

# FIT FOR FIFTY

## 5BX CHART III

Age Groups

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

5BX Chart Three Level A							
Level	CHART 3 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
A+	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A-	30	30	43	21	525	8	25
Minutes in each	2	1	1	1	6		



Exercise 1

1. 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.

5BX Chart Three Level B							
Level	CHART 3 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
B+	28	28	41	20	510	8.25	26
B	28	27	39	19	500	8.25	26
B-	28	26	37	18	490	8.25	26
Minutes in each	2	1	1	1	6		



Exercise 2

2. Back lying, feet 6" apart, arms clasped behind head. Sit up to vertical position, keep feet on floor hook feet under a chair, etc., only if necessary.

5BX Chart Three Level C							
Level	CHART 3 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
C+	26	25	35	17	480	8.75	28
C	26	24	34	17	465	8.75	27
C-	26	23	33	16	450	8.5	27
Minutes in each	2	1	1	1	6		



Exercise 3

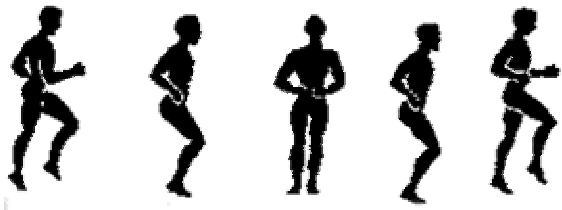
3. Front lying, hands interlocked behind the back. Lift head, shoulders, chest and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.

5BX Chart Three Level D							
Level	CHART 3 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
D+	24	22	31	15	430	8.75	28
D	24	21	30	15	415	8.75	28
D-	24	20	29	15	400	8.75	29
Minutes in each exercise	2	1	1	1	6		



Exercise 4

4. Front lying, hands under the shoulders, palms flat on the 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.



Exercise 5

5. Stationary run - (count a step each time left foot touches floor. Lift feet approximately 4 inches off floor). 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.