

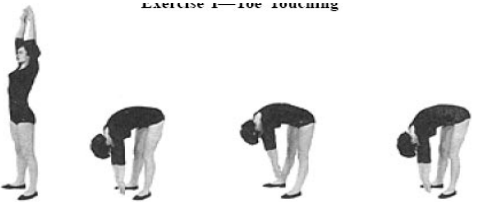

FIT FOR FIFTY

XBX CHART II

EXERCISE					EXERCISE						EXERCISE	
	1	2	3	4	5	6	7	8	9	10	8A	8B
24	15	16	12	30	35	38	50	28	20	210	40	36
23	15	16	12	30	33	36	48	26	18	200	38	34
22	15	16	12	30	31	34	46	24	18	200	36	32
21	13	14	11	26	29	32	44	23	16	190	33	29
20	13	14	11	26	27	31	42	21	16	175	31	27
19	13	14	11	26	24	29	40	20	14	160	28	24
18	12	12	9	20	22	27	38	18	14	150	25	22
17	12	12	9	20	19	24	36	16	12	150	22	20
16	12	12	9	20	16	21	34	14	10	140	19	19
15	10	10	7	18	14	18	32	12	10	130	17	15
14	10	10	7	18	11	15	30	10	8	120	14	13
13	10	10	7	18	9	12	28	8	8	120	12	12
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. Bob up and down touching floor a second time. Return to starting position.</p> <div style="text-align: center;">  <p style="font-size: small; margin: 0;">EXERCISE 1 - TOE TOUCHING</p> </div> <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 be alternating legs - left than right.</p> <div style="text-align: center;">  </div> <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. Bob up a few inches and press sideways and down again.
Return to starting position and repeat same movements to right side.
Continue by alternating to left then 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 both arms at same time, backwards and around. Do half the number of repetitions making backward circles and half making forward circles.



Count: Each full circle counts one.

Exercise 5 - Rocking Sit-ups

Start. Lie on back, knees bent, feet on floor, arms extended over head.
Swing arms forward and at same time thrust feet forward and move to sitting position. Reach forward, trying to touch toes with fingers. Return to starting position.



Count. Each return to starting position counts one.

Exercise 6 - Chest and Leg Raising

Start. Lie face down, arms along sides, palms pressing against thighs.
Raise head, shoulders, and legs as high as possible from floor.
Keep legs straight. Return to starting position.



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.
Raise upper leg until it is perpendicular to floor or as close to this position as possible.
Lower to starting position.



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 - Knee Push-ups

Start. Lie face down, legs straight and together, hands directly under shoulders. Push body off floor until arms are straightened. Keep hands and knees in contact with floor. Try to keep body in straight line.



Count: Each return to starting position counts one.

Exercise 9 - Leg-overs

Start. Lie on back, legs straight and together, arms stretched sideways at shoulder level.
Raise left leg to perpendicular. Drop it across body, and try to touch right hand with toes. Raise leg to perpendicular and return to starting position. Repeat same movements with right leg. Keep body and legs straight throughout, and shoulders on floor.



Count: Left plus right leg lifts count one.

Exercise 10 - Run and Stride Jumping

Start. Stand erect, feet together, arms at sides. Starting with left leg run in place raising feet at least four inches from floor.





Count. Each time left foot touches floor counts one.
After each fifty runs do ten stride jumps.

Stride jump starts with feet together, arms at sides. Jump so that feet are about 18 inches apart when you land.

At the same time as you jump, raise arms sideways to shoulder height. Jump again so that feet are together and arms are at sides when you land.

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 heels about 14 inches apart, hands behind body for support, feet relaxed.</p> <p>Move feet so that toes make large circular movements. Press out and around and in and towards the body. Do half number of counts moving toes in one direction, then reverse for remainder of counts.</p>  <p>Count: Each time toes describe a full circle counts one.</p>	<p>Start: Lie on back, knees bent, feet on floor, arms slightly to side. Relax muscles of trunk. Press lower part of back to floor by tightening muscles of abdomen and back. Relax to starting position.</p>  <p>Count: Each return to starting position counts one.</p>

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