

PHYSICAL FITNESS

5BX

The 11 minute exercise
plan for men

What is the 5BX Plan?

The 5BX Plan is composed of six charts arranged in progression. Each chart is composed of five exercises, which are always performed in the same order and in the same maximum time limit, but, as you progress from chart to chart, there are slight changes in each basic exercise with a gradual demand for more effort.

A sample rating scale of **Chart Three** is reproduced on page 3 and is to be used in the following way:

Level

These are the physical capacity levels, each indicated by a letter of the alphabet.

Exercises

Exercises One, Two, Three and Four apply to the first four exercises described and illustrated on the following pages. The column headed 1 represents Exercise One (touch), etc. The figures in each column indicate the number of times that each exercise is to be repeated in the time allotted for that exercise. Exercise Five is running on the spot. Two activities may be substituted for it, however, and if you prefer you may run or walk the recommended distance in the required time in place of the stationary run exercise Five.

Minutes for Each Exercise

The allotted time for each exercise is noted at the bottom of the exercise column. These times remain the same throughout all the charts. Total time for exercises One through Five is eleven minutes.

Note: It is important that the exercises at any level be completed in eleven minutes. However, it is likely that in the early stages, an individual will complete certain exercises in less than the allotted time while others may require longer. In these circumstances the times allotted for individual exercises may be varied within the total eleven-minute period.

How Far Should You Progress?

The level of physical capacity to which you should progress is determined by your 'average group'. Levels for flying crew (peak physical fitness) are listed separately. The levels in this plan are based on the expectation of average individuals, and this means there will be some men who are capable of progressing beyond the level indicated, and, on the other hand, there will be persons who will never attain this average level.

Use the goals as guides, and apply them with common sense.

Here Are a Few Tips

When you start, defeat the first desire to skip a day; then defeat all such desires as they occur. This exercise programme has plenty of bite; the longer you do it the more you will enjoy it.

As you progress well into the programme you may find certain levels almost impossible to complete in eleven minutes – but work hard at that level (it may take some days or even weeks) and suddenly you will find yourself sailing ahead again.

Counting the steps in Exercise Five can be difficult. You can lose count very easily at times. If you have this problem, here is an easy way to overcome it. Divide the total number of steps required by seventy-five and note the answer – place a row of buttons, corresponding in number to this answer, on a handy table or chair. Now count off your first seventy-five steps – do your ten required movements – and move the first button. Repeat until all the buttons have been removed, finishing up with any left-over steps. For diversity, occasionally an exercise from the previous chart may be substituted.

How to Begin

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:

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

Regardless of the time you choose *start today*.

Maximum Rate of Progression Through Chart One

- 20 years or under, at least one day at each level
- 20-29 years, at least two days at each level
- 30-39 years, at least four days at each level
- 40-49 years, at least seven days at each level
- 50-59 years, at least eight days at each level
- 60 years and over, at least ten days at each level

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

A Note of Caution

Even if you feel able to start at a high level and progress at a faster rate than indicated – *don't do it* – start at the bottom of **Chart One** and work up from level to level as recommended.

For best results from 5BX the exercises must be done *regularly*. Remember, it may take you, 6,8,10 months or more of daily exercises to attain the level recommended for you, but once you have attained it, only three periods of exercise per week will maintain this

Chart 3

Physical capacity rating scale

Age Groups

12 yrs maintains D+
13 yrs maintains C+
14 yrs maintains B+
35-9 yrs maintains B
40-44 yrs maintains C

Flying Crew

Age 40-44 maintains A+
Age 45-9 maintains B

1 Feet astride, arms upwards. Touch floor 6 ins. Outside left foot, again between feet and press once, 6 ins. Outside right foot, bend backwards as far as possible, repeat, reverse direction after half the number of counts.

2 Back lying, feet 6 ins. apart, arms clasped behind head. Sit up to vertical position, keep feet on floor; hook feet under chair, etc., only if necessary.

3. Front lying, hands interlocked behind the back. Lift head, shoulders, chest and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.

