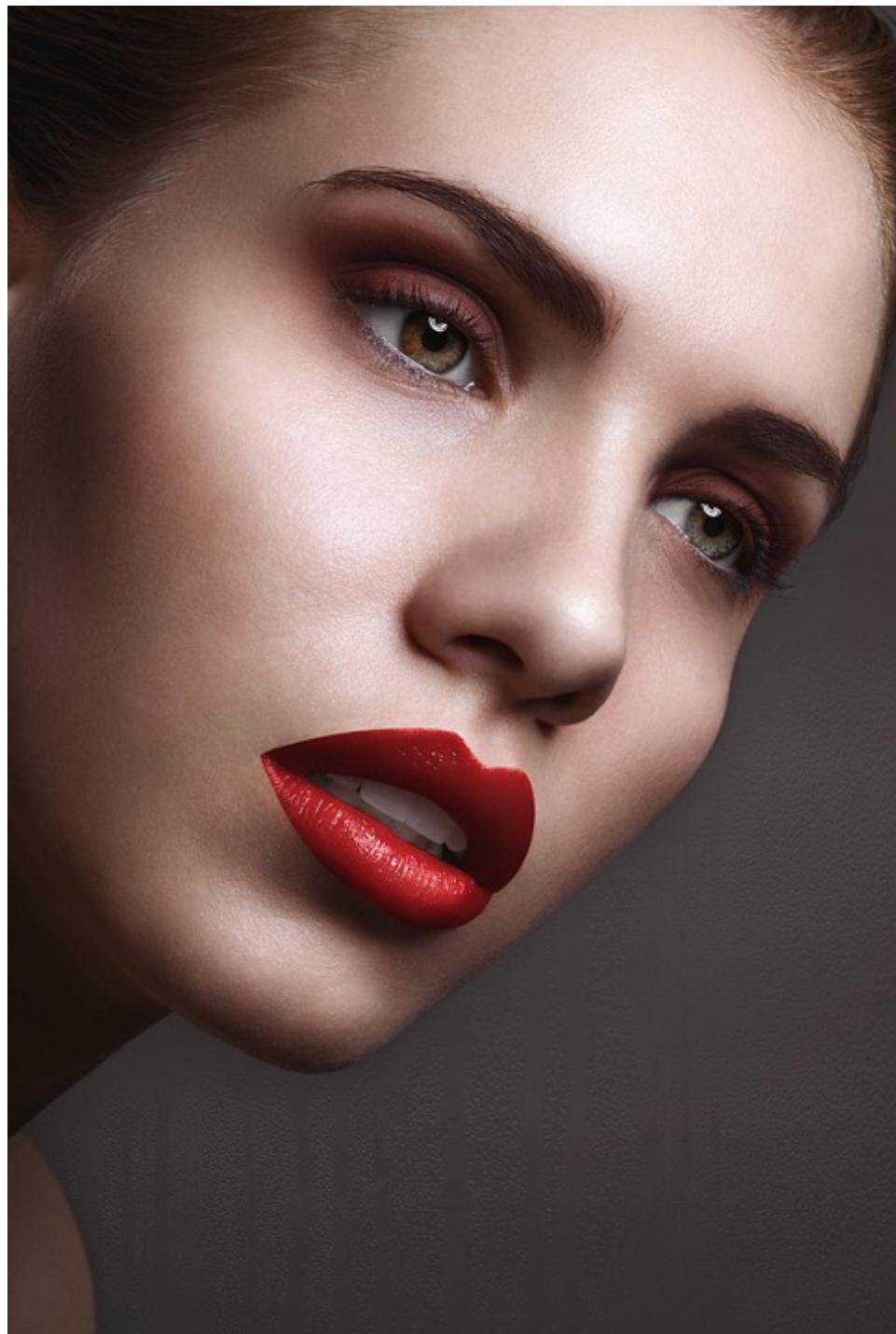# MEIN FITNESS

A i g_Y`Ui ZVUi . ˙9]b ˙i a ZUggYbXYf
HfU]b]b[gd`Ub

A i g_Y`Ui ZVUi . ˙9]b ˙i a ZUggYbXYf˙HfU]b]b[ gd`Ub ˙9]b`Y]hi b[
8 Yf˙A i g_Y`Ui ZVUi ˙]gh˙Y]b ˙nYbhfU`Yg˙5b`]Y[ Yb ˙j ]Y`Yf
:]hbYggVY[Y]ghYfhYf"˙9]b ˙[i h˙ghfi _hi f]YfhYf˙HfU]b]b[gd`Ub ˙]gh
XUVY]˙j cb ˙[fc» Yf˙6YXYi hi b[˙ž i a ˙X]Y˙[Yk ØbgWXhYb
9f[YVb]ggY ˙ni ˙Yfn]Y`Yb"˙Ð b˙X]YgYa ˙5fh]_Y``k YfXYb ˙k]f˙Y]bYb
i a ZUggYbXYb˙HfU]b]b[gd`Ub ˙ZØf˙A i g_Y`Ui ZVUi ˙j cfghY``Ybž
XYf˙Ui Z˙k]ggYbgWXUZh`]WXYb ˙9f_Ybbhb]ggYb ˙VUg]Yfh˙i bX˙U``Y
k]WXh][Yb ˙5gdY_hY_hY ˙XYg˙HfU]b]b[g˙UVXYW_h"
HfU]b]b[gZfYei Ybn˙i bX˙!]bhYbg]hÀh˙l a ˙A i g_Y`b˙Ui Zni VUi Ybž
]gh˙Yg˙k]WXh][žfY[Y`a À»][˙ni ˙hfU]b]YfYb"˙9]bY˙[i h˙Y
