

# MEIN FITNESS

9fY\_h]cbgghØfi b[ Yb'i bX'9fbÀ\fi b[ '!8]Y  
Hcd'+': fØWX hY'ZØf'[ Ygi bXY'9fY\_h]cbYb

K i gghYb'G]Yž'XUgg'C Vgh'Y]bY'k ]WX h][ Y'Fc``Y'ZØf'X]Y'gYI i Y``Y  
; Ygi bX\Y]h'gd]Y'Yb'\_Ubb3'K Ybb'G]Y'Y]bYf'XYf'A ]``]cbYb  
A ÀbbYf'Ui Z'XYf'[ UbnYb'K Y'h'g]bXž'X]Y'Ub'YfY\_h]`Yf  
8mgZ b\_h]cb``Y]XYbž'ZFU[ Yb'G]Y'g]WX'a Ø[ `]WX Yfk Y]gYž'k ]Y  
g]WX'X]Y'9fbÀ\fi b[ 'Ui Z'ÀfY'9fY\_h]cbYb'Ui gk ]f\_Yb'\_Ubb"8]Y  
K U\f\Y]h'ghž'XUgg'X]Y'9fbÀ\fi b[ 'Y]bY'k ]WX h][ Y'Fc``Y'ZØf'X]Y  
gYI i Y``Y; Ygi bX\Y]h'i bX'X]Y'YfY\_h]`Y'8mgZ b\_h]cb'gd]Y'h'  
I bX'YYXY'[ i hY'9fbÀ\fi b[ 'gc``hY'Y]bY': Ø`Y'j cb': fØWX hYb  
Ybh\U'hYb''C Vgh'gh'Y]bY'k ]WX h][ Y'E i Y``Y'ZØf'J ]hUa ]bYž  
A ]bYfU']Yb'i bX'5bh]cl ]XUbh]Yb'i bX'cZh'Y]bY'[ i hY'E i Y``Y'ZØf  
6U``UghghcZY"1 bhYb'g]bX'X]Y'Hcd'+': fØWX hY'ZØf'Y]bY  
cdh]a U'Y'gYI i Y``Y; Ygi bX\Y]h"%"6UbUbYb"/ Ua d\Y``]d/



K i gghYb'G]Yž'XUgg'C Vgh'Y]bY'k ]WX h][ Y'Fc``Y'ZØf'X]Y'gYI i Y``Y  
; Ygi bX\Y]h'gd]Y'Yb'\_Ubb3'K Ybb'G]Y'Y]bYf'XYf'A ]``]cbYb'A ÀbbYf  
Ui Z'XYf'[ UbnYb'K Y'h'g]bXž'X]Y'Ub'YfY\_h]`Yf'8mgZ b\_h]cb``Y]XYbž  
ZFU[ Yb'G]Y'g]WX'a Ø[ `]WX Yfk Y]gYž'k ]Y'g]WX'X]Y'9fbÀ\fi b[ 'Ui Z'ÀfY  
9fY\_h]cbYb'Ui gk ]f\_Yb'\_Ubb"8]Y'K U\f\Y]h'ghž'XUgg'X]Y'9fbÀ\fi b[  
Y]bY'k ]WX h][ Y'Fc``Y'ZØf'X]Y'gYI i Y``Y; Ygi bX\Y]h'i bX'X]Y'YfY\_h]`Y  
8mgZ b\_h]cb'gd]Y'h'I bX'YYXY'[ i hY'9fbÀ\fi b[ 'gc``hY'Y]bY': Ø`Y'j cb  
: fØWX hYb'Ybh\U'hYb''C Vgh'gh'Y]bY'k ]WX h][ Y'E i Y``Y'ZØf'J ]hUa ]bYž

A ]bYfU`]Yb`i bX`5bh]cl ]XUbh]Yb`i bX`cZh`Y]bY`[ i hY`E i Y``Y`ZØf  
6U``UghghcZZY`I b hYb`g]bX`X]Y`Hcd`+` fØW\hY`ZØf`Y]bY`cdh]a U`Y  
gYI i Y``Y`; Ygi bX\Y]h`

%`6UbUbYb``FY]ZY`6UbUbYb`g]bX`Y]bY`<Ui dhei Y``Y`XYf  
5a ]bcgÀi fY`Hmfcg]bži bX`k Ybb`g]Y`fY]ZYb`i bX`gØ»Yf`k YfXYbžk ]fx  
]nfY`Hmfcg]b\_ca dc bYb hY`ghÀf`Yf``Hmfcg]b`fY[ i `]Yfh`i bX`gh]a i `]Yfh  
XYb`8cdUa ]bgd]Y[ Y``6UbUbYb`g]bX`Ui W\`Y]bY`XYf`VYghYb  
E i Y``Yb`ZØf`?U`jia ž`Y]b`YggYb h]Y``Yg`A ]bYfU`ni f  
5i ZfYW\hYf\U`hi b[ `Y]bYg`bcfa U`Yb`6`i hXfi W\_g`i bX`Y]bYf  
bcfa U`Yb`<YfnZ b\_h]cb"