4. Front lying, hands under the shoulders palms flat on floor. Touch chin to floor in front of hands – touch forehead to floor behind hands before returning to up position. There are three definite movements, chin, forehead, arms straightened. Do not do in one continuous movement.

5. Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After every 75 steps do 10 'half knee bends'. Repeat sequence until required number of steps is completed. Half knee bends. Feet together, hands on hips, knees bend to form an angle of about 110 degrees. Do not bend knees past a right angle. Straighten to upright position, raising heels off floor, return to starting position each time. Keep feet in contact with floor – the back upright and straight at all times.

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A +	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A -	30	30	43	21	525	8	25
B +	28	28	41	20	510	8 ¼	26
B	28	27	39	19	500	8 ¼	26
B -	28	26	37	18	490	8 ¼	26
C +	26	25	35	17	480	8 ½	27
C	26	24	34	17	465	8 ½	27
C -	26	23	33	16	450	8 ½	27
D +	24	22	31	15	430	8 ¾	28
D	24	21	30	15	415	8 ¾	28
D -	24	20	29	15	400	8 ¾	29
Minutes for each exercise	2	1	1	1	6		

Level of physical capacity. If for any reason (illness, etc.) you stop doing 5BX regularly and you wish to begin again, *do not* recommence the at the level you had attained previously.

Do drop back several levels until you find one you can do without undue strain. After a period of inactivity of longer than two months, or one month if caused by illness, it is recommended that you start again at **Chart One**.

How to Progress

Start at the lowest physical capacity level of Chart One (D--). Repeat each exercise in the allotted time or do the five exercises in eleven minutes. Move upwards on the same chart to the next level, D, only after you can complete all the required movements at your present level within eleven minutes. Continue to progress upwards in this manner until you can complete all the required movements at level A+ within eleven minutes. Now start at the bottom of Chart Two (D--), and continue in this fashion upwards through the levels, and from chart to chart, until you reach the level for your age group; e.g. age 35-9 (B Chart Three) does 32 levels from D— on Chart One to B on Chart Three.

Chart 1

Age Groups

6 yrs maintains B

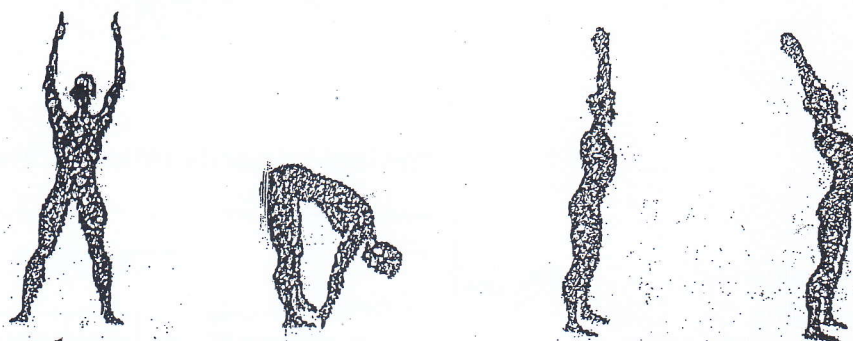
7 yrs maintains A

1. Feet astride, arms upwards. Forward bend to floor touching then stretch upward and backward bend. Do not strain to keep knees straight.
2. Back lying, feet 6 ins. apart, arms at sides. Sit up just far enough to see your heels. Keep legs straight, head and shoulders must clear the floor.
3. Front lying, palms placed under the thighs. Raise head and one leg, repeat using legs alternately. Keep leg straight at the knee, thighs must clear the palms. (Count one each time second leg touches floor.)
4. Front lying, hands under the shoulders, palms flat on the floor. Straighten arms lifting upper body, keeping the knees on the floor. Bend arms to lower body. Keep body straight from the knees, arms must be fully extended, chest must touch floor to complete one movement.
5. Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. of floor. Every 75 steps do 10 'scissor jumps'. Repeat this sequence until required number of steps is completed. Scissor jumps. Stand with right leg and left arm extended forward, and left leg and right arm extended backward. Jump up – change position of arms and legs before landing. Repeat (arms shoulder high).

