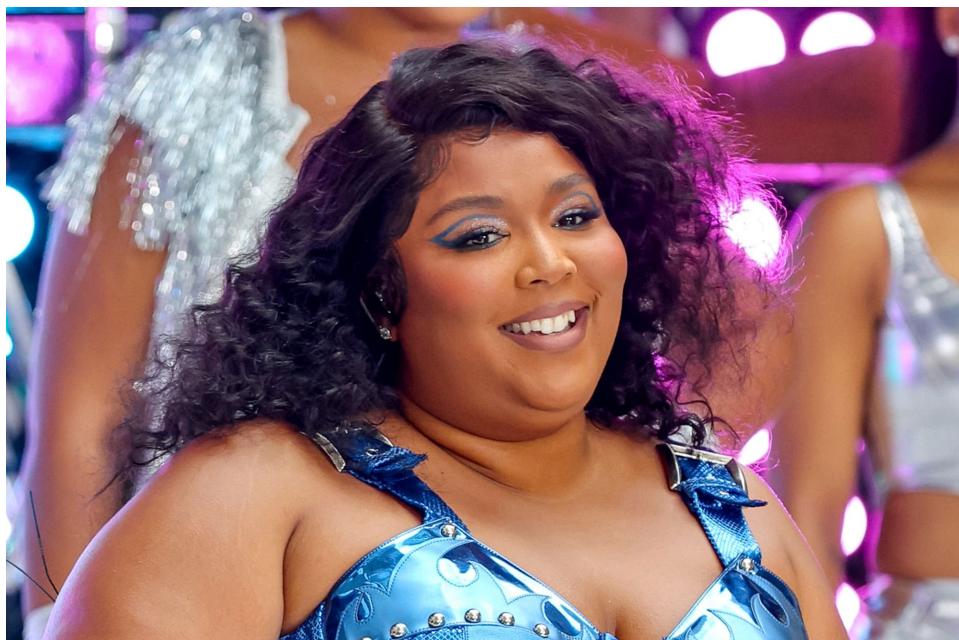


MEIN FITNESS

@]nnc .]gh`X]Y `bYi YghY `6YfØ\ a h\ Y]hž`X]Y
Y]bYb `_U`hYb `Gdfi b[`j Yfgi W\h

B i f' k Yb][Y' HU[Yż' VYj c f' g]Y']\ fYb' 9a a m! DfY]g' ZØf
＼ YfUi gfu[YbXYg' K YhhVYk YfVgdfc[fuA a ' ZØf' X]Y' 5a Uncb!
GYf]Y' @nnc g' K UhW' C i h' Zc ' h' Y' 6][; fff' g' Ybh[Y[YbbU\ a ž
hY] ' hY' X]Y' GÀb[Yf]b' Y]b' J]XYc' j cb']\ fYa' _U' hYb' Gdfi b['Ui Z
H]_Hc_ " ' b' XYa' 7']d' hUi W h' X]Y' 5Vci h' 8 Ua b
H]a Y' !GÀb[Yf]b']\ fYb' ? ØfdYf']b' Y]bY' K UbbY' a]h' K UggYfž
k À\ fYbX' g]Y' Y]b' d UggYbXYg' k Y]» Yg' HfU]b]b[ggYh' hfÀ[h'
5i Z[fi bX' XYf'; Yg]W hYf' i bX'; YfÀi gW Yż' X]Y' g]Y' a UW hž
k À\ fYbX' g]Y']bg' K UggYf' ghY][hž' k Uf' Yg' Y]bXYi h]['Y]bY
< YfUi gZcfXYfi b[" 'G]Y' V' Y]Vh' XfY] A]bi hYb']b' XYa' _`Y]bYb
6YW_Yb' i bX' VYa' Yf' hž' XUgg' XUg' K UggYf' gc' _U' h']ghž' XUgg' g]Y
g]W hUi V' UbZØ\ ' h' 8]Y' ? À' hY']gh' Yg' XYa' GhUf' YXcW
/ Ua d\Y']d'/



B i f'k Yb][Y'HU[Yž'VYj cf'g]Y']\fYb'9a a m'DfY]g'ZØf
\YfUi gfU[YbXYg'K YhhVYk YfVgdfc[fUa a 'ZØf'X]Y'5a Unc b!GYf]Y
@nnC g'K UhW\ C i h'Zc 'h\Y'6][: fff'g'Ybh[Y[YbbU\ a ž'hY]`hY'X]Y
GÀb[Yf]b 'Y]b J]XYc 'i c b]\fYa ' U'hYb 'Gdfi b['Ui Z'H] Hc "

