

HOW TO BEGIN

Check your daily schedule and determine the time most convenient for you to do the exercises. It should be the same time each day.

Here are some suggested times:

- before breakfast;
- late morning or afternoon, at your place of employment;
- after your regular recreational period;
- in the evening just before you retire.

Regardless of the time you choose **START TODAY.**

Maximum Rate of Progression Through Chart 1 According to Age

- 20 years or under, at least 1 day at each level
- 20-29 years, at least 2 days at each level
- 30-39 years, at least 4 days at each level
- 40-49 years, at least 7 days at each level
- 50-59 years, at least 8 days at each level
- 60 years and over, at least 10 days at each level

(If you feel stiff or sore, or if you are unduly breathless at any time, ease up and slow down your rate of progression. This is particularly applicable to the older age groups.)

A Note of Caution

Even if you feel able to start at a high level and progress at a faster rate than indicated—**DON'T DO IT**—Start at the bottom of chart 1 and work up from level to level as recommended.

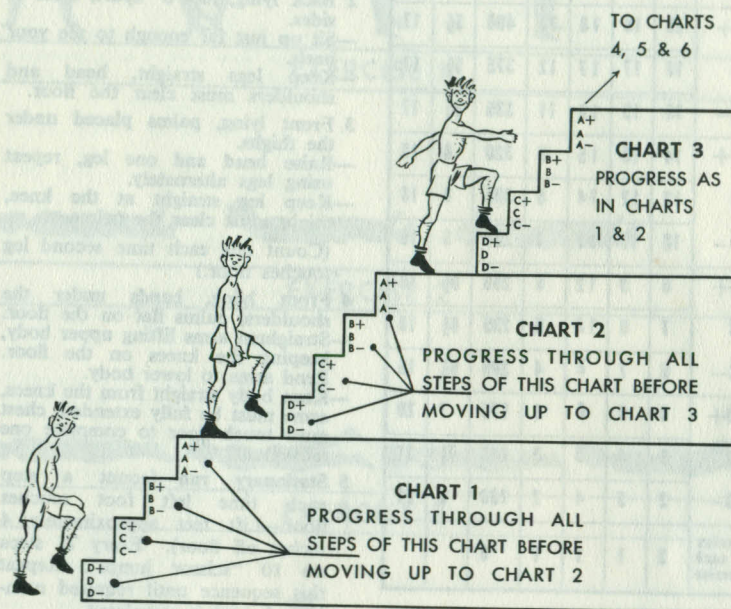
For best results from 5BX the exercises must be done *regularly*. Remember, it may take you 6, 8, 10 months or more of daily exercises to attain the level recommended for you, but once you have attained it, only 3 periods of exercise per week will maintain this level of physical capacity.

If for any reason (illness, etc.) you stop doing 5BX regularly and you wish to begin again, *do not* recommence at the level you had attained previously.

Do drop back several levels—until you find one you can do without undue strain. After a period of inactivity of longer than two months, or one month if caused by illness, it is recommended that you start again at Chart 1.

MAKE 5BX A HABIT

HOW TO PROGRESS



Start at the lowest Physical Capacity Level of Chart 1 (D—). Repeat each exercise in the allotted time or do the 5 exercises in 11 minutes. Move upward on the same chart to the next level (D) only after you can complete all the required movements at your present level within 11 minutes. Continue to progress upward in this manner until you can complete all the required movements at level A+ within 11 minutes. Now start at the bottom of Chart 2 (D—), and continue in this fashion upwards through the levels, and from chart to chart until you reach the level for your age group, ie, age 35-39 (B Chart 3) does 32 levels from D— on Chart 1 to B on Chart 3.