Physical capacity rating scale

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A +	20	18	22	13	400	5 ½	17
A	18	17	20	12	375	5 ½	17
A -	16	15	18	11	335	5 ½	17
B +	14	13	16	9	320	6	18
B	12	12	14	8	305	6	18
B -	10	11	12	7	280	6	18
C +	8	9	10	6	260	6 ½	19
C	7	8	9	5	235	6 ½	19
C -	6	7	8	4	205	6 ½	19
D +	4	5	6	3	175	7	20
D	3	4	5	3	145	7 ½	21
D -	2	3	4	2	100	8	21
Minutes for each exercise	2	1	1	1	6		

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



Chart 2

Age Groups

8 yrs maintains D-
 9 yrs maintains C-
 10 yrs maintains B-
 11 yrs maintains A-
 45-9 yrs maintains A+
 50-60 yrs maintains C+

1. Feet astride, arms upward. Touch floor and press (bounce) once then stretch upward and backward bend.
2. Back lying, feet 6 ins. apart, arms at sides. 'Sit up' to vertical position, keep feet on floor even if it is necessary to hook them under a chair.
3. Front lying, palms placed under the thighs. Raise head, shoulders, and both legs. Keep legs straight, both thighs must clear the palms.

Physical capacity rating scale

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A +	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A -	28	20	29	18	470	9	32
B +	26	18	27	17	455	9 ½	33
B	24	17	25	16	445	9 ½	33
B -	22	16	23	15	440	9 ½	33
C +	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C -	18	13	17	12	395	10	34
D +	16	12	15	11	380	10 ½	35
D	15	11	14	10	360	10 ½	35
D -	14	10	13	9	335	10 ½	35
Minutes for each exercise	2	1	1	1	6		

4. Front lying, hands under the shoulders, palms flat on floor. Straighten arms to lift body with only palms and toes on the floor. Back straight. Chest must touch floor for each completed movement after arms have been fully extended.
5. Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After 75 steps, do 10 'astride jumps'. Repeat this sequence until required number of steps is completed.
 Astride jumps. Feet together, arms at side. Jump and land with feet astride and arms raised sideways to slightly above shoulder height. Return with a jump to the starting position for count of one. Keep arms straight.

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



Chart 3

Age Groups

- 12 yrs maintains D+
- 13 yrs maintains C+
- 14 yrs maintains B+
- 35-9 yrs maintains B
- 40-44 yrs maintains C

Flying Crew

- Age 40-44 maintains A+
- Age 45-9 maintains B

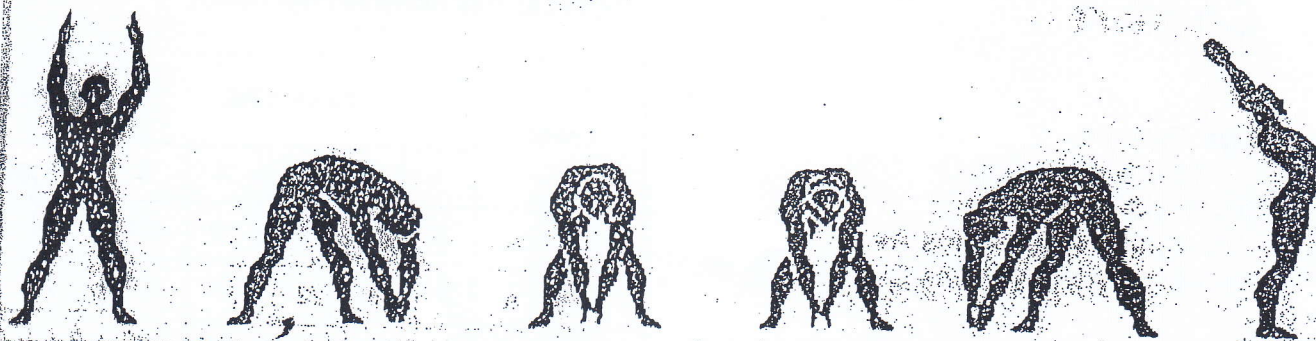
- 1 Feet astride, arms upwards. Touch floor 6 ins. Outside left foot, again between feet and press once, 6 ins. Outside right foot, bend backwards as far as possible, repeat, reverse direction after half the number of counts.
- 2 Back lying, feet 6 ins. apart, arms clasped behind head. Sit up to vertical position, keep feet on floor; hook feet under chair, etc., only if necessary.

