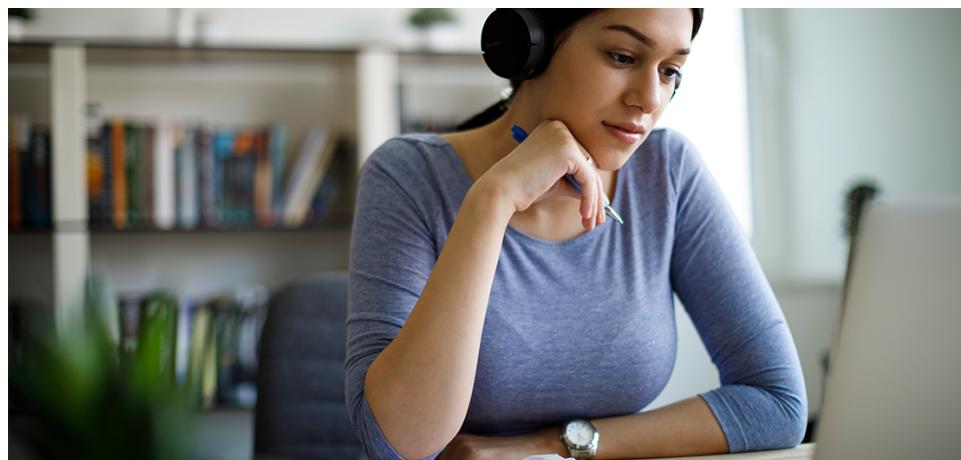


MEIN FITNESS

H]ddg`ni f`YfZc`[fY]W Yb`J c fVYfY]hi b['Ui Z
= fY`579!NYfh]Z]n]Yfi b[gdfØZi b[

=a`'U\ f`&\$%-`k UfYb`]b`XYb`I G5`i b[YZÀ\ f` +\$\$ \$\$
; fi ddYbZ]hbYgg`Y\ fYf`i bX`DYfgcbU`HfU]bYf`VYgWÀZh][h"
@Ui h`XYf`I G!6Øfc`ZØf`5fVY]h`i bX`GhUh]gh]_8]YgY`NU\ ``k]fX
j cfUi gg]W h`]W V]g`&\$-&`i a`%) i`ghY][Yb``8]YgYf`HfYbX`]gh
j YfghÀbX`]W "F Y[Y`a À»][Y`_ØfdYf`]W Y`5_h]j]hÀh`]gh`Y]bYg
XYf`k]W h`[ghYb`8]b[YžX]Y`G]Y`hi b`_ObbYbž`i a`'ÀfY
@YVYbgei U`]hÀh`ni `j YfVYggYfb``YfnhY`j YfgWfY]VYb` , Vi b[Yb
gck c\ ``ni f`J c fVYi [i b[`W fc b]gW Yf`? fUb_`Y]hYb`U`g`Ui W
ni a`? fUb_`Y]hga UbU[Ya`Ybh`9l dYfhYb`ZØf`dgmW]gW Y
; Ygi bX\ Y]h`Ya dZY\ `Yb`6Yk Y[i b[ž`i a`X]Y`Gh]a a`i b[`ni
j YfVYggYfb`i bX`GhfYgg`UVni VUI`Ybž`i bX`]a a`Yf`a`Y\ f
5fVY]h[YVYf`]a d`Ya`Ybh]YfYb`K`Y`b`Yggdfc[fUa`a`Y`Ua
5fVY]hgd`Uhnž`i a`X]Y` ; Ygi bX\ Y]h`i bX`:]hbYgg`]\fYf
A`]hUfVY]hYf`ni `j YfVYggYfb`i bX`]\f` ; YgWÀZhgYf[YVb]g`ni
g]W Yfb``E`i U`]Z]n]YfhY` ; Ygi bX\ Y]hg!`/ Ua`d`Y`d`/



=a`'U\ f`&\$%-`k UfYb`]b`XYb`I G5`i b[YZÀ\ f` +\$\$ \$\$
; fi ddYbZ]hbYgg`Y\ fYf`i bX`DYfgcbU`HfU]bYf`VYgWÀZh][h"
I G!6Øfc`ZØf`5fVY]h`i bX`GhUh]gh]_8]YgY`NU\ ``k]fX
j cfUi gg]W h`]W V]g`&\$-&`i a`%) i`ghY][Yb``8]YgYf`HfYbX`]gh

