



FIT FOR FIFTY

XBX CHART I

	EXERCISE				EXERCISE						EXERCISE	
	1	2	3	4	5	6	7	8	9	10	8A	8B
12	9	8	10	40	26	20	28	14	14	170	18	20
11	9	8	10	40	24	18	26	13	14	160	17	18
10	9	8	10	40	22	16	25	12	12	150	16	17
9	7	7	8	36	20	14	23	10	11	140	14	15
8	7	7	8	36	18	12	20	9	10	125	13	14
7	7	7	8	36	16	12	18	8	10	115	11	12
6	5	5	7	28	14	10	16	7	8	100	10	11
5	5	5	7	28	12	8	13	6	6	90	8	9
4	5	5	7	28	10	8	10	5	6	80	7	8
3	3	4	5	24	8	6	8	4	4	70	6	6
2	3	4	5	24	6	4	6	3	3	60	5	5
1	3	4	5	24	4	4	4	3	2	50	4	3
level	2				2	1	1	2	1	3	1	1

Minutes for each exercise

The figures in the yellow boxes are the number of repetitions for each exercise. The blue figures are the maximum number of minutes to complete each exercise in. Exercises 1-4 are to be completed within 2 minutes in total.

Exercise 1- Toe Touching	Exercise 2 - Knee Raising
<p>Start: Stand erect, feet 12 inches apart, arms over head. Bend forward to touch floor between feet. Do not try to keep knees straight.</p>  <p>Count: Each return to starting position counts one.</p>	<p>Start: Stand erect, hands at sides, feet together. Raise left knee as high as possible, grasping knee and shin with hands. Pull leg towards body. Keep back straight throughout. Lower foot to floor. Repeat with right leg. Continue by alternating legs - left than right.</p>  <p>Count: Left and right knee raises count one.</p>

Exercise 3 - Lateral Bending

Start: Stand erect, feet 12 inches apart, hands at sides. Keeping back straight, bend sideways from waist to left. Slide left hand down leg as far as possible. Return to starting position and bend to right side. Continue by alternating to left than to right.



Count: Bends to the left and right count one.

Exercise 4 - Arm Circling

Start: Stand erect, feet 12 inches apart, arms at sides. Make large circles with left arm. Do one quarter of total count with forward circles and one quarter with backward circles. Repeat with right arm



Count: a full circle counts one.

Exercise 5 - Partial Sit-ups

Start: Lie on back, legs straight and together, arms at sides. Raise head and shoulders from floor until you can see your heels. Lower head to floor.



Count: Each partial sit-up counts as one.

Exercise 6 - Chest and Leg Raising

Start: Lie face down, arms along sides, hands under thighs, palms pressing against thighs. Raise head, shoulders, and left leg as high as possible from the floor. Keep leg straight. Lower to floor. Repeat raising head, shoulders, and right leg. Continue by alternating legs, left then right.



Count: Each chest and leg raise counts one.

Exercise 7 - Side Leg Raising

Start: Lie on side, legs straight, lower arm stretched over head along floor, top arm used for balance.



Count: Each leg raise counts one. Do half number of counts raising left leg. Roll to other side and do half number of counts raising right leg.

Exercise 8 - Push-ups

Start: Lie face down, legs straight and together, hands directly under shoulders. Push body off the floor in any way possible, keeping hands and knees in contact with floor. Sit back on knees in contact with floor. Sit back on heels. Lower body to floor.



Count: Each return to starting position counts one.

Exercise 9 - Leg Lifting

Start: Lie on back, legs straight and together, arms at sides, palms down. Raise left leg until it is perpendicular to floor, or as close to this position as possible. Lower and repeat with right leg. Continue by alternating legs, left than right.



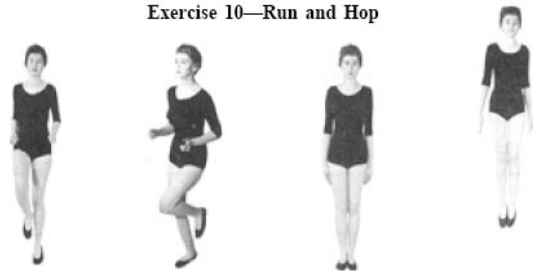
Count: Left plus right leg lifts count one.

Exercise 10 - Run and Hop

Start: Stand erect, feet together, arms at sides. Starting with left leg, run in place raising feet at least four inches from floor. (When running in place lift knees forward, do not merely kick heels backwards.)

Count: Each time left foot touches floor counts one. After each fifty counts do 10 hops.

Exercise 10—Run and Hop





Hops: Hopping is done so both feet leave floor together. Try to hop at least four inches off floor each time.

Note: In all run-in-place exercises only running steps counted towards completing exercises repetitions.

Supplementary Exercises for feet, ankles, and posture

If you wish to do these exercises they are to be included in your regular program between exercises 8 and 9

Exercise 8A - Feet and Ankles	Exercise 8B - Posture
<p>Start: Sit on floor, legs straight and about six inches apart, hands behind body for support, feet relaxed. Press toes away from body as far as possible. Bring toes towards body hooking feet as much as possible, relax feet.</p>  <p>Count: Each return to relax state counts one.</p>	<p>Start: Sit on floor, knees bent, feet on floor, hands clasped about knees, head bent forward, and body relaxed. Straighten body and lift head to look directly ahead. Pull in muscles of abdomen. Relax to starting position.</p>  <p>Count: Each return to starting position counts one.</p>

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