

Your Physical Capacity level.

Each age group is given a Physical Capacity level to attain; that is, a goal which they should try to reach.

The Physical Capacity levels in this plan are based on the expectation of average individuals.

With every average, there are individuals who surpass it, and those who fall below it. In terms of the 5BX Plan and the goals, this means that there will be some men who are capable of progressing beyond the level indicated, and on the other hand, there will be persons who will never attain this average level.

If you feel able to move further through the charts than your Physical Capacity level, by all means do so. If, on the contrary, you experience great difficulty in approaching this level you should stop at a level which you feel to be within your capability. It is impossible to predict accurately, a level for each individual who uses this program. Use the goals as guides, and apply them with common sense.

Here are a few tips:

When you start, defeat the first desire to skip a day; then defeat all such desires as they occur. This exercise program has plenty of bite; the longer you do it the more you will enjoy it.

As you progress well into the program you may find certain levels almost impossible to complete in 11 minutes—work hard at that level—it may take some days or even weeks—then suddenly you will find yourself sailing ahead again.

Counting the steps in exercise 5 can be difficult. You can lose count very easily at times. If you have this problem, here is an easy way to overcome it. Divide the total number of steps required by 75 and note the answer—place a row of buttons, corresponding in number to this answer, on a handy table or chair. Now count off your first 75 steps—do your ten required movements—and move the first button. Repeat until all the buttons have been removed, finishing up with any left over steps.

For diversity, occasionally an exercise from the previous chart may be substituted.

Wishing is not good enough.

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