

MEIN FITNESS

GYb]cf'B i hf]h]c b. : `Øgg][_Y]hgni Zi \f'i bX
[Ygi bXYg'5`hYfb

GYb]cf'B i hf]h]c b. : `Øgg][_Y]hgni Zi \f'i XYb'5i gk]f_i b[Yb
XYg'5`hYfbg'8Y\mXfUh]c b.]gh]X]Y'9fgW ØdZi b['XYg'[YgUa hYb
?ØfdYfk UggYf[Y\U'hg'Ui Z[fi bX'j cb : `Øgg][_Y]h gj Yf'i ghYbž
a Ub[Y'bXYf: `Øgg][_Y]hgUi ZbU\ a Y'cXYf'VY]XYa "·8Yf
Zc`[YbXY'5fh]Y`Ybh\À`h]cfgW `À[Y'ZØf'GYb]cfYb'i bX
X]Y'Yb][YbžX]Y'g]Y'gY'VghicXYf'a]h<]ZY'j cb'6YhfYi Yfb
VYhfYi Yb"·@Ui h'Ghi X]Yb'j cb'9i fcdYUb'8UbcbY'F YgYUfW
[]Vh'Yg'a Y\fyfY'; fØbXY'ZØf'X]Y'8Y\mXfUh]cb'À`hYfYf
A YbgW Yb. "%·A i g_Y'a UggY'i bX'K UggYfgdY]W Yfi b[
bY\ a Yb'a]h'ni bY\ a YbXYa '5`hYf'UV. '8Ua]h'ghY][h'Ui W XUg
?ØfdYfZYhh/ Ua d/_ , &%%/Y]b : Yk YVYžXUg'_Y]b'K UggYf
Ybh\À`h"·a '5`hYf'nk]gW Yb'&\$'i bX', \$'J\ fYb' _ØbbYb'j]Yf
V]g'gYW g'@]hYf?ØfdYfk UggYf'j Yf'cfYb'[Y\Yb'fl]'Yž'&\$%\$£
8U\Yf' _ØbbYb'bcW [Yf]b[YfY'K UggYfj Yf'i ghY'ni 'Y]bYf
/ Ua d^Y'']d/



GYb]cf'B i hf]h]c b. : `Øgg][_Y]hgni Zi \f'i XYb'5i gk]f_i b[Yb'XYg
5`hYfbg

8 Y\mXfUh]cb]gh`X]Y`9fgW\OdZ b[`XYg`[YgUa hYb
?ØfdYfk UggYf[Y\U`hg`Ui Z[fi bX`j cb`[`Øgg][_Y]hgj Yf`i ghYbž
a Ub[Y`bXYf`[`Øgg][_Y]hgUi ZbU\ a Y`cXYf`VY]XYa "8Yf`Zc`[YbXY
5fh]_Y`Ybh\À`h`JcfgW\À[Y`ZØf`GYb]cfYb`i bX`X]Y`Yb][Ybž`X]Y`g]Y
gY`Vgh`cXYf`a]h<`ZY`j cb`6YhfYi Yfb`VYhfYi Yb" @Ui h`Ghi X]Yb`j cb
9i fcdYUb`8UbcbY`F YgYUfW\`[]Vh`Yg`a Y\`fYfY`[fØbXY`ZØf`X]Y
8 Y\mXfUh]cb`À`hYfYf`A YbgW\Yb.

%`A i g_Y`a UggY`i bX`K UggYfgdY]W\Yfi b[`bY\ a Yb`a]h
ni bY\ a YbXYa`5`hYf`UV. `8Ua]highY][h`Ui W\`XUg`?ØfdYfZYhh`Y]b
; Yk YVYž`XUg`_Y]b`K UggYf`Ybh\À`h`[a`5`hYf`nk]gW\Yb`&\$`i bX`\$,
\\$`fYb`_ØbbYb`j]Yf`V]g`gYW\g`@hYf`?ØfdYfk UggYf`j Yf`cfYb`[Y\`Yb
fl`]Yž`&\$%\$£`8U\`Yf`_ØbbYb`bcW\`[Yf]b[YfY`K UggYfj Yf`i ghY`ni
Y]bYf`8 Y\mXfUh]cb`ZØ\fYb"