Physical capacity rating scale

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A +	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A -	30	30	43	21	525	8	25
B +	28	28	41	20	510	8 1/4	26
B	28	27	39	19	500	8 1/4	26
B -	28	26	37	18	490	8 1/4	26
C +	26	25	35	17	480	8 1/2	27
C	26	24	34	17	465	8 1/2	27
C -	26	23	33	16	450	8 1/2	27
D +	24	22	31	15	430	8 3/4	28
D	24	21	30	15	415	8 3/4	28
D -	24	20	29	15	400	8 3/4	29
Minutes for each exercise	2	1	1	1	6		

3. Front lying, hands interlocked behind the back. Lift head, shoulders, chest and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.
4. Front lying, hands under the shoulders palms flat on floor. Touch chin to floor in front of hands - touch forehead to floor behind hands before returning to up position. There are three definite movements, chin, forehead, arms straightened. Do not do in one continuous movement.
5. Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After every 75 steps do 10 'half knee bends'. Repeat sequence until required number of steps is completed.
Half knee bends. Feet together, hands on hips, knees bend to form an angle of about 110 degrees. Do not bend knees past a right angle. Straighten to upright position, raising heels off floor, return to starting position each time. Keep feet in contact with floor - the back upright and straight at all times.

Exercise 1



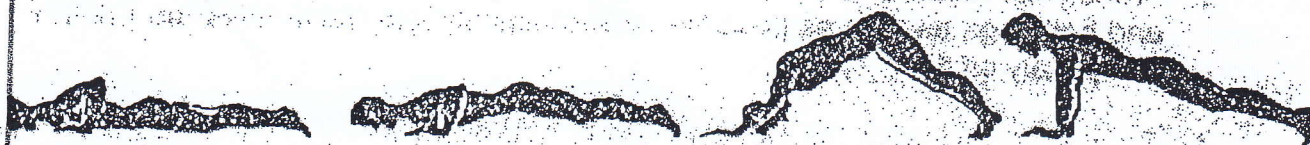
Exercise 2



Exercise 3



Exercise 4



Exercise 5

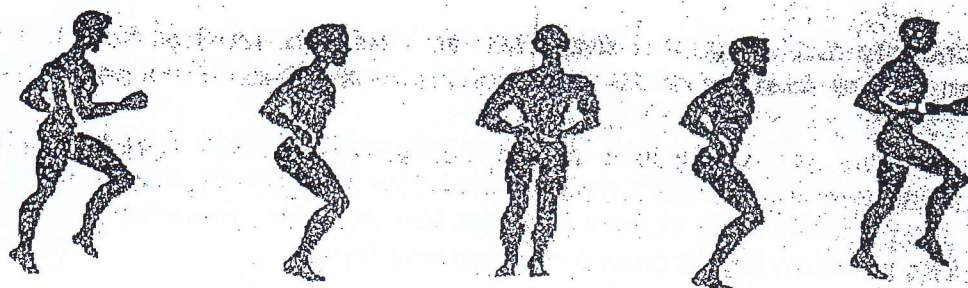


Chart 4

Physical capacity rating scale

Age Groups

15 yrs maintains D-
16-17 yrs maintains C+
25-9 yrs maintains A+
30-34 yrs maintains C-