=b`XYa`7`]d`hUi`W\h`X]Y`5Vci`h`8Ua`b`H]a`Y`!GÀb[`Yf]b`]\fYb
?ÒfdYf`]b`Y]bY`K`UbbY`a`]h`K`UggYfžk`À\`fYbX`g]Y`Y]b`dUggYbXYg
k`Y]»Yg`HfU]b]b[`ggYh`hfÀ[`h`5i`Z[`fi`bX`XYf`;`Yg]W\hYf`i`bX
;`YfÀi`gW\h`Yž`X]Y`g]Y`a`UW\hžk`À\`fYbX`g]Y`]bg`K`UggYf`ghY`[`hžk`Uf`Yg
Y]bXYi`h][`Y]bY`<YfUi`gZcfXYfi`b[``G]Y`V`Y]Vh`XfY]`A`]bi`hYb`]b`XYa
_`Y]bYb`6YW_Yb`i`bX`VYa`Yf`hž`XUgg`XUg`K`UggYf`gc`_U`h`]ghž`XUgg
g]Y`g]W\h`hUi`V`UbZØ\`h`8]Y`?À`hY`]gh`Yg`XYa`GhUf`YXcW\h`k`Yfh`_X]Y
Yhnh`Ui`Z\`U`VYa`K`Y[`ni`a`9`C`H!`GhUhi`g`]gh`_k`Y]`Yg`Ui`h`HYI`h
ØVYf`XYa`J`]XYc`VY]`]\fYf`9bhñØbXi`b[`\`Zh`A`Y]b`?ÒfdYf`ZØ\`h
g]W\h`VYggYf`Ub`ž`ZØ[`h`g]Y`]\bni`"

@]nnc`Uh`XUg`j`]fU`Y`H]_Hc_!@Ui`Z`U`bX!`K`cf_ci`h`G`Yh`ni`]\fYf
Y][`Yb`Yb`A`i`g]_`[`Ya`UW\h

9]b`_U`hYf`Gdfi`b[`\`Zh`Ui`W\h`]\fYf`5b[`ghž`gU[`h`g]Y`]b`Y]b`Ya
b`UW\h`Zc`[`Yb`XYb`H]_Hc_ž`XUg`g]Y`[`Ydc`ghYh`Uhž`b`UW\h`XYa`:_c`ck`Yf
Yg`]\f`gW\h`k`Yf`[`Ya`UW\h`UhhYbž`Y]b`9]g`VUX`c`b`Y`9]g`ni`b`Y\`a`Yb`
:U`g`G]Y`g`Yd`h]gW\h`k`Uf`Ybž`k`]Y`_U`h`@]nnc`Gdfi`b[`\`k`]f_`]W\h`k`Ufž
k`Y]`X]Y`K`UbbY`_Y]b`9]g`UhhYž`g]Y`U`h`_Y]b`Y`NY]h`ZØf`gc`W\h`Y
Xi`a`a`Yb`:_fU[`Yb`"

=7MA`ž`9]g`VÀ`XYf`fU`]Ug`7c`X`D`i`b[`Yg`_UhhYb`]\b`YhnhYf`NY]h`Y]b`Yb
A`ca`Yb`h`I`bnÀ\`][`Y`Dfca`]b`Yb`hY`UVYb`]\fY`@]YYV`ni`X]Yg`Yf
Y]b`n][`Ufh][`Yb`K`Y`b`Ygg`5`hj`]hÀ`h`[`YhY`]h`@]UXm`U[Už`A`UX`c`bb`U
i`bX`5`mggU`A`]Ubc`UVYb`g]Y`U`Y`Ui`gd`fc`V]Y`fh`J`cf`_i`fn`Ya
Yb`h`Ø`hY`NUW9Zfc`bž`XUgg`Y]b`9]g`VUX`ni`g]Y]b`Yb
@]YY`]b[`g`VYg`W\h`À`Zh][`i`b[`Yb`XYg`HU[`Yg`[`Y`Ò`fhž`i`b`X`?`Yb`XU`Y`bb`Yf
hY`]hY`Y]b`Yb`7`]d`j`cb`]\fž`k`]Y`g]Y`]b`Y]b`Y`_Ø`fn`]W\h`Yfg`W\h`Yb`Yb
=b`ghU`f`Ua`!6Y]h`fU[`Ø`VYf`G`Y`V`gh`]YY`Y]b`Yb`Gdfi`b[`\`i`b`h`Yfb`U\`a`"

