**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.