

FIT FOR FIFTY

XBX CHART III

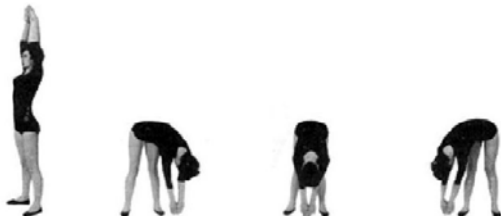
	EXERCISE				EXERCISE						EXERCISE	
	1	2	3	4	5	6	7	8	9	10	8A	8B
36	15	22	18	40	42	40	60	40	20	240	32	38
35	15	22	18	40	41	39	60	39	20	230	30	36
34	15	22	18	40	40	38	58	37	19	220	29	34
33	13	20	16	36	39	36	58	35	19	210	27	33
32	13	20	16	36	37	36	56	34	18	200	25	31
31	13	20	16	36	35	34	56	32	16	200	24	30
30	12	18	14	30	33	33	54	30	15	190	23	28
29	12	18	14	30	32	31	54	29	14	180	21	26
28	12	18	14	30	31	30	52	27	12	170	20	25
27	10	16	12	24	29	30	52	25	11	160	19	23
26	10	16	12	24	27	29	50	23	9	150	17	21
25	10	16	12	24	26	28	48	22	8	140	16	20
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

Start. Stand erect, feet about 16 inches apart, arms over head. Bend down to touch floor outside left foot. Bob up and down to touch floor between feet. Bob again and bend to touch floor outside right foot. Return to starting position.



Count: Each return to starting position counts one.

Exercise 2 - Knee Raising

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.



Count: Left and right knee raises count one.

Exercise 3 - Lateral Bending

Start. Stand erect, feet 12 inches apart, right arm extended over head, bent at elbow. Keeping back straight, bend sideways from waist to left. Slide left hand down leg as far as possible, at the same time press to left with right arm. Return to starting position and change arm positions. Repeat to right. 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 arms in a windmill action—one arm following other and both moving at same time. Do half number of repetitions making backward circles and half making forward circles.



Count: Each full circle counts one.

Exercise 5 - Sit-ups

Start. Lie on back, legs straight and together, arms along sides. Keeping back as straight as possible, move to a sitting position. Slide hands along legs during this movement finally reaching forward to try 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, legs straight and together, arms stretched sideways at shoulder level. Raise entire upper body and both legs from floor as high as possible. Keep legs straight. Return to starting position.



Count Each return to starting position 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. 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 - Elbow Push-ups

Start Lie face down, legs straight and together, elbows directly under shoulders, forearms along floor, and hands clasped together. Raise body from floor by straightening it from head to heels. In the up position, body is in a straight line and elbows, forearms, and toes are in contact with floor. Lower to starting position. Keep head up throughout.



Count: Each return to starting position counts one.

Exercise 9 - Leg-overs-Tuck

Start: Lie on back, legs straight and together, arms stretched sideways at shoulder level, palms down. Raise both legs from floor, bending at hips and knees until in a tuck position. Lower legs to left, keeping knees together and both shoulders on floor. Raise legs and lower to floor on right side. Raise until perpendicular to floor and return to starting position. Keep knees close to abdomen throughout.



Count: Each return to starting position counts one.

Exercise 10 - Run and Half Knee Bends

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



Count: Each time left foot touches floor counts one. After each fifty counts do ten half knee bends.



Half Knee Bends: Start with hands on hips, feet together, body erect. Bend at knees and hips, lowering body until thigh and calf form an angle of about 110 degrees. Do not bend knees past a right angle. Keep back straight. Return to starting position.

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: Stand erect, arms at sides, feet about 12 inches apart. First raise up onto toes, then lower until feet are flat on floor. Next roll outward on sides of feet, then roll feet so that outside edge of foot is off floor. Return to starting position.</p>  <p>Count: Each return to starting position counts one.</p>	<p>Start: Lie on back, legs straight and together, 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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