?`U`hY`HUi`W\h`[`À`b[`Y`g]b`X`nk`Uf`XY`fn`Y]h`]a`Hf`Yb`Xž`UVYf`X]Y`Df`U`I`]g`]gh
i`fU`h`i`bX`_k`]Y`@]nnc`]b`]\f`Y`_Ø`b[`gh`Yb`J`]XYc`Z`Y`gh`gh`h`g]Y
V]Yh`Yh`j`]Y`Y`_Ò`fd`Yf`]W\h`Y`i`bX`[`Y`gh][`Y`J`cf`h`Y`]Y`8`Ug`9]b`h`Ui`W\h`Yb`]b
U`h`Yg`K`Ugg`Yf`U`h`k`]f`]W\h`Y]b`Y`Yb`hñØ`b`Xi`b[`g`Y`a`a`Yb`XY`K`]f_i`b[
Ui`Z`A`i`g`Y`b`i`bX`;`Y`Yb`_Yž`g`U[`h`Y`_g`Yd`]\`7`ch`Už`A`8`ž`Y]b
cf`h`cd`À`X]g`W\h`Yf`7`]f`[`\`Ua`A`Yf`W\h`A`YX]W\h`7`Yb`h`Yf`]b`6`U`h`ja`cf`Yž
[`Y`[`Yb`Ø`VYf`G`Y`Ud`Y`I`b`h`Y`fg`i`W\h`i`b[`Yb`n`Y][`Ybž`XUgg`_U`h`Yg`K`Ugg`Yf
X]Y`<Ui`h!ž`?`Y`fb`!`i`bX`A`i`g`Y`h`Y`a`d`Y`f`U`h`f`g`Y`b`_h`i`bX`Y]b`Y

J Ugc_c bghf]_h]cb'f] YfYb[i b['XYf'6`i h[YZÀ» YŁj Yfi fgUW h"8]Yg
_Ubb'9bhñØbXi b[Yb'Xi fW A i g_Y`gWÀXYb'j Yff]b[Yfb"

9g'[]Vh'b]W h'j]Y`Y'k]ggYbgW UZh`]W Y'6Yk Y]gY'XUZØfž'UVYf' Yg'[]Vh
Y]b][Y'j cf'Ài Z[Y'8UhYbž'X]Y'X]Yg'i bhYfghØhnYb'QWc'X'd'i b[Y gQ
J c fhY]Y'ZØf'X]Y'dgmW]gW Y'; Ygi bX\Y]h' ž'gU[hY'H\YU'; U''U[\Yfž
Dgm"8 "ž'_]b]gW Y'5gg]ghYbndfcZYggcf]b'Ub'XYf'BM '@Ub[cbY
< YU'h\ i bX'7c!A cXYfUhcf]b'XYg'A]bX']b'J]Yk !DcXWUghgž'ni j cf
[Y[YbØVYf'G\UdY"9]bY'Ghi X]Y'Ui g'XYa' 'U\f'&\$&%'ZUbX
VY]gd]Y'gk Y]gY'A YbgW Ybž'X]Y'k A\ fYbX'XYg' 'U\fYg'ja' A YYf
gW k Ua a Yb'8Yf'K]b'hYf'ZØ\`hY'g]W k Yb][Yf'[YghfYggh'U'g
X]Y'Yb][Ybž'X]Y'X]Yg'b]W h'hUhYbž'i bX'k Y]hYfY' i b'hYfgi W i b[Yb
Yf[UVYbž'XUgg'X]Y'9]bbU\ a Y'Y]bYg'9]gVUXYg'7cfh]gc'`fY]b
GhfYgg\cfa cbŁ'ZfY]gYhnYb' _Ubbž'k Ug'X]Y'YbYf[Yh]g]YfYbXY
K]f_i b['XYf'DfUI]g'Yf_`ÀfYb' _ØbbhY" 5bY_Xch]gW']gh'Yg
j YfØb[YbX' ž'gU[hY'; U''U[\Yf'i bX'ZØ[hY'\]bni ž'XUgg'A YbgW Yb
X]Yg' _ØbbYb' : Ø\`Y'a]W XUbUW f]W h]['i h'"

<]Yf'\Ugh'Xi'Yg"K]Y'@nnnc'i bX'UbXYfY'Dfca]bYbhY'VY\Ui dhYh
\UVYbž'_ØbbYb' _U'hY'HUI W [Àb[Y'ÀfYa' ?ØfdYf'i bX'; Y]gh
k]f_`]W ni [i hY'_ca a Ybž'Y[U'cV'9]g']a' Gd]Y'']gh'cXYf'b]W h"

8 YhU]g

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