

MEIN FITNESS

; Ygi bXY'FYnYd hY ! 'G]bX'G]Y'VYfY]h'ZØf
[Ygi bXY'FYnYd hY 'i bX'9fbÀ\ fi b[3

<]Yf'ZjbXYb'G]Y'Y]bYb'k Y]hYfYb'5fh]_Y``ni a 'H\Ya U'?cW\Yb
i bX'9ggYb"K]Y'G]Y'k]ggYbž'gW\ fY]VY'JW\ [YfbY'XUfØVYf"·W
]b hYfYgg]YfY'a]W\ 'Ui W\ ZØf'·bZcfa Uh]cbYb'ni 'H\Ya Yb'i bX
5gdY_hYb'ja 'Ni gUa a Yb\Ub['a]h'9ggYb'i bX'Hf]b_Yb"·W
a ØW\hY ØVYf'XYb'9fbÀ\ fi b[gdfcnYgg'gW\ fY]VYb"6]hhY ``YgYb
G]Y'X]YgYb'5fh]_Y``V]g'ni a '9bXYž'k Ybb'G]Y'Ub'X]YgYa
H\Ya U']b hYfYgg]YfYg]bX"·W '\c ZZYž'XUgg'G]Y'XUf]b'Y]b][Y
]b hYfYggUb hY'·bZcfa Uh]cbYb'ZjbXYb"8]Y'9fbÀ\ fi b[']gh'Y]b
DfcnYggž'VY]XYa 'YXYf'HY]'fNY``i 'U£'i bgYfYg?ØfdYfg'a]h
B U\fi b['j Yfgcf[h'k]fX"9ggYb'_Ubb'i bgYfYa '?ØfdYf'Y'ZYbž
[i h'[YVUi h'ni 'gY]b"8Ub'_XYg'9ggYbg'\UVYb'k]f'j]Y'
9bYf[]Y" B U\fi b[']gh'Ui W\ 'Y]bY' / Ua d\AY``]d/



<]Yf'ZjbXYb'G]Y'Y]bYb'k Y]hYfYb'5fh]_Y``ni a 'H\Ya U'?cW\Yb'i bX
9ggYb"K]Y'G]Y'k]ggYbž'gW\ fY]VY'JW\ [YfbY'XUfØVYf"·W
]b hYfYgg]YfY'a]W\ 'Ui W\ ZØf'·bZcfa Uh]cbYb'ni 'H\Ya Yb'i bX
5gdY_hYb'ja 'Ni gUa a Yb\Ub['a]h'9ggYb'i bX'Hf]b_Yb"·W 'a ØW\hY

ØVYf'XYb'9fbÀ\fi b[gdfcnYgg'gWkfY]VYb"6]hhY ``YgYb'G]Y'X]YgYb
5fh]_Y`V]g'ni a'9bXYžk Ybb'G]Y'Ub'X]YgYa' H\Ya'U']bhYfYgg]Yfh
g]bX" `W` \c ZZYžXUgg'G]Y'XUf]b'Y]b][Y']bhYfYggUbhY`bZcfa Uh]cbYb
Z]bXYb"

8]Y'9fbÀ\fi b[`]gh'Y]b'DfcnYggžVY]XYa`YXYf'HY]`fNY``i`UŁ
i bgYfYg?ØfdYfg'a]h'B U\fi b[`j Yfgcf[h'k]fX"9ggYb'_Ubb
i bgYfYa`?ØfdYf`Y`ZYbž[i h[YVUi h'ni`gY]b"8Ub_XYg'9ggYbg
\UVYb'k]f'j]Y`9bYf[]Y" B U\fi b[`]gh'Ui W\Y]bY'5fh'F YgYfj Y'ZØf
i bgYfYb'Cf[Ub]ga i g"8Ug`Y]» hž9fbÀ\fi b[`]Vh'b]W\hbi f
i bgYfYa`6fch_cfV'BU\fi b["B UW\XYf'9bhbu\ a Y'j cb
@VVYbga]hhY`b'Ui g'XYa`6fch_cfV'k YfXYb'X]Y'Ni hUhYb'XUb_`6`i h
ØVYf'XYb'Cf[Ub]ga i g'j YfhY]`h"8]Y'9fbÀ\fi b[`]gh'ZØf`YXYb
Cf[Ub]ga i g'gY\f'k]W\h["9g`\]Zh'Ui W\A YbgW\Ybž[Ygi bX'ni
gY]b"9g`[]Vh'j]Y`Y?fUb_\Y]hYbžX]Y'a]h'XYf'9fbÀ\fi b[`j YfVi bXYb
g]bX"K Ybb'G]Y'ni`k Yb][YggYbž`_ØbbYb'G]Y'i bhYfYfbÀ\fh'gY]b
cXYf'ni`k Yb][`; Yk]W\h`UVYb"K Ybb'G]Y'ni`j]Y`YggYbž`_ØbbYb
G]Y'ØVYf[Yk]W\h[`cXYf'Z\h\Y]V][`k YfXYb"