j YfghÀbX`]W"·F Y[Y'a À»][Y'_ÒfdYf`]W Y'5_h]j]hÀh`]gh`Y]bYg`XYf
k]W h][ghYb '8]b[YžX]Y`G]Y`hi b'_ÒbbYbž'i a 'ÀfY '@VVYbgei U`]hÀh
ni 'j YfVYggYfb"·ÝfnhY`j YfgW fY]VYb` Vi b[Yb`gck c\`ni f
JcfVYi [i b['W fcb]gW Yf`?fUb_\Y]hYb`U`g`Ui W`ni a
?fUb_\Y]hga UbU[Ya Ybh"·9I dYfhYb`ZØf`dgmW]gW Y`; Ygi bX\Y]h
Ya dZY\`Yb`6Yk Y[i b[ži a 'X]Y`Gh]a a i b['ni 'j YfVYggYfb`i bX
GhfYgg`UVni VUi Ybž'i bX`]a a Yf`a Y\`f`5fVY]h[YVYf`]a d`Ya Ybh]YfYb
K Y`bYggdfc[fUa a Y`Ua `5fVY]hgd`Uhñž'i a 'X]Y`; Ygi bX\Y]h`i bX
:]hbYgg`]\fYf`A]hUfVY]hYf`ni 'j YfVYggYfb`i bX`]\f
; YgW ÀZhYf[YVb]g`ni 'g]W Yfb"·E`i U`]Z]n]YfhY`; Ygi bX\Y]hg!`i bX
6Yk Y[i b[gZUW_fÀZhY`k YfXYb`YbhgW Y]XYbX`XUni `VY]hFU[Ybž
i bgYfY`; YgY`gW UZh`]b`Y]bY`[YgØbXYfY`i bX`U_h]j YfY`J Yfg]cb`]\fYf
gY`Vgh`ni `ZØ\`fYb"
K Ybb`G]Y`ØVYf`Y]bY`J c`'`cXYf`HY`nY]h_Uff]YfY`]a `6YfY]W
; Ygi bX\Y]h`i bX`:]hbYgg`bUW XYb`Ybž`UVYb`G]Y`g]W
k U\fgW Y]b`]W VYfY]hg`a]hXYa `DfcnYgg`XYf`9f`Ub[i b['Y]bYf
U__fYX]h]YfhYb`NYfh]Z]n]Yfi b['VYZUggh"·8Ug`<U`hYb`Y]bYf`bUh]cbU`
UbYf_UbbhYb`NYfh]Z]n]Yfi b['j YfVYggYfh`ÀfY
6YgW ÀZh][i b[ga Ò[']W _Y]hYb`]b`XYf`; Ygi bX\Y]hg!`i bX
:]hbYggVfUbW Y`i bX`ÀfY`; `Ui Vf ØfX][_Y]h"·8UfØVYf`\]bUi g
gW UZh`XYf`9f`U`h`ÀfYf`NYfh]Z]n]Yfi b['Y]bYb`F U\`a Yb`ZØf
`VYVbg`Ub[Yg`@YfbYb`i bX`VYfi Z]W Y`9bhk]W`i b["·8Ug`GhfVYVYb
bUW Y]bYa`; Ygi bX\Y]hg!`i bX`:]hbYggnYfh]Z]_Uh`_Ubb`Ài » Yfgh
`c\`bYbX`gY]bž`UVYf`Ui W Ybha`i h][YbX`G]Y`a ØggYb`g]W`NY]h
bY\`a Ybž'i a `ô\`U`hY`ni `ghi X]YfYb`i bX`ni `VY\`YffgW Ybž`X]Y`ÀbYb
a Ò[']W Yfk Y]gY`i bVY_Ubbh`g]bX`K Ybb`G]Y`Yhnh`Y]bYb`Gd]Y`d`Ub
Ybhk]W`Y`bž`_ÒbbYb`G]Y`g]W`Ui ZXYb`ni _ØbZh][Yb`9fZc`[
Y]bghY`Yb`<]Yf`g]bX`Y]b][Y`H]ddgž`X]Y`ÀbYb`Y`Z`Ybž`g]W
YfZc`[fY]W`Ui Z`ÀfY`579!NYfh]Z]n]Yfi b[gdfØZ`b['j cfni VYfY]hYb"
%

%`6YghY`Yb`G]Y`ÀfY`Ghi`X]Yba`UhYf]U`]Yb
i`bX`YfghY`Yb`G]Y`Y]bYb`Ghi`X]Ybd`Ub`

8]Y`9fghY`i b['Y]bYg`ghfi`_hi`f]YfhYb`Ghi`X]Ybd`Ub`g`]gh`ZØf`ÀfYb
9fZc`['j`cb`[fÒ`hYf`6YXYi`hi`b["·579`Ya`dZ]Y\`hž`XUgg`G]Y`g]W`XfY]
V]g`j`Yf`A`cbUhY`NY]h`bY\`a`Ybž'i`a`ni`ghi`X]YfYb`i`bX`g]W`Ui`Z`ÀfY
NYfh]Z]n]Yfi`b[gdfØZ`b['j`cfni`VYfY]hYb`5V\`Àb[]['j`cb`ÀfYf