Flying Crew

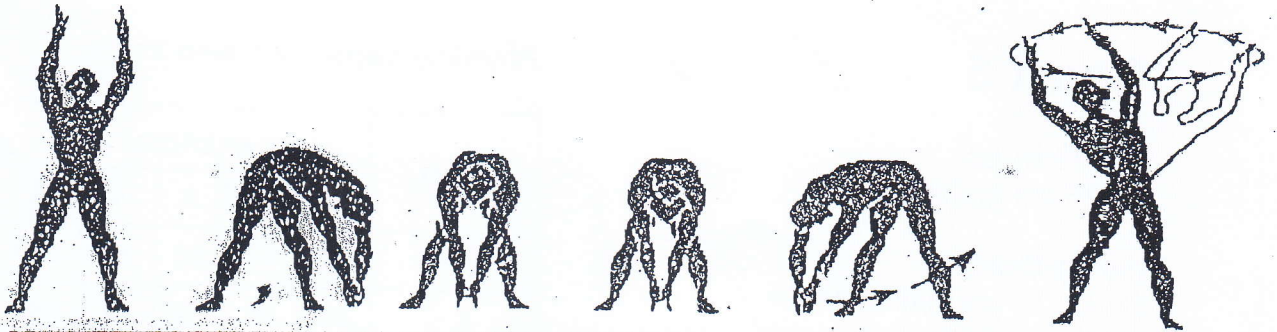
30-34 yrs maintains B
35-9 yrs maintains C

3 Feet astride, arms upwards. Touch floor outside left foot, between feet, press once, then outside right foot, circle, bend backwards as far as possible, reverse directions after half the number of counts. Keep arms above head and make full circle, bending backward past vertical each time.

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A +	30	22	50	42	400	7	19
A	30	22	49	40	395	7	19
A -	30	22	49	37	390	7	19
B +	28	21	47	34	380	7 ¼	20
B	28	21	46	32	375	7 ¼	20
B -	28	21	46	30	365	7 ¼	20
C +	26	19	44	28	355	7 ½	21
C	26	19	43	26	345	7 ½	21
C -	26	19	43	24	335	7 ½	21
D +	24	18	41	21	325	7 ¾	23
D	24	18	40	19	315	7 ¾	23
D -	24	18	40	17	300	7 ¾	23
Minutes for each exercise	2	1	1	1	6		

- Back lying, legs straight, feet together, arms straight overhead. Sit up and touch the toes keeping the arms and legs straight. Use chair to hook feet under only if necessary. Keep arms in contact with the sides of the head throughout the movement.
- Front lying, hands and arms stretched sideways. Lift head, shoulders, arms, chest, and both legs as high as possible. Keep legs straight, raise chest and both thighs completely off floor.
- Front lying, palms of hands flat on floor, approximately 1 foot from ears directly to side of head. Straighten arms to lift body. Chest must touch floor for each completed movement.
- Stationary run. (Count a step each time left foot touches floor.) Lift knees waist high. Every 75 steps do 10 'semi-squat jumps'. Repeat this sequence until required number of steps is completed.
Semi-squat jumps. Drop to a half crouch position with hands on knees and arms straight, keeping back as straight as possible, right foot slightly ahead of left. Jump to upright position with body straight and feet leaving floor. Reverse position of feet before landing. Return to half crouch position and repeat.

