

MEIN FITNESS

GhUfhYb 'G]Y '&\$&%'a]h'X]YgYf 'B Y i ^U\ fg!
 :]hb Ygg! < YfUi gZcfXYfi b[

8 Ug'bYi Y' ^U\ f'Vf]b[h'cZh'Y]bY'F Y]\Y'j cb') !a]bØh][Yb
 D`Ub_Yb\YfUi gZcfXYfi b[Yb'a]h'g]W\ž'UVYf'X]YgYg' ^U\ f']gh'Yg
 NY]h'ZØf'Yhk Ug'UbXYfYg" 8]Y'i b\hYb 'VYgW\ f]YVYbY'X]Yg'À\ f][Y
 D`Ub_Yb\YfUi gZcfXYfi b['V]YhYh'a Y\ f'GdU» 'i bX'a Y\ f
 Bi hnYbž'U'g'G]Y'Xi fW\ X]Y'U``[Y[Ybk Àfh][Y'D`Ub_YbØVi b[
 ZØf'a Ò[`]W\ ``[Y\ U'hYb '\ÀhhYb" 'I bgYfY 'D`Ub_Ybgi W\ h'K]Y'gc
 cZh'k Ybb'Yhk Ug'dcdi 'Àf'k]fXž'k i fXY'X]Y'D`Ub_Y'k]`X
 dcdi 'Àf'i bX'XUbb'k i fXY'g]Y'ØVYfVYUbgdfi W\ h" 9]b
 hmd]gW\ Yg'6Y]gd]Y` '8Yf'K Y'hfY_cfX'ZØf'Y]bY'ghUh]gW\ Y'8]Y`Y
 'Y[h'Yhnh'VY]a Y\ f'U'g'%'Ghi bXYb" 'I a '_`Uf'ni 'gY]bž']gh'X]Y
 D`Ub_Y'Y]bY'k i bXYfVUF'j cfhY]'\UZhY' , Vi b["9g'Ybhk]W\Y'h
 ?Yfb_fUZh_ca V]b]Yfh'a]h'; Ubn_ÒfdYfghUV]']hÀh" 9g'Y\fh'i bg
 Ui W\ž'X]YgY'GhUV]']hÀh/ Ua d^Y``]d/



8 Ug'bYi Y' ^U\ f'Vf]b[h'cZh'Y]bY'F Y]\Y'j cb') !a]bØh][Yb
 D`Ub_Yb\YfUi gZcfXYfi b[Yb'a]h'g]W\ž'UVYf'X]YgYg' ^U\ f']gh'Yg'NY]h
 ZØf'Yhk Ug'UbXYfYg" 8]Y'i b\hYb 'VYgW\ f]YVYbY'X]Yg'À\ f][Y
 D`Ub_Yb\YfUi gZcfXYfi b['V]YhYh'a Y\ f'GdU» 'i bX'a Y\ f'B i hnYbž'U'g
 G]Y'Xi fW\ X]Y'U``[Y[Ybk Àfh][Y'D`Ub_YbØVi b['ZØf'a Ò[`]W\
 [Y\ U'hYb '\ÀhhYb"

I b gYfY 'D`Ub_Ybgi W h

K]Y'gc'cZhžk Ybb'Yhk Ug'dcdi `Àf'k]fXžk i fXY'X]Y'D`Ub_Y'k]X
dcdi `Àf'i bX'XUbb'k i fXY'g]Y'ØVYfVYUbgdfi W h'9]b'hmd]gW Yg
6Y]gd]Y'.'8Yf'K Y'hfY_cfX'ZØf'Y]bY'ghUh]gW Y'8]Y'Y'']Y[h'Yhnh'VY]
a Y\ f'U'g'%'Ghi bXYb"