]bX]j]Xi Y``Yb `G]hi Uh]cb `VYbØh][Yb `G]Y `a Ø[`]W Yfk Y]gY `a Y\ f`cXYf
k Yb][Yf NY]h``6Y]gd]Y`gk Y]gY `Ubb `g]W Y]b ? UbX]XUh`a]h`Y]bYa
U_UXYa]gW Yb <]bhYf[fi bX `b `6Yk Y[i b[gk]ggYbgW UZhYb
gW bY ``Yf `Xi fW X]Y `A UhYf]U`]Yb `ZØf `5bUhca]Y `i bX `D\ mg]c`c[]Y
VYk Y[Yb `U`g `Ya UbX `c \bY `Y]bYb `gc `W Yb <]bhYf[fi bX ``9]b
? UbX]XUh`a]h`Ui gfY]W YbX `NY]h`ni f `ZfY]Yb `J YfØ[i b[` _Ubb `Yg
`Y]W hYf `Z]bXYbžg]W Y`@Yfbg]hni b[Yb `Zghni `Y[YbžU`g
`Ya UbX `a]h`a Y\ fYfYb `cb_i ff]YfYbXYb `Df]cf]hA hYb " K Ybb `G]Y
Y]bY `J cfgW ui `XYf `@Yfba UhYf]U`]Yb `UbnY][Yb `i bX `a]h`UbXYfYb
nYfh]Z]n]YfhYb ; Ygi bX \ Y]hg! `i bX `6Yk Y[i b[gZUW `Yi hYb `gdfYW Ybž
_ØbbYb `G]Y `Yb hgW Y]XYbžk]Y `Y]b `Ub[Ya YggYbYf `Ghi X]Ybd `Ub `ZØf
G]Y `Ui ggY\ Yb `ØbbhY " Ni `XYb `NYfh]Z]n]Yfi b[gghi X]Ybdfc[fUa a Yb
j cb `579 [Y\ Øfh `XYf `Ni [Ub[`ni f `579 `i b]j Yfg]hmžk c `G]Y `k Á\ fYbX
XYg [YgUa hYb `DfØZ b[gj cfVYfY]hi b[gdfcnYggYg `gW f]hhk Y]gY
5b `Y]hi b[Yb `Yf \ U`hYb " Ni `XYb `Ghi X]Ybdfc[fUa a Yb [Y\ ØfYb `Ui W
= f `@Y\ fVi W Z , Vi b[ghYghgž `Y]b `Ghi X]YbVY [`Y]hYf `i bX `UbXYfY
F Yggci fW W b `ni f `DfØZ b[gj cfVYfY]hi b[" <]Yf `ØbbYb `G]Y `Y]bY
J cfgW ui `Y]bYg `XYf `NYfh]Z]n]Yfi b[gghi X]Ybdfc[fUa a Y `j cb `579
UbnY][Yb "

&" `DfU_h]gW k YfXYb

8 Ug `5bk YbXYb `j cb `h\ YcfYh]gW Y a `K]ggYb `Ui Z`fYU`Y
:]hbYggY]bghY ``i b[Yb `]gh`Y]bY `XYf `VYghYb `A Ø[`]W _Y]hYbži a `= fY
; Ygi bX \ Y]hg! `i bX :]hbYggZ\][_Y]hYb `ni `Ybhk]W_Y`b ``9g `]gh`k]W h][
ni ``YfbYbžXUgg `X]Y `E i UXf]nYdga i g_Y`b `XUg `? b]Y `k Á\ fYbX `= fYg
Ghi X]i a g`ghfYW Yb ``8 Ug , VYfhfU[Yb `X]YgYf `bZcfa Uh]cbYb `Ui Z
Y]bY `i a [YVi b[ž]b `XYf `G]Y `Y]bYf ; fi ddY `j cb `HfU]b]YfYbXYb
YZZY _hj `VY]Vf]b[Yb `ØbbYbžk]Y `a Ub `Y]bY `? b]YVYi [Y `f]W h][
Ui gZØ\ fhži a `X]Y `E i UXf]nYdga i g_i `Uhi f `ni `ghA f `Ybž]gh`X]Y `XUa]h
j YfVi bXYbY `dfU_h]gW Y : Á\][_Y]hžX]Y `G]Y `Ybhk]W_Y`b `a ØggYb "
9fk Á[Yb `G]YžY]bYb , Vi b[gdfcZ `ni `Z]bXYbžXYf `U`g `A Ybhc f
Z b[]Yfhžk Á\ fYbX `G]Y `XUfUb `UfVY]hYbžX]Y `H\ Ycf]Y `]b `X]Y `DfUI]g
i a ni gYhnYb ``G]Y `ØbbYb `Y]bYb `DYfgcbU `HfU]bYf `ZØf `Y]bYb `HU[
VYgW UhhYb `cXYf `X]Y `5i Zk Áfa ! `i bX `5V _Ø\ `i b[gVYfY]W Y `XYg
; fi ddYbZ]hbYgg_i fgYg `Y]bYg `A Ybhc f `i bHff]W hYb ``8]YgY
dfU_h]gW Yb `9fZU\ fi b[Yb `ghA f `Yb `= f `G`Vghj YfhfUi Yb `VY] `XYf
J ccfVYfY]hi b[`Ui Z`= fY `NYfh]Z]n]Yfi b[gdfØZ b[`i bX `= fY `bYi Y