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5

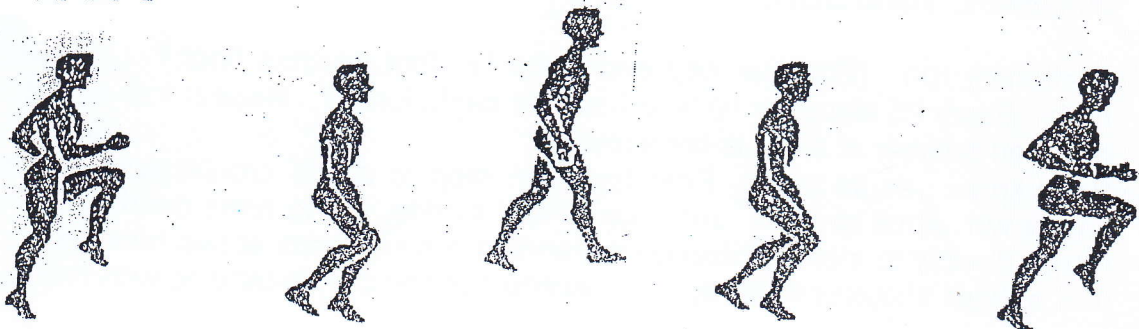


Chart 5

Age Groups

18-25 yrs maintains C

Flying Crew

Under 25 yrs maintains B+

25-9 yrs maintains D+

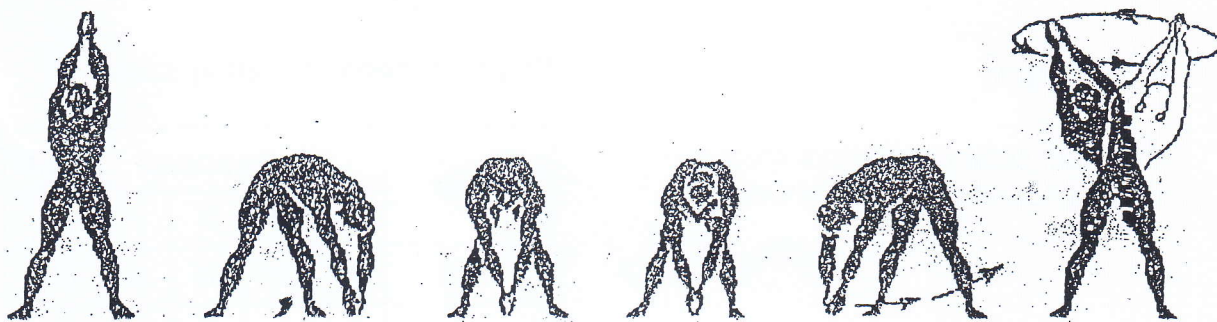
- 1 Feet astride, arms upwards, hands clasped, arms straight. Touch floor outside left foot, between feet, press once, then outside right foot, circle bend backwards as far as possible. Reverse direction after half the number of counts.
- 2 Back lying, legs straight, feet together, hands clasped behind head. Sit up and raise legs in bent position, at same time twist to touch right elbow to left knee. This completes one movement. Alternate the direction of twist each time. Keep feet off floor when elbow touches knee.

Physical capacity rating scale

Level	EXERCISE					1 mile run
	1	2	3	4	5	Mins : Secs
A +	30	40	50	44	500	6 : 00
A	30	39	49	43	485	6 : 06
A -	30	38	48	42	475	6 : 09
B +	28	36	47	40	465	6 : 12
B	28	35	46	39	455	6 : 15
B -	28	34	45	38	445	6 : 21
C +	26	32	44	36	435	6 : 27
C	26	31	43	35	420	6 : 33
C -	26	30	42	34	410	6 : 39
D +	24	28	41	32	400	6 : 45
D	24	27	40	31	385	6 : 51
D -	24	26	39	30	375	7 : 00
Minutes for each exercise	2	1	1	1	6	

- 3 Front lying, arms extended overhead. Raise arms, head, chest, and both legs as high as possible. Keep legs and arms straight, chest and both thighs completely off floor.
- 4 Front lying, hands under shoulders, palms flat on floor. Push off floor and clap hands before returning to starting position. Keep body straight during the entire movement. Hand clap must be heard.
- 5 Stationary run. (Count a step each time left foot touches floor.) Lift knees waist high. Every 75 steps do 10 'semi-spread eagle jumps'. Repeat this sequence until required number of steps is complete.
Semi-spread eagle jumps. Feet together, drop to a half crouch position hands on knees with arms straight. Jump up to feet astride, swing arms overhead in mid air, return directly to starting position on landing. Raise hands above head level, spread feet at least shoulder width apart in astride position before landing with feet together.