HfU]b]b[gZfYei Ybn`]Y[h˙VY]˙YWhk U˙' !) ˙HfU]b]b[gY]b\ Y]hYb ˙dfc
K cWXY"˙8]Yg˙Yfa a ˙Ò[`]WXh˙Ui i gfY]WhYbX˙NY]h˙ZØf˙Y]bY
Ub[Ya Ya YggYbY˙9f\ c`i b[ ˙XYf˙A i g_Y`b˙nk]gWXYb ˙XYb
HfU]b]b[gY]b\ Y]hYb"˙8]Y !bhYbg]hÀh˙XYg˙HfU]b]b[g˙gc``hY ˙\ cWX
[Ybi [˙gY]bžž i a ˙X]Y˙A i g_Y`b˙ni ˙ZcfXYfbžUVYf˙/ Ua d∧Y``]d/

A i g_Y`Ui ZVUi . ˙9]b ˙i a ZUggYbXYf
HfU]b]b[gd`Ub

9]b`Y]hi b[

8Yf A i g_Y`Ui ZVUi ]gh Y]b nYbhfU`Yg 5b`]Y[ Yb j ]Y`Yf
:]hbYggVY[Y]ghYfhYf" 9]b [i h ghfi _hi f]YfhYf HfU]b]b[gd`Ub]gh XUVY]
jcb [fc»Yf 6YXYi hi b[ž i a X]Y [Yk ØbgW\hYb 9f[YVb]ggY ni
Yfn]Y`Yb" +b X]YgYa 5fh]_Y` k YfXYb k]f]bbYb i a ZUggYbXYb
HfU]b]b[gd`Ub ZØf A i g_Y`Ui ZVUi j cfghY``Ybž XYf Ui Z
k]ggYbgW\UZh]`]W\ Yb 9f_Ybbhb]ggYb VUg]Yfh i bX U``Y k]Wh][Yb
5gdY_hY XYg HfU]b]b[g UVXYW_h"