I a ' _`Uf'ni 'gY]bž]gh'X]Y'D`Ub_Y'Y]bY'k i bXYfVUf'j cfhY]' \ UZhY
, Vi b["'9g'Ybhk]W_Y'h?Yfb_fUZh_ca V]b]Yfh'a]h
; Ubn_ØfdYfghUV]']hÀh'9g'Y\ fh'i bg'Ui W XžX]YgY'GhUV]']hÀh'ØVYf
a Y\ fYfY'; Y'Yb_Y'[Y]W nY]h[ni '_ccfX]b]YfYb"8Yf'<Ui dhj cfhY]
j cb'8]Y'Yb'k]fX'YXcW ni ']\fYa '[fØ» hYb'DfcV'Ya žk Ybb'g]Y
ØVYfVYUbgdfi W h'k YfXYb"

9g'[]Vh'_Y]bY'6Yk Y[i b["

=a 'D`Ub_Yba cXi g'ghY W_Yb

8Ug'@VYVYb'gh'6Yk Y[i b[žb]W h'X]Y'5Vk YgYb\Y]h'XUj cb"9]bY
Ui »Yf[Yk Ø\ b']W Y':À\][_Y]hž'g]W b]W h'ni 'VYk Y[YbžX]Ybh'i bg
b]W h'[i hž'k Ybb'k]f'i bg'VYk Y[Yb'a ØggYb"

8]Y':À\][_Y]hž'Y]bY'ghUh]gW Y'D`Ub_Y'ZØf'Y]bYb'Ub[Ya YggYbYb
NY]hfUi a 'f&\$'V]g' '\$'GY_i bXYb'ni 'YfghY'Yb'i bX'ni 'k UfhYbž]gh
Y]bY'[fi bX'Y[YbXY'd\mg]gW Y':À\][_Y]hž'YVYbgc'k]Y'XUg'9f'YfbYb
XYg'5'd\UVYhg'ZØf'X]Y'?ca a i b]_Uh]cb'j cb'[fi bX'Y[YbXYf
6YXYi hi b['gh'K Ybb'k]f'bi f'i bgYfY'ghUh]gW Y'D`Ub_Y'Àb[Yf
\U'hYbž]gh'Yg'gcž'U'g'k ØfXY'a Ub'XUg'5'd\UVYh]a a Yf'k]YXYf
ØVYb'i bX'b]Ya U'g'X]Y'6i W ghUVYb'j Yfk YbXYbž'i a 'K ØfhYf'i bX
GÀhnY'ni 'V]XYb"

5i g' D`Ub_Y'Y]b'5_h]c b gj YfV'a UW W Yb

8Ug'[Ubn'; fi bX'K]f'gc'`hYb'Y]bY'D`Ub_Y'a UW Ybž'i a 'i bg
YZZY_h]j Yf'VYk Y[Yb'ni '_ØbbYb'"b'X]YgY a 'G]bbY'a UW h'X]YgY
<YfUi gZcfXYfi b['[YbUi 'XUg' 'Vf]b[h'G]Y']b'6Yk Y[i b['i bX'ghY'`h
['Y]W nY]h['Y]bY'dfc[fYgg]j Y<YfUi gZcfXYfi b['XUfžX]Y'G]Y'XYb

[Ub_nYb `Ub_i Uf ØVYf`]bgd]f]Yfh*i* bX`a ch_j]Yfhž'XUg'; YZØ\ ``XYf
_cbh]bi]Yf`]W_kYb`J YfVYggYfi b[`Xi fW_k `ΔfY`_cbgYei YbhYb
6Ya Ø\i b[Yb`ni ` [Yb]Y» Yb"

8]Y`<YfUi gZcfXYfi b[`i a ZUggh`Ui W_k `Δf`A cV]`hY`YZcbž`k Ug
VYXYi hYhž'XUgg`G]Y`Yg`ZUghØVYfU``i bX`YXYfnY]h`hi b`_ØbbYb
gc``hYbž'XU`k]f`i bgYfY`HY`YZcbY`]a a Yf`VY]`i bg`UVYb"