&`8Ug`8i fgh[YZØ\`k]fX`Ub[k Y][.`8]Y`ZØf`X]Y
6`i hXfi W\fY[i`]Yfi b[`YfZcfXYf`]W\Yb`A YW\Ub]ga Yb`k YfXYb`a]h
ni bY\ a YbXYa`5`hYf`k Yb][Yf`Ya dZ]bX`]W\`Ni gÀhn`]W\`k YfXYb
BYi fchfUbga]hhYfž`X]Y`Ua`8i fgh[YZØ\`VYhY`][h`g]bXž`fYXi n]Yfhž
k Ug`X]Y`FY[i`]Yfi b[`XYf`[`Øgg][_Y]hgUi ZbU\ a Y`VYY]bhfÀW\h][h`

'`8]Y`B]YfYbZ b_h]cb`[gh`VYY]bhfÀW\h][h`A]h`ni bY\ a YbXYa`5`hYf
k]fX`X]Y`9f\U`hi b[`XYg`B]YfYbk UggYfg`VYY]bhfÀW\h][h`[YU`hYf`hY
B]YfYb`_ØbbYb`b]W\h`gc`[i`h`l f]b`i bX`Ui W\`k Yb][Yf`K UggYf
_cbnYbhf]YfYb`9]bY`VYY]bhfÀW\h][h`B`Uh`ji a`fY[i`Uh]cb`hf]hh
YVYbZU`g`Ui Z`i bX`fYXi n]Yfh`XYb`?ØfdYfž`i a`X]Y`K UggYffY[i`Uh]cb
]a`?ØfdYf`Ui ZfYW\hni Yf\U`hYb"

(`5bXYfY`F]g]cZU`hcfYb`A]h`XYa`5`hYfb`[Y\`Yb`DfcV`Ya`Y`a]h
XYa`<U`g`Y]b\Yfž`X]Y`ni`GW\`i W\`!`i bX`GdfYW\gW\k]Yf][_Y]hYb
ZØ\fYb`5i W\`VY]`DZY[YdYfgcbYb`_Ubb`Yg`ni`J YfghÀbXb]g!`i bX
?ca a i b]Uh]cbgdFcV`Ya`Yb`_ca a`Yb`8Y\mXfUh]cb`_Ubb`Xi`fW\`
ni`k Ufa`Y`F`Ai a`Y`j`Yfi`fgUW\h`k`YfXYb`DZY[Y_fÀZhY`j`Yf`[YggYb
a Ø[`]W\Yfk`Y]gYž`K`UggYf`i`gk`ni`[YVYb`5i`»`YfXYa`hf]b`_Yb
a`UbW\Y`A`YbgW\Yb`YVYf`?UZZYY`cXYf`ni`W\Yf\U`h][Y`
Dcd[YhfÀb`Yž`k`Ug`ni`a`Y\`f`8Y\mXfUh]cb`ZØ\f`
J`YfgW\Y`fY]Vi`b[gdZ]W\h][Y`A`YX]`Ua`YbhY`k`]Y`8`j`fYh]`U`i`bX
5VZØ\f`a`]hhY`_ØbbYb`YVYbZU`g`ni`Y]bYf`gW\`YW\h`Yb

K UggYfUi ZbU\ a Y'Z\ \fYb"

DfÀj Ybh]cb 'j cb '8 Y\mXfUh]cb 'i bX'X]Y 'B chk YbX][_Y]h'Y]bYf
ghÀf_YfYb', VYfk UW\ i b[

: `Øgg][_Y]hgYa dZY\`i b[Yb. `b'XYb 'I G5 'gW\`À[h'X]Y 'B Uh]cbU`
5WUXYa m\c ZGW]YbW\`hÀ[`]W\ ``ž+ ``f%'; U``cbY\`Z\`f'A ÀbbYf'i bX'&ž
``f\$ž* &; U``cbY\`Z\`f': fUi Yb 'j cf" '8]Y '9i fc dÀ]gW\ Y '6 Y\ ØfXY 'Z\`f
@YVYbga]hhY`g]W\ Yf\ Y]h'\ Uh'Y]bYb 'F YZYfYbnk Yfhj cb '&ž) ``f\$ž* &
[U\`Z\`f'A hYfY 'A ÀbbYf'i bX' & ``f\$ž) \$ [U\`Z\`f: fUi Yb 'f%'[U\`1 ' '%cn\`
ZYgh[Y`Y[h''9g']gh\hk Y]ZY`\ UZh\cV'X]YgY '9a dZY\`i b[Yb 'VYz\`[h
k YfXYb" '9]bY 'Ghi X]Y 'Ui g'XYa 'JU\f'&\$\$- 'Yf[UVž'XUgg'*' i 'XYf'*')!
V]g'+(!À\`f][Yb 'X]Y '9a dZY\`i b[Yb 'b]W\h'YfZ\`hYb" 'I bX']a '5'hYf
j cb',) 'JU\fYb 'gh]Y['X]Y 'NU\ ``XYfYfž'X]Y 'X]Y '9a dZY\`i b['b]W\h
YfZ\`hYbž'Ui Z', %