HfU]b]b[gZfYei Ybn i bX !]bhYbg]hÀh

I a A i g_Y`b Ui Zni VUi Ybž ]gh Yg k ]Wh][ ž fY[ Y`a À»][ni
hfU]b]YfYb" 9]bY [i hY HfU]b]b[gZfYei Yb`]Y[h VY] Yhk U '!)
HfU]b]b[gY]b\Y]hYb dfc K cW\Y" 8]Yg Yfa Ò[ ]Wh Ui g fY]W\YbX NY]h
ZØf Y]bY Ub[Ya YggYbY 9f\c]b[XYf A i g_Y`b k]gW\Yb XYb
HfU]b]b[gY]b\Y]hYb" 8]Y bhYbg]hÀh XYg HfU]b]b[g gc``hY \cW\
[Ybi [gY]bž i a X]Y A i g_Y`b ni ZcfXYfbž UVYf b]W\h gc \cW\ž XUgg
X]Y HfU]b]b[gei U`]hÀh Y]XYh" 9]b [i hYg A U» ZØf X]Y bhYbg]hÀh _Ubb
X]Y A Ul]a U`_fUZh gY]bž XY] b j YfgW\]YXYbY Vi b[Yb YffY]W\h
k]fX"

¸ Vi b[Yb ZØf XYb A i g_Y`Ui ZVUi

8Yf HfU]b]b[gd`Ub gc``hY gck c\`; fi bXØVi b[ Yb U`g Ui W\
=gc`Uh]cbgØVi b[ Yb Ybh\U`hYb"; fi bXØVi b[Yb g]bX a Y\fZUW\!
[Y Yb_[Y ¸ Vi b[Ybž XY a Y\fYfY A i g_Y`[fi ddYb [Y]W\nY]h][
VYUbgdfi W\Yb" 6Y]gd]Y`Y \]YfZØf g]bX ?b]YVYi [Ybž ?fYi n\YVYb
i bX 6Ub_XfØWW_Yb" 8]Yg ¸ Vi b[Yb g]bX VYgcbXYfg YZZY_h]j ži a
?fUZh i bX A UggY Ui Zni VUi Yb"; fi bXØVi b[Yb \ ]b Y[Yb n]Y`Yb
Ui Z [gdYn]Z]gW\Y A i g_Y`[fi ddYb UV i bX k YfXYb Y]b[YgYhnhž i a
Y]bnY`bY A i g_Y`b [Yn]Y`h ni hfU]b]YfYb" 6Y]gd]Y`Y \]YfZØf g]bX
6]nYdgW f`g cXYf Hf]nYdgXfØWW_Yb"

HfU]b]b[gd`Ub ZØf A i g_Y`Ui ZVUi

HU[˙%. ˙C VYf_ÒfdYf

˙6Ub_XfØW_Yb. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙F i XYfb˙a]h˙l bhYf[f]ZZ ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙GWXi ˙hYfXfØW_Yb. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙Hf]nYdgXfØW_Yb˙Ua ˙?UVY`ni [. ˙' ˙GÀhnY˙l `, !%\$˙K]YXYf\c`i b[Yb
˙6]nYdgW f`g˙a ]h˙?i fn\UbhY`b. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb

HU[˙&. ˙I bhYf_ÒfdYf

˙?b]YVYi [Yb. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙6Y]bdfYggY. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙5i gZU`˙gWXf]hhY. ˙' ˙GÀhnY˙l `, !%\$˙K]YXYf\c`i b[Yb˙dfc ˙GY]hY
˙K UXYb\YVYb. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙6Y]bVYi [Yf. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb

HU[˙' . ˙F i \ YhU[

HU[˙(. ˙C VYf_ÒfdYf

˙6Ub_XfØW_Yb˙a]h˙?i fn\UbhY`b. ˙' ˙GÀhnY˙l `, !%\$˙K]YXYf\c`i b[Yb
˙@Uhni [. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙GY]hYb\YVYb. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙Hf]nYdgghfYW_Yb˙a]h˙XYf˙@Ub[\UbhY`. ˙' ˙GÀhnY˙l `, !%\$
K]YXYf\c`i b[Yb
˙< Ua a YfW f`g. ˙' ˙GÀhnY˙l `, !%\$˙K]YXYf\c`i b[Yb

HU[˙). ˙I bhYf_ÒfdYf

˙?fYi n\YVYb. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙6Y]bghfYW_Yf. ˙' ˙GÀhnY˙l `, !%\$˙K ]YXYf\c`i b[Yb
˙6Y]bVYi [Yf˙Ua ˙?UVY`ni [. ˙' ˙GÀhnY˙l `, !%\$˙K]YXYf\c`i b[Yb