8]Y`<YfUi gZcfXYfi b[

8]Y` Vi b[.`D`Ub_Y`a]h`6Y\]bX!h\ Y!6UW!DUgg

- BY\ a Yb`G]Y`Y]bY`9``Vc[Ybd`Ub_Ybdcg]h]cb`Y]bž'XYfYb
: Ø» Y`Yhk Ug`VfY]hYf`U`g`bcfa U`g]bX"
- <U`hYb`G]Y`Δf`A cV]`hY`YZcb`f_bXYf`Y]b`A\ b`]W_kYg`C V`Y_hž`]b
Y]bYf`<UbXž[YVYb`G]Y`Yg`\Yfi a `i bX`Y[Yb`G]Y`Yg`Ui Z
ΔfYb`i b hYfYb`F ØW_Yb
- @Y[Yb`G]Y`XYb`9``Vc[Yb`k]YXYf`Ui ZXYb`6cXYb`i bX`YVYb
G]Y`XYb`UbXYfYb`5fa`Ubž`i a `Δf`A cV]`hY`YZcb`Ui g`XYa
i b hYfYb`F ØW_YbVYfY]W_kni `\\c`Yb"
- @Y[Yb`G]Y`XYb`9``Vc[Yb`k]YXYf`Ui ZXYb`6cXYb`i bX
k]YXYf\c`Yb`G]Y`X]Y`6Yk Y[i b[`]b`X]Y`Ybh[Y[Yb[YgYhnhY
F]W_khi b["
- →XYg`A Už`k Ybb`Δf`A cV]`hY`YZcb`]b`ΔfYf`<UbX`Ui ZXYb
6cXYb`ni fØW_Y\fhž]gh`X]Yg`Y]bY`K`]YXYf\c`i b[
fl bUV\Ab[][`j cb`XYf`F]W_khi b[£"

8 Yf`Ghi bXYbd`Ub. 8]YgY`<YfUi gZcfXYfi b[`]gh`ZØf` \$`HU[Y
Ui g[Y`Y[h` `]b`XYb`YfghYb`ZØbZ`HU[Yb`ZØ\ fYb`G]Y`X]Y` Vi b[`YXYb
HU[`ZØbZ`K`]YXYf\c`i b[Yb`Ub[`Xi fW_k`: Ø\ fYb`G]Y`X]Y` Vi b[`ZØf
X]Y`Zc`[YbXYb`ZØbZ`HU[Y`hÀ[`]W_k `Xi fW_k `i bX`ZØ[Yb`G]Y`ZØbZ`k Y]hYfY
K`]YXYf\c`i b[Yb`ZØf`]bg[YgUa h`%\$`\\]bni `: Ø[Yb`G]Y`U`Y`ZØbZ
HU[Y`ZØbZ`k Y]hYfY`K`]YXYf\c`i b[Yb`\\]bni "

- HU[Y`%)`.)`K`]YXYf\c`i b[Yb
- HU[Y`*!%\$.`%\$`K`]YXYf\c`i b[Yb
- HU[Y`%!%)`%)`K`]YXYf\c`i b[Yb

- HU[Y%*&\$.'&\$.'K]YXYf\c`i b[Yb
- HU[Y.&%!&.)'&.)'K]YXYf\c`i b[Yb
- HU[Y.&*!' \$.' \$.'K]YXYf\c`i b[Yb

K Ybb'G]Y.Y]bYb'HU['j YfdUggYbž'a UWX Yb'G]Y.Y]bZUWX Xcfh'k Y]hYfž
 K c'G]Y.Ui Z[Y\Øfh'\UVYb''BYi bi bXnk Ubn][ž&, 'cXYf'&+ 'HU[Y
 bUWX X]YgYf'<YfUi gZcfXYfi b['k YfXYb'K i bXYf'ZØf'Δ fY': A\][_Y]h
 VYk]f_Ybž'X]Y?YfbghUV']]hÀh'Ui ZFYWX hni Yf\U'hYbž'k A\fYbX'G]Y
 Δ fY'5fa Y.VYk Y[Yb".'K]f'a UWX Yb': c fhgWX f]hhY']b'XYf':]hbYgg
 XI fWX Ub\U'hYbXY '@Y]ghi b[žb]WX hXI fWX dYfZY_hY '@Y]ghi b["

