

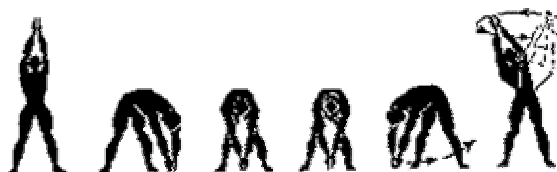
# FIT FOR FIFTY

## 5BX CHART V

Age Groups  
18-25yrs level C

### 5BX Chart Five Level A

Level	CHART 5 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
A+	30	40	50	44	500	6:00
A	30	39	49	43	485	6:06
A-	30	38	48	42	475	6:09
Minutes in each	2	1	1	1	6	



Exercise 1

1. Feet astride, arms upward, hands clasped, arms straight. Touch floor outside left foot, between feet, press once then outside right foot, circle bend backwards as far as possible, reverse direction after half the number of counts. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.

### 5BX Chart Five Level B

Level	CHART 5 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
B+	28	36	47	40	465	6:12
B	28	35	46	39	455	6:15
B-	28	34	45	38	445	6:21
Minutes in each	2	1	1	1	6	



Exercise 2

2. Back lying, legs straight, feet together, hands clasped behind head. Sit up and raise legs in bent position at same time twist to touch right elbow to left knee. This completes one movement. Alternate the direction of twist each time. Keep feet off floor when elbow touches knee.

### 5BX Chart Five Level C

Level	CHART 5 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
C+	26	32	44	36	435	6:27
C	26	31	43	35	420	6:33
C-	26	30	42	34	410	6:39
Minutes in each exercise	2	1	1	1	6	



Exercise 3

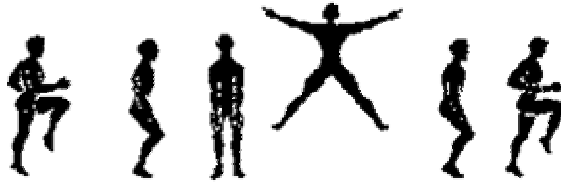
3. Front lying, arms extended overhead. Raise arms, head, chest and both legs as high as possible. Keep legs and arms straight, chest and both thighs completely off floor.

Exercise 4

4. Front lying, hands under shoulder, palms flat on floor. Push off floor and clap hands before returning to starting position. Keep body straight during the entire movement. Hand clap must be heard.

## 5BX Chart Five Level D

Level	CHART 5 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
D+	24	28	41	32	400	6:45
D	24	27	40	31	385	6:51
D-	24	26	39	30	375	7:00
<b>Minutes in each exercise</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>6</b>	



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 "semi-spread eagle jumps". Repeat this sequence until required number of steps is completed. Semi-spread eagle jumps--Feet together, drop to a half crouch position hands on knees with arms straight. Jump up to feet astride swing arms overhead in mid-air, return directly to starting position on landing. Raise hands above head level, spread feet at least shoulder width apart in astride position before landing with feet together.