HU[˙*˙i b X˙+.˙F i \YhU[Y

K]YXYf\c`i b[Yb˙i bX˙; Yk]WÄhgdfc[fYgg]cb

6Y]a ˙A i g_Y`Ui ZVUi ˙]gh˙Yg˙k]Wh][ž a]h˙Ui gfY]WÄYbX˙; Yk]WÄh˙i bX
K]YXYf\c`i b[ Yb˙ni ˙hfU]b]YfYb"˙8 ]Y˙Ya dZc\`YbY
K]YXYf\c`i b[ gnU\`˙`]Y[ h˙VY]˙¸, !%$˙K ]YXYf\c`i b[Yb˙dfc˙GUhn"˙8 Ug
; Yk]WÄh˙gc``hY˙gc˙[Yk À\`h˙k YfXYbž XUgg˙XY˙`YhnhY˙K]YXYf\c`i b[
[YfUXY˙bcWÄ˙a]h˙_cffY_hYf˙HYWÄb]_˙Xi fWÄ[YZØ\fh˙k YfXYb˙_Ubb"
⇌a ˙@Ui ZY˙XYf˙NY]h˙gc``hY˙XUg˙; Yk]WÄh˙[YghY][Yfh˙k YfXYbž i a
_cbh]bi]Yf`]WÄY˙: cfhgWÄf]hhY˙ni ˙Yfn]Y`Yb"

9fbÀ\fi b[˙ZØf˙A i g_Y`Ui ZVUi

8 Yf˙A i g_Y`Ui ZVUi ˙YfZcfXYfh˙bYVYb˙XYa ˙HfU]b]b[˙Ui WÄ˙Y]bY
Ui g[Yk c[YbY˙i bX˙dfchY]bfY]WÄY˙9fbÀ\fi b["˙9]bY˙Ui gfY]WÄYbXY
DfchY]bni Zi \f˙]gh˙YbhgWÄY]XYbXž i a ˙X]Y˙A i g_i ˙Uhi f˙ni ˙fYdUf]YfYb
i bX˙Ui Zni VUi Yb"˙9a ˙dZc\`Yb˙k ]fX˙Y]bY˙hÀ[ ]`WÄY˙DfchY]bni Zi \f˙jcb
Yhk U˙%ž*!&ž&˙; fUa a ˙dfc˙?]`c[fUa a ˙?ÒfdYf[Yk]WÄh"˙8 UfØVYf
\]bUi g˙]gh˙Y]bY˙Ui g[Yk c[YbY˙9fbÀ\fi b[˙a]h˙Ui gfY]WÄYbXYf
?c\`Yb\mXfUh!i bX˙: Yhhni Zi \f˙k]WÄh][ž i a ˙[YbØ[YbX˙9bYf[ ]Y˙ZØf
XUg˙HfU]b]b[˙i bX˙X]Y˙FY[YbYfUh]cb˙VYfY]hni ghY``Yb"

< Ài Z][˙[YghY``hY˙: fU[Yb˙fÌ5E gÅ

%"˙⇌gh˙Yg˙a Ò[`]WÄž A i g_Y`b˙Ui Zni VUi Ybž c\bY˙]bg
:]hbYggghi X]c˙ni ˙[Y\Yb3

⅃UžˑYgˑ]ghˑa Ò[ˑ`]�W žˑA i g_Yˑ`bˑ Ui ᴡ ˑc\bYˑY]bˑ:]hbYggghi X]c
Ui Zni VUi Yb"ˑ9gˑ[ ]Vhˑn U\ˑfY]ᴡ Yˑ?ÒfdYf[Yk]ᴡ hgØVi b[Ybˑkˑ]Y
@]Y[YghØhnYžˑ?ˑ`]a a nØ[YˑcXYfˑGei UhgžX]YˑYZZY_h]j ˑg]bXžˑi a
A i g_Yˑ`bˑUi Zni VUi Yb"ˑNi XYa ˑ_UbbˑUi ᴡ ˑa]hˑ<UbhYˑbˑcXYf
_ˑ`Y]bYbˑ:]hbYgg[YfÀhYbˑni ˑ<Ui gYˑhfU]b]Yfhˑk YfXYb"