@Y]ghi b[gh]ddg

- 6Y]X]YgYf'8]Y.Y'g]bX'X]Y: Ø» Y'VfY]hYf'dcg]h]cb]Yfh'U'g'VY]
 Y]bYf'bcfa U'Yb'9'.'Vc[Ybd'Ub_YžXU'XUg'5b\YVYb'Y]bYg
 5fa g'j ca '6cXYb'ni 'Y]bYf'Yf\YV']WX Yb'Ugma a Yhf]gWX Yb
 <YfUi gZcfXYfi b['i bX'øghUV']]hÀh'Δ fYg'CVYf'_ØfdYfg'ZØ\fh'
 8U\Yf'a ØggYb'k]f'Ub'UbXYfYf'GhY'Y'a Y\ f'GhUV']]hÀh
 \UVYb".'G]Y'_ØbbYb'XYb'5VghUbX'Δ fYf': Ø» Y'k A\fYbX'XYf
 <YfUi gZcfXYfi b['UbdbUggYbž'k Ybb'G]Y'a ØWX hYb".'6YUWX hYb
 G]Y'XUVY]ž'XUgg'Yg'ZØf'X]Y', Vi b['i a gc'gWX k]Yf][Yf']ghž
 Y]bY'[i hY '@Y]ghi b['ni 'YfVf]b[Ybž'Y'bA\Yf'Δ fY': Ø» Y
 VY]Y]bUbXYf'']Y[Yb"
- @Ub[gUa 'VYk Y[Yb".'K Ybb'G]Y'g]WX'XUfUi Z'j cfVYfY]hYbž
 Y]bYb'5fa 'Ubni \YVYbž'j Yf'U[Yfb'G]Y'ni Yfgh'XYb'[fØ» hYb
 HY]'Δ fYg'; Yk]WX hg'Ui ZXYb'UbXYfYb'5fa ž'i a 'XUg'; YZØ\'
 ni 'YfnYi [Ybž'XUgg'XYf'UbXYfY'5fa 'j ca '6cXYb
 gWX k YVYb' '_Ub''
- K Ybb'G]Y.Yhk Ug'Ui Z'Δ fYb'i bhYfYb'F ØW_Yb'.'Y[Ybž'k]fX
 XUj cb'UV[YfUhYbž'X]Y'<ØZhYb'Ubni \YVYb'cXYf'ni 'XfY\Yb"
 8]Yg'g]bX'nk Y]XYf'\A i Z[ghYb'hYWX b]gWX Yb': Y\.'Yf']b'Y]bYf
 D'Ub_Y'8]Yg'ZØfXYfh'XUg'6Yk i gghgY]b'ZØf'[i hY'HYWX b]_
 i bX'[]Vh'Δ bYb'['Y]WX nY]h['A ch]j Uh]cbž'[i hY '@Y]ghi b[Yb
 ni 'YfVf]b[Ybž'i bX': YYXVUWž'k]Y'[i h'G]Y'g]bX".'K Ybb'Δ f
 HY'YZcb'VY]gd]Y'gk Y]gY'ni f'GY]hY'Z'A'.'hž'ca a h'Yg'ni 'Y]bYf
 ØVYfa A»][Yb'<ØZhfcUh]cb".'K Ybb'Yg'Δ fYb'F ØW_Yb']b
 F]WX hi b['?cdZ'fi hgWX hž'VY_ca a Yb'G]Y.Y]bY'ØVYfa A»][Y
 <ØZh\Ø\Y"

• • II

≠gd]f]Yfh'j cb' 579

8 YhU]`g

6 Ygi WX Yb 'G]Y 'i bg'Ui Z. 'a Y]b!Z]hb Ygg"b Yh