

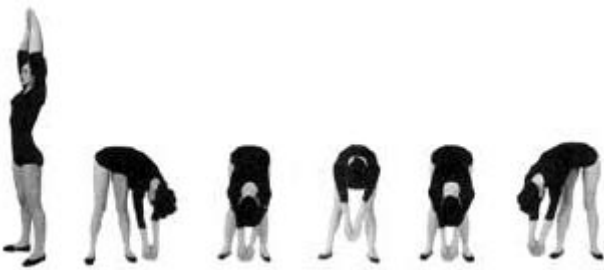

FIT FOR FIFTY

XBX CHART IV

EXERCISE					EXERCISE					
	1	2	3	4	5	6	7	8	9	10
48	15	26	15	32	48	46	58	30	16	230
47	15	26	15	32	45	45	56	27	15	220
46	15	26	15	32	44	44	54	24	14	210
45	13	24	14	30	42	43	52	21	13	200
44	13	24	14	30	40	42	50	19	13	190
43	13	24	14	30	38	40	48	16	12	175
42	12	22	12	28	35	39	46	13	10	160
41	12	22	12	28	32	38	44	11	9	150
40	12	22	12	28	30	38	40	9	8	140
39	10	20	10	26	29	36	38	8	7	130
38	10	20	10	26	27	35	36	7	6	115
37	10	20	10	26	25	34	34	6	5	100
level	2				2	1	1	2	1	3

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 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 touching floor between feet once more. Bob and bend to touch floor outside right foot. Return to starting position.</p> <div style="text-align: center;">  </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, 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 same time press to left with right arm. Bob up a few inches and press to left again. 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 Flinging

Start: Stand erect, feet 12 inches apart, upper arms extended sideways at shoulder level, elbows bent, outstretched fingers touching in front of chest. Press elbows backward and upward. Do not let elbows drop. Return arms to starting position and then fling hands and arms outward, backward, and upward as far as possible. Return to starting position.



Count: Count one after each arm fling.

Exercise 5 - Sit-ups

Start: Lie on back, legs straight and together, hands behind head. Move to sitting position. Keep feet on floor (support may be used if necessary) and back straight. Lower body 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, hands behind head. 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: With right side to floor, support weight on right hand (arm straight) and side of right foot, using left hand for assistance in balance if necessary. Raise left leg until it is parallel with floor. Lower leg 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 - Push-ups

Start: Lie face down, legs straight and together, toes turned under, hands directly under shoulders. Push up from hands and toes until arms are fully extended. Keep body and legs in a straight line. Return to touch chest to floor and repeat.



Count: Each time chest touches floor counts one.

Exercise 9 - Leg-overs—Straight

Start: Lie on back, legs straight and together, arms stretched sideways at shoulder level, palms down. Raise both legs until they are perpendicular to floor, keeping them straight and together. Lower legs to left, trying to touch left hand with toes. Raise to perpendicular and lower to right side. Raise again to perpendicular and return to starting position.



Count: Each return to starting position counts one.

Exercise 10 - Run and Semi-Squat Jumps

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 semi-squat jumps.



Semi-Squat Jumps: Drop to a half crouch position with hands on knees and arms straight. Keep back as straight as possible, one foot slightly ahead of the other. Jump to upright position with body straight and feet leaving floor. Reverse position of feet before landing, return to half crouch, and repeat.

The information contained in this site is made available for general information. In no way is this information intended to be medically accurate. Information within this site is not meant to be a substitute for professional advice from qualified health care providers. No representations or warranties about the accuracy or completeness of the information in this site is made. No endorsement, promotion, or sponsorship is made by any hypertext link provided within this site. Visitors assume all risks of using information in this site.