&"ˑK]YˑcZhˑgcˑ`hYˑ]ᴡ ˑa Y]bYbˑHfU]b]b[ gd`Ub
ÀbXYfb 3

9gˑkˑ]fXˑYa dZc\ˑYbžˑXYbˑHfU]b]b[gd`UbˑUˑ`Yˑ, !%&ˑK cᴡ Ybˑni
ÀbXYfb"ˑ9]bYˑfY[Yˑa À»][YˑŸbXYfi bˑ[ˑXYgˑHfU]b]b[gfY]nYgˑ_Ubb
XUni ˑVY]hfU[YbžˑXUggˑXYfˑ?ÒfdYfˑb]ᴡ hˑ]bˑYbYfˑDˑUhYUi d\UgY
ghYᴡ_Ybˑ`ˑY]Vhˑi bXˑkˑY]hfYˑ: cfhgᴡ fᵢhhYˑYfn]Y`hˑkˑYfXYbˑ_ÒbbYb"

' "ˑ6fUi ᴡ Y]ᴡ ˑBU\fi b[gYf[Àbni b[ga]hhY`ˑZØfˑXYb
A i g_YˑUi ZVUi 3

BU\fi b[gYf[Àbni b[ga]hhY`ˑ_ÒbbYbˑY]bYˑg]bbjcˑ`Yˑ9f[Àbni b[ˑni
Y]bYfˑUi g[Ykˑc[YbYbˑ9fbÀ\fi b[ˑgY]bžˑi a ˑXYbˑA i g_YˑUi ZVUi ˑni
i bhYfghØhnYb"ˑNi ˑXYbˑVYˑ`]YVhYghYbˑBU\fi b[ gYf[ Àbni b[ ga ]hhY`b
[Y\ÒfYbˑDfchY]bgˑU_Ygžˑ?fYUh]bˑi bXˑ6755g"ˑ9gˑ]ghˑYXcᴡ ˑkˑ]ᴡ h][
ni ˑVYUᴡ hYbžˑXUggˑg]Yˑ_Y]bˑ9fgUhnˑZØfˑY]bYˑ[Ygi bXYˑi bX
Ui g[Ykˑc[YbYˑ9fbÀ\fi b[ˑg]bX"

: Un]h

9]bˑ[i hˑghfi _hi f]YfhYfˑHfU]b]b[gd`Ubˑ]ghˑYbhgᴡ Y]XYbXˑZØfˑXYb
YfZc`[ fY]ᴡ Ybˑa i g_YˑUi ZVUi "ˑ8]YgfˑÄfh]_Y`ˑ\UhˑY]bYb
i a ZUggYbXYbˑHfU]b]b[gd`Ubˑjcf[YghY``hžˑXfˑUi Z ZVYkˑÀ\fYb
Df]bn]d]YbˑVUg]Yfh"ˑ9gˑ]ghˑkˑ]ᴡ h][žˑfY[Yˑa À»][ˑi bXˑa]hˑ[YbØ[YbX
⅃bhYbg]hÀhˑni ˑhfU]b]YfYbˑgckˑ]YˑUi ZˑZ´Y]bYˑUi g[Ykˑc[YbYˑ9fbÀ\fi b[
ni ˑUᴡ hYbžˑi a ˑcdh]a U`Y ˑ9f[ YVb]ggYˑni ˑYfn]Y`Yb"ˑJ Yf[YggYbˑG]Y
b]ᴡ hžˑXUgg XYfˑA i g_YˑUi ZVUi ˑNY]hˑi bXˑ5i gXUi YfˑYfZcfXYfhžˑUVYf
a]hˑY]bYa ˑgc`]XYˑ[ Yd`UbhYbˑHfU]b]b[ˑ_ÒbbYbˑG]Yˑ⁼fYˑN]Y`Y

YffY]W\Yb˙i bX˙⊣fY˙Ai g_Y`b˙YZZY_h]j˙Ui ZⱯUi Yb"

8 YhU]`g

6 Ygi W\Yb˙G]Y˙i bg˙Ui Z˙a Y]b!Z]hb Ygg"b Yh