

## What is it?

The 5BX Plan is composed of 6 charts arranged in progression. Each chart is composed of 5 exercises which are always performed in the same order and in the same maximum time limit, but, as you progress from chart to chart, there are slight changes in each basic exercise with a gradual demand for more effort.

A sample rating scale of **Chart 3** is reproduced on the opposite page and is to be used in the following way:

### LEVEL

These are the Physical Capacity levels, each indicated by a letter of the alphabet.

### EXERCISES

Exercises 1, 2, 3 and 4 apply to the first four exercises described and illustrated on the following pages. The column headed 1 represents exercise 1 (toe touch), etc. The figures in each column indicate the number of times that each exercise is to be repeated in the time allotted for that exercise. Exercise 5 is running on the spot. Two activities may be substituted for it however, and if you prefer, you may run or walk the recommended distance in the required time in place of the stationary run of exercise 5.

### MINUTES FOR EACH EXERCISE

The allotted time for each exercise is noted here. These times remain the same throughout all the charts. Total time for exercises 1 through 5 is 11 minutes.

### NOTE:

It is important that the exercises at any level be completed in 11 minutes. However, it is likely that in the early stages, an individual will complete certain exercises in less than the allotted time while others may require longer. In these circumstances the times allotted for individual exercises may be varied within the total 11 minute period.

### HOW FAR SHOULD YOU PROGRESS?

The level of Physical Capacity to which you should progress is determined by your "Age Group". Levels for "Flying Crew" are listed separately. See "Your Physical Capacity Level" on page 32.

## PHYSICAL CAPACITY RATING SCALE

Level	EXERCISE					1	2
	1	2	3	4	5	mile run	mile walk
A+	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A-	30	30	43	21	525	8	25
B+	28	28	41	20	510	8½	26
B	28	27	39	19	500	8½	26
B-	28	26	37	18	490	8½	26
C+	26	25	35	17	480	8½	27
C	26	24	34	17	465	8½	27
C-	26	23	33	16	450	8½	27
D+	24	22	31	15	430	8½	28
D	24	21	30	15	415	8½	28
D-	24	20	29	15	400	8½	29
Minutes for each exercise	2	1	1	1	6		

### AGE GROUPS

12 yrs	maintains D+
13 yrs	maintains C+
14 yrs	maintains B+
35-39 yrs	maintains B
40-44 yrs	maintains C

### FLYING CREW

40-44 yrs	maintains A+
45-49 yrs	maintains B

### CHART 3 —

- Feet astride, arms upward.  
—Touch floor 6" outside left foot, again between feet and press once then 6" outside right foot, bend backward as far as possible, repeat, reverse direction after half the number of counts. Do not strain to keep knees straight, return to erect position.
- Back lying, feet 6" apart, arms clasped behind head. Allow knees to bend slightly.  
—Sit up to vertical position, keep feet on floor, hook feet under chair, etc., only if necessary.
- Front lying, hands interlocked behind the back.  
—Lift head, shoulders, chest and both legs as high as possible.  
—Keep legs straight, and raise chest and both thighs completely off floor.
- Front lying, hands under the shoulders, palms flat on floor.  
—Touch chin to floor in front of hands—touch forehead to floor behind hands before returning to up position.  
—There are three definite movements, chin, forehead, arms straightened. DO NOT do in one continuous movement.
- Stationary run—(count a step each time left foot touches floor—Lift feet approximately 4 inches off floor). After every 75 steps do 10 "half knee bends". Repeat this sequence until required number of steps is completed.  
**Half knee bends**—Feet together, hands on hips, knees bent to form an angle of about 110 degrees. Do not bend knees past a right angle. Straighten to upright position, raising heel off floor, return to starting position each time.  
Keep feet in contact with floor—the back upright and straight at all times.