

FIT FOR FIFTY

What is XBX?

The XBX plan - Ten Basic Exercises - for women was developed by the Royal Canadian Air Force

inspired by the 5BX fitness plan for men, devised by Dr. Bill Orban.

The idea is that you perform these exercises for only **12 minutes** a day to achieve a reasonably high level of fitness. There are targets/chart levels to aim for, (based upon age) and once you have reached your personal target, you only have to perform the exercises 3 times a week to maintain your level of fitness.

The XBX plan is a physical fitness program composed of 4 charts of 10 exercise, arranged in progressive order of difficulty. The ten exercises on each chart are always performed in the **same order**, and in the same maximum time limit.

The charts are divided into levels. There are 48 levels in all, 12 in each chart. The levels are numbered consecutively, starting with 1 at the bottom of Chart I and ending with 48 at the top of Chart IV.

In addition to the regular exercise, 2 supplemental exercise are available for Chart I, II, and III. These exercises are for the muscles of the feet and the ankles and for those muscles which assist in the maintenance of good posture.

How To Begin

First select YOUR GOAL for YOUR AGE from the table below. Locate this level in the charts which will follow. Take note of the recommended minimum number of days at each level and stick to this. It is important that you **DO NOT** progress faster than recommended. For example if you are 50 years of age, your goal is Level 16 on Chart II. You spend AT LEAST 7 days doing each level on Chart I and 8 days at each level on Chart II.

If you feel stiff or sore, or if you are unduly breathless at any time, ease up and slow down your rate or progression. This is particularly applicable to the older age groups.

Do not move faster than the recommended rate.

If Your Age is:	Your Goal is:	Recommended Minimum Number of Days at Each Level on:			
Years	Level	Chart I	Chart II	Chart III	Chart IV
7 - 8	30	1	1	2	X
9 - 10	34	1	1	2	X
11 - 12	38	1	1	2	3
13 - 14	41	1	1	2	3
15 - 17	44	1	1	2	2
18 - 19	40	1	2	3	4
20 - 25	35	1	2	3	X
26 - 30	30	2	3	5	X
31 - 35	26	2	4	6	X
36 - 40	22	4	6	X	X
41 - 45	19	5	7	X	X
46 - 50	16	7	8	X	X
51 +	11	8	X	X	X

Check your daily schedule and determine the time most convenient for you to do the exercises. It should be the same time each day.

Here are some suggested times:

- before breakfast;
- late morning or afternoon, at your place of employment;
- after your regular recreational period;
- in the evening just before you retire.

Regardless of the time you choose **START TODAY**

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