

FIT FOR FIFTY

5BX CHART VI

PHYSICAL CAPACITIES CHART SIX ARE USUALLY FOUND ONLY IN CHAMPION ATHLETES. Try to balance your physical activity with several sports so that all the important parts of the body are adequately exercised. No single sport provides the proper balance for the development of all parts of the body. Therefore, carefully select your sports.

An easy program suggests regular participation in one or two sports supplemented by a balanced set of exercises such as those found in the 5BX program.

Age Groups

PHYSICAL CAPACITIES IN THIS CHART ARE USUALLY FOUND ONLY IN CHAMPION ATHLETES

5BX Chart Six Level A

Level	CHART 6 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
A+	30	50	40	40	600	5:00
A	30	48	39	39	580	5:03
A-	30	47	38	38	555	5:09
Minutes in each	2	1	1	1	6	



Exercise 1

1. Feet astride, arms upward, hands reversed 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. Keeps hands reversed clasped at all times.

5BX Chart Six Level B

Level	CHART 6 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
B+	28	45	37	36	530	5:12
B	28	44	36	35	525	5:18
B-	28	43	35	34	515	5:24
Minutes in each	2	1	1	1	6	



Exercise 2

2. Back lying, legs straight, feet together, hands straight over the head. Sit up and at the same time lifting both legs to touch the toes in a pike (V) position. Keep feet together, legs and arms straight, all of the upper back and legs clear floor, fingers touch toes each time.

5BX Chart Six Level C

Level	CHART 6 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
C+	26	41	34	32	505	5:27
C	26	40	33	31	495	5:33
C-	26	39	32	30	485	5:39
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 then press back once. 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 slap chest before returning to starting position. Keep body straight during the entire movement. Chest slap must be heard.

5BX Chart Six Level D						
Level	CHART 6 EXERCISES					1 mile run
	1	2	3	4	5	Mins:Secs
D+	24	37	31	28	475	5:45
D	24	36	30	27	460	5:51
D-	24	35	29	26	450	6:00
Minutes in each exercise	2	1	1	1	6	



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 "jack jumps". Repeat this sequence until required number of steps is completed. Jack jumps--Feet together, knees bent, sit on heels, finger tips touch floor. Jump up, raise legs waist high, keep legs straight and touch toes in midair. Keep legs straight, raise feet level to "standing waist height". Touch toes each time.

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