J]Y`Y`Cf[Ub]ga Yb'VYbØh][Yb`@VVYbga]hhY`ni hUhYb"8]Y'A YbgW\Yb
YggYb'9ggYb`[b`[cfa`j cb'A U\`nY]hYb"8]YgYf'HY]`XYg'5fh]_Y`g`[]Vh
`bYb`Y]b][Y`bZcfa Uh]cbYb'ØVYf`_i`[bUf]gW\Y'fb]W\hV]c`c[]gW\YŁ
5gdY_hY'XYf'9fbÀ\fi b["W`a ØW\hY'ØVYf'Y]b][Y'J cfhY]`Y'XYg
9ggYbg`[Ygi bXYf`@VVYbga]hhY``i bX'XYf'J Yfk YbXi b[`[Ygi bXYf
FYnYdhY'gW\YfY]VYb"K]Y`W\`[b`a Y]bYb`j cf\Yf][Yb'5fh]_Y`b
[YgW\f]YVYb`UVYž_Ubb`[Ygi bXYg'9ggYb`i bg`Y`ZYbž`a]h
: Yhh`Y]V][_Y]h'ni`_Àa dZYb"8Ub_`[Ygi bXYf'FYnYdhY'ZØf
@VYbga]hhY`_ØbbYb'k]f`i bg`Z]h`U`hYb`i bX`i bg`VYggYf'ZØ`Yb"
G]Y`UVYb`j]Y`Y`J]hJa]bY`i bX'UbXYfY'bU\`f\UZhY
@VYbga]hhY`ni hUhYbžX]Y'ZØf`i bg`k]W\h`[`g]bX" G]Y`g]bX'Ui W\`b]W\h
ZYhžgc'XUgg`k]f`i bg`_Y]bY'Gcf[Yb`i a`<Yfn_fUb_\Y]hYb`a`UW\Yb
a ØggYb"

K]Y'G]Y`gY\Yb`_ØbbYbž`]gh'XYf`[fØ`hY'J cfhY]`j cb`[Ygi bXYa
9ggYbžXUgg`[Ygi bXYg'9ggYb`[Ygi bX`gh`9g`[]Vh'j]Y`Y`
[Ygi bXY`FYnYdhY'ZØf`X]YgY'5fh`j cb`9ggYb`Ni a`6Y]gd]Y`g]bX
GU`UhY`i bX`Gi ddYb`gY\`f`[Ygi bXžUVYf`k]f`_ØbbYb`Ui W\`[`Y]gW\Yg
YggYb`f]bgVYgcbXYfY`[Y_cW\hYg`[`Y]gW\`j cb`<Ø\`bYfb`i bX

UbXYfYb'J Ø[Y`b£'A Y]bYf'A Y]bi b['bUW\ gc``hY'YXYf'[Ygi bXY
@YVYbga]hhY`]b`gY]bY'hÀ[`]W\ Y'9fbÀ\ fi b['Y]bVYn]Y\Yb"

8 Ug`]gh`U``Yg`ØVYf'XYb'9fbÀ\ fi b[gdfcnYgg'i bX`gY]bYb
V]c`c[]gW\ Yb`i bX`_i`]bUf]gW\ Yb'5gdY_h"=W\ `cZZYžXUgg`X]YgYf
5fh]_Y`b]W\ h``Ub[k Y]`][`k Uf`i bX`XUgg`G]Y`\b`[YfbY`[Y`YgYb
\UVYb"=W\ `UVY`j Yfgi W\ hžX]Y`k]W\ h][ghYb`=bZcfa Uh]cbYb
Ui Zni bY\ a YbžX]Y`ZØf`G]Y`]bhYfYggUbh`i bX`\`]ZfY]W\ `gY]b`_ObbYb"
J]Y`Yb`8 Ub_`ZØf`=fY`5i Za Yf_gUa _Y]h`i bX`ZØf`XUg`@YgYb`a Y]bYf
5fh]_Y`fK]YgYf`i bX`XYf`j cf\Yf][Y£`6]hhY`UVYb`G]Y`Yhk Ug`; YXi `X
i bX`j`]Y`Y]W\ higW\ fY]VY`]W\ `]b`Ni`_i`bZh`k`Y]hYfY`_i`]bUf]gW\ Y
5fh]_Y`"=Yhh`k`YfXY`]W\ `bUW\ `]bhYfYggUbhYb`_i`]bUf]gW\ Yb`H\ Ya`Yb
gi W\ Yb`BcW\ a`U`g`j`]Y`Yb`8 Ub_`ZØf`XUg`@YgYb"

=bgd]f]Yfh`j`cb`**9n**]bY`i`bX`**5bXfYk`A Uni f**

8 YhU]`g

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