&`YdZY`YdZY`g]bX`a ]h`5bh]cl ]XUbh]Yb`VY`UXYbžX]Y`XUg`<Yfn!  
?fY]g`Ui ZlGmghYa`j cf`gUi YfghcZZVYX]b[ hYb`GW\ÀXYb`gW\ØhnYb`9g  
k i fXY`Ui W\`[ YnY][ hž`XUgg`Y]bYg`X]YgYf`5bh]cl ]XUbh]YbžE i YfW]h]bž  
X]Y`8cdUa ]bdxfcXi \_h]cb`]a`; Y\]fb`Ui g`Ogh`YdZY`gYb`\_Yb`Ui W\`  
XUg`7\c`YghYf]bž`XUg`X]Y`5fhYf]Yb`j YfghcdZh`

' ``9fXVYYfYb``9fXVYYfYb`g]bX`Y]bY`Ui g[ YnY]W\ bYhY`E i Y``Y`ZØf  
J ]hJa ]b`7``HUhgÀW\`]W\`Ybh\U`hYb`g]Y`a Y\`f`J ]hJa ]b`7`U`g  
N]hfi gZfØW\hY``9fXVYYfY`g]h`Ui W\`Y]bY`[ i hY`E i Y``Y`ZØf`c`gÀi fYž  
H\`]Ua ]bžF ]VcZUj ]bžB ]UW\]bžJ ]hJa ]b`6`ž`Ca Y[ U!`!: YhghÀi fYbž  
J ]hJa ]b`9žJ ]hJa ]b`5`i bX`J ]hJa ]b`?``G]Y`g]bX`Ui W\`Y]bY  
Ui g[ YnY]W\ bYhY`E i Y``Y`ZØf`?U`jia`i bX`A U[ bYg]i a ``9fXVYYfYb  
g]bX`Y]bY`Ui g[ YnY]W\ bYhY`E i Y``Y`ZØf`5bh]cl ]XUbh]Yb`i bX  
Ybh\U`hYb`Ui W\`:`Uj cbc]XYž`X]Y`j Yf\]bXYfbž`XUgg`gW\`YW\hYg  
7\c`YghYf]b`X]Y`5fhYf]Ybk ÀbXY`VYgW\ÀX][ h`

( ``K`UggYfa`Y`cbY`I`b hYfgi W\`i b[ Yb`\UVYb`[ YnY][ hž`XUgg`X]YgY  
: fi W\hÀ\`b`]W\`Y`5i gk ]f\_i b[ Yb`Ui Z6`i h[ YZÀ»Y`\UVYb`\_Ubb`k ]Y  
J ]U[ fU``8Yf`fi bX`XUZØf`ghž`XUgg`X]Y`K`UggYfa`Y`cbY`]b`Y]bYf  
5a ]bcgÀi fY`bUa`Ybg`7]hfi ``]bž`Y]bYa`D\mhcbÀ\fghcZZ`XYf`ni f  
9bhgdUbbi b[ `i bX`2 Zb`i b[ `XYf`6`i h[ YZÀ»Y`VY]hfÀ[ h`i bX`XYb  
6`i hži gg`ni a`DYb]g`ZØfXYfhž`i b[ Yk`Ø\`b`]W\`j`Y``Ybh\À`h`I`bgYf  
?ØfdYf`j`Yfk`YbXYh`7]hfi ``]bž`i a`Y]bY`k`Y]hYfY`5a`]bcgÀi fY  
`Yfni`ghY``Ybž`5f[ `]b]bž`XUg`Y]bY`J`cfg`i`ZY`ZØf`Gh]W\_cI`]X`]ghž`i`bX`XUg  
Gh]W\_cI`]X`\`]Zh`VY]`XYf`9fk`Y]hYfi`b[ `XYf`6`i`h[ YZÀ»`Y`

) "'; fUbUhÀdZY``'8]YgY': fØWXhY'g]bX'fY]WX'Ub'5bh]cl]XUbh]Ybž'X]Y  
j Yf\]bXYfb'\_ØbbYbž'XUgg'gWX'YWXhYg@8@7\c`YghYf]b'cl]X]Yfh"  
8UfØVYf`\]bUi g'\_Ubb'; fUbUhUdZY`gUZh'k]Y'5gd]f]b'XUni'VY]hfU[ Ybž  
XUgg'g]WX'6`i hd`ÀhhWX Yb'b]WXhni'i bYfk ØbgWXhYb'; Yf]bbgY'b  
j Yf'\_i a dYb"! b hYfgi WX i b[ Yb'\UVYb'[ YnY][ hž'XUgg'XYf  
'Ub[ Zf]gh][ Y'J YfnY\f'j cb'; fUbUhUdZY`gUZh'ni f'6Y\_Àa dZ b[ XYf  
YfY\_h]Yb'8mgZ b\_h]cb'VY]hfU[ Yb'\_Ubb"