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5

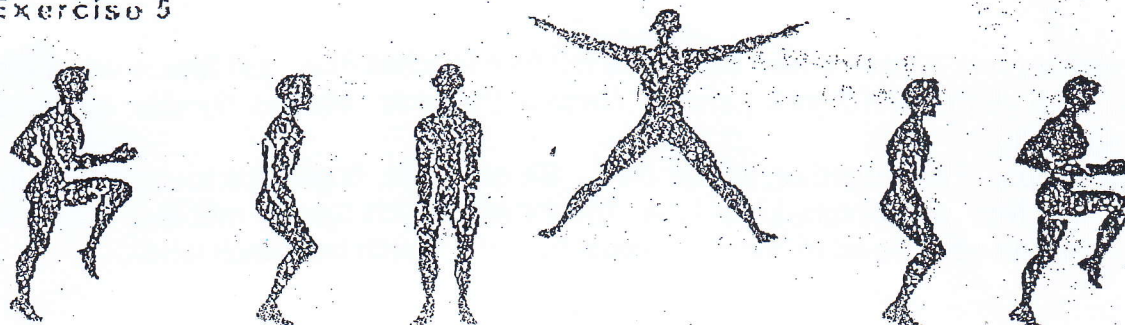


Chart 6

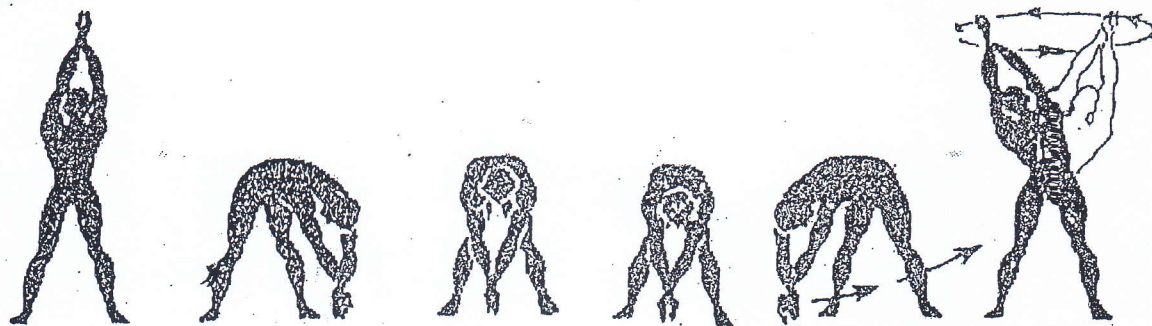
Physical capacities in this chart are usually found only in champion athletes

- 1 Feet astride, arms upwards, hands reverse clasped, arms straight. Touch floor outside left foot, between feet, press once, then outside right foot, circle bend backwards as far as possible. Reverse direction after half the number of counts. Keep hands tightly reverse clasped at all times.
- 2 Back lying, legs straight, feet together, arms straight over the head. Sit up and at the same time lift both legs to touch the toes in a pike (V) position. Keep feet together, legs and arms straight, all of the upper back and legs clear floor, fingers touch toes each time.
- 3 Front lying, arms extended over head. Raise arms, head, chest, and both legs as high as possible then press back once. Keep legs and arms straight – chest and both thighs completely off floor.
- 4 Front lying, hands under shoulders, palms flat on floor. Push off floor and slap chest before returning to starting position. Keep body straight during the entire movement, chest slap must be heard.
- 5 Stationary run. (Count a step each time left foot touches floor. Lift knees waist high). Every 75 steps do 10 'jack jumps'. Repeat this until required number of steps is completed.
Jack jumps. Feet together, knees bent. Sit on heels, finger tips touch floor, Jump up, raise legs waist high, keep legs straight and touch toes in mid air. Keep legs straight, raise feet level to 'standing waist height'. Touch toes each time.

Physical capacity rating scale

Level	EXERCISE					1 mile run
	1	2	3	4	5	Mins : Secs
A +	30	50	40	40	600	5 : 00
A	30	48	39	39	580	5 : 03
A -	30	47	38	38	555	5 : 09
B +	28	45	37	36	530	5 : 12
B	28	44	36	35	525	5 : 18
B -	28	43	35	34	515	5 : 24
C +	26	41	34	32	505	5 : 27
C	26	40	33	31	495	5 : 33
C -	26	39	32	30	485	5 : 39
D +	24	37	31	28	475	5 : 45
D	24	36	30	27	460	5 : 51
D -	24	35	29	26	450	6 : 00
Minutes for each exercise	2	1	1	1	6	

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5

