MEIN FITNESS

GUI c VYUh `! `5 `YI Ub XfU `GhUb `! `7 c a VUh
:]hb Ygg `HUb nj ]XYc `! `7 \ c fYc [fUZ]Y

< ÒfYb `cXYf `_Ui ZYb `G]Y `ØVYfU``. `  `5Vcbb]YfYb `G]Y `k Y]hYfY
HUb nj]XYcg. `  I bgYf `K YVg\cd. `  : UWVcc_. ` ‡bghU[fUa .
‡bghU[fUa `D]a . ` ‡bghU[fUa !HÀbnYf. `  7 \cfYc `jcb. `GUbbY
K]f``]YVYb `Ygž ‡ bYb `: fYi XY `a ]h `Y]bZUW\Yb `:]hbYgg!
7 \cfYc[fUZ]Yb `ZØf `?]bXYf `i bX `9fk UW\gYbY `ni `VYfY]hYb `‚
I bgYfY `HUbgWi i `Y `\Uh `& `GhUbXcfhY `]b `XYb `B]XXYf`UbXYb
fK cYfXYb `/ Ua d/¸ , &%%/`< Ufa Y`bbŁ" K ]f`i bhYff]W\hYb
?`UggYb `k]Y `Ni a VUž L 7 Cž ?YYdZ]hž 6cXm/ Ua d/¸ $' , /
6U`UbWYž GhfYYhXUbWY `#<]d< cd" H5BN `‡ `GDF ‡B ; 9B `‡
G7 < K 9‡GG `‡ ; 9B ‡9GG9B `k k k "h\YghUfZUWhcfm"b`
/ Ua d/¸ , &%%/`k k k "gUg_]UgXUbggW\cc`"b`"`5i Z `M`ci hi VY
UbgY\Yb

< ÒfYb `cXYf `_Ui ZYb `G]Y `ØVYfU``. `  `5Vcbb]YfYb `G]Y `k Y]hYfY
HUb nj]XYcg. `  I bgYf `K YVg\cd. `  : UWVcc_. ` ‡bghU[fUa .
‡bghU[fUa `D]a . ` ‡bghU[fUa !HÀbnYf. `  7 \cfYc `jcb. `GUbbY `K]f

`]YVYb ̇Ygž ̇≡bYb ̇: fYi XY ̇a]h ̇Y]bZUW\Yb ̇:]hbYgg! 7\cfYc[fUZ]Yb ̇ZØf
?]bXYf ̇i bX ̇9fk UW\gYbY ̇ni ̇VYfY]hYb ̇ ̇I bgYfY ̇HUbngW\i ̇Y ̇\Uh ̇&
GhUbXcfhY ̇]b ̇XYb ̇B]XYf`UbXYb ̇fK cfXYb ̇ ̇<Ufa Y`YbŁ" ̇K]f
i bhYff]W\hYb ̇? ̇`UggYb ̇k ]Y ̇Ni a VUž L 7C ž ?YYdZ]hž 6cXm∕ ̇6U`UbW ž
GhfYYhXUbW\ ̇#<]d< cd" ̇H5B N ł ̇GDF ≡B ; ̇9B ł ̇G7 < K 9≡GG ł
; ̇9B≡9GG9B ̇k k k "h\YghUfZUW\cfm"b` ̇ ̇k k k "gUg_]UgXUbggW\cc`"b`

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