\* ``DUdUmU"DUdUmUg'g]bX'fY]WX'Ub'Ubh]cl]XUhj Yb'BÀ\fghcZZYb'k]Y  
7Ufch]bYbžJ ]hUa ]b'7`i bX: 'Uj cbc]XYb"X]Y'6!J ]hUa ]bYž: c`gÀi fY  
i bX'DUbhch\YbgÀi fY/i bX'X]Y'A ]bYfU]Yb'?U]i a 'i bX'A U[ bYg]i a /  
i bX: UgYf"Ni gUa a Yb'ZØfXYfb'X]YgY'BÀ\fghcZZY'X]Y'; Ygi bX\Y]h  
XYg'<Yfn!fY]g`Ui ZlGmghY a g"DUdUmUg'g]bX'Ui WX'Y]bY  
Ui g[ YnY]WXbYhY'E i Y``Y'ZØf'J ]hUa ]b'7'gck]Y'Y]bY'[ i hY'E i Y``Y'ZØf  
J ]hUa ]b'9`i bX'J ]hUa ]b'5ž'XfY]gY\ f'ghUf\_Y'5bh]cl]XUbh]Yb"8]YgY  
BÀ\fghcZZY'j Yf\]bXYfb'X]Y'Cl]XUh]cb'j cb'7\c`YghYf]b"Bi f'k Ybb  
7\c`YghYf]b'cl]X]Yfh'k]fXž\_Ubb'Yg'Ub'6`i h[ YZÀ»k ÀbXYb'\UZhYb  
i bX'g]WX'Xcfh'UbgUa a Y'b"DUdUmUg'g]bX'Ui WX'Y]bY'[ i hY'E i Y``Y  
ZØf'6U''UghghcZZYžj cb'XYbYb'[ YnY][ h'k i fXYž'XUgg'g]Y'Y]bYb'\c\Yb  
7\c`YghYf]bgd]Y[ Y``gYb\_Yb"

+``5j cWXcg"5j cWXcg'[ Y'hYb'gY]h`Ub[ Ya'U'g'5d\fcX]g]U\_i a "  
8Yf'Bua Y'gY'VghghUa a h'j ca 'UnhY\_]gWX Yb'K cfh'U\i UWUh'i bX  
VYXYi hYh' <cXYbVUi a ``5j cWXcg'Ybh\U'hYb'`gÀi fYž'Y]b  
Y]bZUWX i b[ YgÀhh][ hYg': Yhhž'XUg'ni f'GYb\_i b[ XYg  
7\c`YghYf]bgd]Y[ Y'g'VY]hfU[ Yb'\_Ubb" Ghi X]Yb'\UVYb'[ YnY][ hž'XUgg  
Y]bY'9fbÀ\fi b[ 'a ]h'c\Ya'5j cWXcg!; Y\U'hni'Y]bYa  
g][ b]Z\_UbhYb'FØW\_[ Ub[ 'XYg'; YgUa hWXc`YghYf]bg'i bX'XYg@8@  
7\c`YghYf]bg'gck]Y'ni'Y]bYa'5bgh]Y[ 'XYg'[ Ygi bX\Y]hgZØfXYfbXYb  
<8@7\c`YghYf]bg'ZØ\ fYb'\_Ubb"5j cWXcg'g]bX'Y]bY'[ i hY'E i Y``Y  
ZØf?U]i a ž'Y]b'A ]bYfU'ž'XUg'ni f'FY[ i 'Y]fi b[ 'XYg'6`i hXfi W\_g  
VY]hfÀ[ h'i bX'j cf'fY]g`Ui ZYf\_fUb\_i b[ Yb'k]Y'6`i h\cWX Xfi Wž  
<YfnYf\_fUb\_i b[ Yb'i bX'GW\U[ UbZU''gWXØhnh'5j cWXcg'Ybh\U'hYb  
Ui WX'gY\f'j]Y``: c`gÀi fYž'X]Y'XYb'GhcZZk YWXgY'j cb'DfchY]bYb  
i b hYfghØhnh'i bX'ÀbYb'gc'a Y\ f'9bYf[ ]Y'']YZYfh"

øgd]f]Yfh'j cb' Bcfa Ub': fYYX

8 YhU]`g

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