?Uff]YfY'ja'6YfY]WX'; Ygi bX\Y]hi bX':]hbYgg"K Y]hYfY'H]ddg'i bX
ni gAhm]WX Y'FYggci fWXb'ZjbXYb'G]Y'i bHf'579!5bhk cfhYb"

' "·F Y[]ghf]YfYb'G]Y'g]WX'ZØf'X]Y'DfØZi b['ni a
DYfgc bU`HfU]bYf'cXYf'; fci d':]hbYgg
=bghfi Whcfž'k Ybb'G]Y'g]WX'XYa'9bXY'Δ fYg
Ghi X]i a g'bÀ\Yfb'i bX'g]WX'Yf'ZØ\`Yb

K Ybb'G]Y'g]WX'ZØf'X]YgY'=bj Ygh]hcb']b'Δ fY'; Ygi bX\Y]hg! i bX
:]hbYgg_Uff]YfY'YbhgWX]YXYb'\UVYbž'a Y'XYb'G]Y'g]WX'ZØf'Δ fY
NYfh]Zjn]Yfi b[gdfØZ b['Ub"K Ybb'G]Y'g]WX'ZØf'Y]bYb'VYgh]a a hYb
DfØZ b[ghYfa]b'fY[]ghf]YfYbž'_ObbYb'G]Y'Y]b'`UfYg'i bX
_cb_fYhYg'N]Y`ZYgh'Y[Ybž'Ui ZXUg'G]Y'\]bUfVY]hYb'_ObbYb" GhY``Yb
G]Y'j cf'XYf'F Y[]ghf]Yfi b['g]WX'Yfž'XUgg'G]Y'X]Y'Zc'[YbXYb
5bZcfXYfi b[Yb'ZØf'X]Y'579!NYfh]Zjn]Yfi b['YfZØ`Yb.

- G]Y'a ØggYb'ni a 'NY]hdi b_h'XYf'F Y[]ghf]Yfi b['a]bXYghYbg
%, `J\ fY'U'h'gY]b"
- G]Y'a ØggYb'X]Y'<][\ 'GWcc`'fbXYf'Y]bY['Y]WX k Yfh][Y
GW i `Y'UV[YgWX`cggyb'\UVYb"
- G]Y'a ØggYb'ØVYf'Y]b'U_hi Y``Yg'7DF '#598!NYfh]Z_Uh'ZØf
9fk UWgYbY'a]h'Y]bYa '@j Y!G_]`g!7\YW_j YfZØ[Yb"
- G]Y'a ØggYb'Y]bYb'U_hi Y``Ybž'j cb'XYf'F Y[]Yfi b[
Ui g[YghY``hYb'@WX hV]XUi gk Y]g'a]h' bHfYgWXf]Zh'j cf'Y[Yb
fh"6": Ø\ fYfgWX Y]bž'F Y]gYdUggž'A])hÀfUi gk Y]g"

8Ug'9f\U'hYb'Δ fYf'NYfh]Zjn]Yfi b['gh'bi f'XYf'5bZUb["Δ f'579!
6YfYWX h][i b[gbUWX k Y]g'YfØZbYh'Y]bY'K Y'hj c``Yf'A Ø['WX _Y]hYbž
i bX'X]Y'Zc'[YbXY'?Uff]YfY'k]fX'k U\ fgWX Y]b']WX'a Y\ f'@VVYb
VYY]bZi ggYbž'U'g'G]Y'g]WX'Ya U'g'j cfghY``Yb'_ObbYb"; Yb]Y» Y'YXY
A]bi hY'XYf'F Y]gY"

DfcV]Yf'XUg'Ui g'579!NYfh]Zjn]Yfi b[gdfØZi b[g\UbXVi WX
K Y]hYfY'H]ddg'i bX'F UhgWX`À[Y'ni a '6YghY\Yb'Δ fYf
DfØZi b[°

 gd]f]Yfhj cb'579

8 YhU]`g

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