8]YgYf'_cbghUbhY 'Ni ghUbX'XYf'8 Y\mXfUh]cb '\Uh'ni 'Yf\ Ø\hYb
GhYfV`]W\ _Y]hgfUhYb 'VY] 'À' hYfYb 'DUh]Yb hYb ']a '?fUb_Yb\Ui g
[YZ\`f'A YbhYgž'&\$\$* '8]Y 'Yb][Ybž'X]Y 'k Y[Yb '8 Y\mXfUh]cb ']bg
?fUb_Yb\Ui g'Y]b[Y']YZYfh'k i fXYbž'\Uh\hYb 'Y]bY 'GhYfV`]W\ _Y]hgfUhY
j cb') \$i " 'GY'Vgh'k Ybb'g]Y 'b]W\h'k Y[Yb '8 Y\mXfUh]cb ']bg
?fUb_Yb\Ui g'Y]b[Y']YZYfh'k YfXYbž'Yf\ Ø\h'XYf'XUfUi g
fYgi 'h]YfYbXY': `Øgg][_Y]hga Ub[Y'XUg'%'&!a cbUh][Y
GhYfV`]W\ _Y]hgf]g]_c 'i a '%*!+, i " '9g'k i fXY 'Ui W\ ZYgh[YghY`hž'XUgg
8 Y\mXfUh]cb 'XUg'F]g]_c 'k]YXYf\ c'hYf'?fUb_Yb\Ui gUi ZYb h\U'hY
Yf\ Ø\Yb '_Ubb"

8 Y\mXfUh]cb 'YfgW\ k Yfh'XUg'5'hYfb 'a]h'Y]b[YgW\ fÀb_hYf'_c[b]h]j Yf
: i b_h]cb 'i bX'a Y\ f'GhØfnYb" 'B U\ fi b[gYf[Àbni b[ga]h\hY`'k]Y
5Xj cWUfY 'F Y\mXfUhYž; UhcfU]XY 'i bX'7mhca UI '_ØbbYb 'Ui Z[fi bX
j cb '?ca d']_Uh]cbYb 'Ui Z[fi bX'j cb '9f_fUb_i b[Yb 'k]Y
<Yfn]bgi Z]n]Ybn'b]W\h]j Yfk YbXYh'k YfXYb" '8 Yf'B Uh]j a !'i bX
?U']i a gd]Y[Y'`a i gg'Ui W\ 'VY] 'À' hYfYb 'A YbgW\ Yb '[YbUi Yf
ØVYfk UW\h'k YfXYb"

: Un]h

K UggYf'ghcZh'Y]b 'j Yf[YggYbYf'BÀ\ fghcZ' '9g'jgh'Y]b 'k]W\h][Yf

6YghUbXhY]`XYf'9fbÀ\fi b[`i bX'_Ubb'c\bY'Ui gfY]WX YbXY
: `Øgg][_Y]hgni Z\ f'ni 'Y]bYa 'gWX k]Yf][YfYb 'i bX 'i bUb[YbY\ a YfYb
5`hYfi b[gdfcnYgg'ZØ\fYb": Øf'U_h]j Y'GYb]cfYb ']gh'Yg
gY`VghÀbX]WX ž'XUgg'K UggYf'Y]b 'A i gg']gh"9g'k]fX 'YXcWX
a UbWXa U`j cb'XYf'À`hYfYb'6Yj Ø`_Yfi b[`i bX']\fYb'6YhfYi Yfb
ØVYfgY\Yb"A Ub'_Ubb'X]Y'6YXYi hi b['XYf'hÀ[`]WX Yb
K UggYfUi ZbU\ a Y'b]WX hØVYfVYhc bYb"

≠gd]f]Yfh'j cb'≈Ub'F'J jj Yg

8 YhU]`g

6Ygi WX Yb'G]Y 'i bg'Ui Z. 'a Y]b!Z]hbYgg"bYh