

5BX

11 MINUTE

EXERCISE PLAN

*Adapted from the original
5BX program
of the Canadian Air Force
(1960)*

Compiled by

Campbell M Gold

(2010)

Acknowledgement

The kind permission of the Royal Canadian
Air Force to make the text of their training
material available to the public
is gratefully acknowledged

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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Introduction

The Five Basic Exercises (5BX) Plan was designed, for men, to show how to develop and hold a high level of physical fitness, regardless of where an individual may be located. The program is not dependent upon elaborate facilities, or equipment; and the exercises only require eleven minutes to perform.

5BX is ideal for anyone who simply wants to get fit, look fit, feel fit, and stay fit.

For women there is the XBX Plan - a copy can be found in the archives of <http://campbellmgold.com> .

Why fitness?

Research has demonstrated that the physically fit person:

- is able to withstand fatigue for longer periods than the unfit
- is better equipped to tolerate physical stress
- has a stronger and more efficient heart

There is also a relationship between good mental alertness, absence of nervous tension, and physical fitness

Research has demonstrated that the 5BX Plan will:

- Increase the strength of the important muscle groups needed in everyday living
- Increase the ability of muscles used in essential body movements to function efficiently for long periods of time
- Increase the speed response of the important muscles of the body
- Keep the important muscles and joints of the body supple and flexible
- Improve the efficiency and capacity of the heart, lungs, and other body organs
- Increase the capacity for physical exertion

Warming Up

The 5BX plan has been designed so that no additional warm-up is necessary in order to receive its maximum benefits.

The older the individual, the more necessary proper warming up becomes to avoid "strained" muscles. The 5BX Plan has a built-in method of warm-up. This is achieved in two ways: 1) by the arrangement of the exercises; and 2) by the manner in which the exercises are performed.

5BX Plan

The 5BX Plan is comprised 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 progression is made from chart to chart, there are also slight changes in each basic exercise with a gradual demand for more effort.

How far should you go?

The level of physical capacity to which you should progress is determined by your "age Group".

The levels in the 5BX are based on the expectation of average individuals, and means that there will be some individuals who are capable of progressing beyond the level indicated; and, conversely, there will be individuals who will never attain this average level.

Consequently, use the goals as guides only, and apply them with common sense.

Schedule for Chart - Explanatory

Exercise 1-4 applies to the first four exercises, which are described and illustrated. The figures in the columns 1-4 indicate the number of times that each exercise is to be repeated, in the time allotted, for any given level "A+ to D-".

The allotted time for each exercise is noted at the bottom of the exercise columns. These times remain the same throughout all of the charts.

The total time for exercises 1-5 is 11 minutes.

Exercise 5 is running on the spot, and the figures in the column indicate the number of steps to be achieved in the given time (6 minutes). However, two activities, noted in the two right hand columns, may be substituted for exercise 5 - you may run or walk the indicated distance in the required time.

As you progress well into the plan, you may find certain levels difficult to complete in 11 minutes. Don't give up, but work hard at that level - it may take some days or even weeks - and suddenly you will find yourself progressing again.

How to Begin

First check your daily schedule and determine a time and place that is most convenient for you to exercise.

Start with Chart 1, and DO NOT exceed the maximum rate of progression.

Maximum Rate of Progression Through Chart 1 - According to Age

Less than 20 yrs	at least 1 day at each level
20-29 yrs	at least 2 days at each level
30-39 yrs	at least 4 days at each level
40-49 yrs	at least 7 days at each level
50-59 yrs	at least 8 days at each level
60 yrs and over	at least 10 days at each level

Caution

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

Even if you feel able to start at a higher level and progress at a faster rate than indicated -- DO NOT DO IT -- Start at the bottom of Chart 1 and then work up from level to level as recommended.

For best results from %BX, the exercises must be done regularly. remember that it may take you six, eight, or ten 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 you achieved level of physical capacity.

Schedule for Chart n							
Level	Exercise					0.5 Mile Run	1 Mile Walk
	1	2	3	4	5		
A+	20	18	18	13	400	5.5	17
A	18	17	17	12	375	5.5	17
A-	16	15	16	11	335	5.5	17
B+	14	13	15	9	320	6.0	18
B	12	12	14	8	305	6.0	18
B-	10	11	13	7	280	6.0	18
C+	8	9	12	6	260	6.5	19
C	7	8	10	5	235	6.5	19
C-	6	7	8	4	205	6.5	19
D+	4	5	6	3	175	7.0	20
D	3	4	5	3	145	7.5	21
D-	2	3	4	2	100	8.0	21
Minutes for each exercise	2	1	1	1	6		

If for any reason (illness, etc) you stop doing 5BX regularly, and you wish to begin again, do not recommence at the level you had previously attained. Drop back several levels, until you find one that you can complete without undue strain.

After a period of inactivity of longer than two months, or one month in consequence of illness, it is recommended that you start again at Chart 1.

How to Progress

Simply progress through all the steps of chart 1 before going on to chart two; and then repeat for the other charts until you reach the level for your age group.

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General Exercise Guidelines

- Approach exercise gradually. Set limited goals at the outset and sensibly work up.
- Give yourself a 1 month trial period.

Benefits of aerobic exercise are noticeable after 3 weeks.

And system changes are developed after 3 months.

The effects of aerobic exercising begin to fade after 40 hours of inactivity.

- Keep a record of your daily exercise activities.
- Expect some initial discomfort. There will be some aches and pains, especially if you are out of shape. However, these will pass.
- Try to focus on the process of exercise rather than the product. Get into the inherently enjoyable aspects of the exercise itself.
- Reward yourself for maintaining a commitment to your exercise program.
- It is important to warm up with stretching exercises before starting your main exercise routine.
- Always cool down after completing your exercise program.
- Avoid exercising within 90 minutes of a meal.
- Avoid eating within 1 hour of exercising.
- Avoid exercising when you feel ill or over-stressed (use a deep relaxation technique instead).
- Stop exercising if you experience any sudden, unexplained bodily symptoms.
- Use every opportunity to exercise - use stairs in buildings rather than lifts or escalators. When using car parks, park away from the building's entrance, and enjoy the walk.

IMPORTANT

BEFORE EMBARKING UPON ANY NEW EXERCISE PROGRAM OR DIET, IT IS IMPORTANT TO CONSULT YOUR HEALTH PROFESSIONAL REGARDING YOUR PERSONAL HEALTH CONCERNS. THIS IS ESPECIALLY TRUE FOR PERSONS 40 YEARS OR OLDER

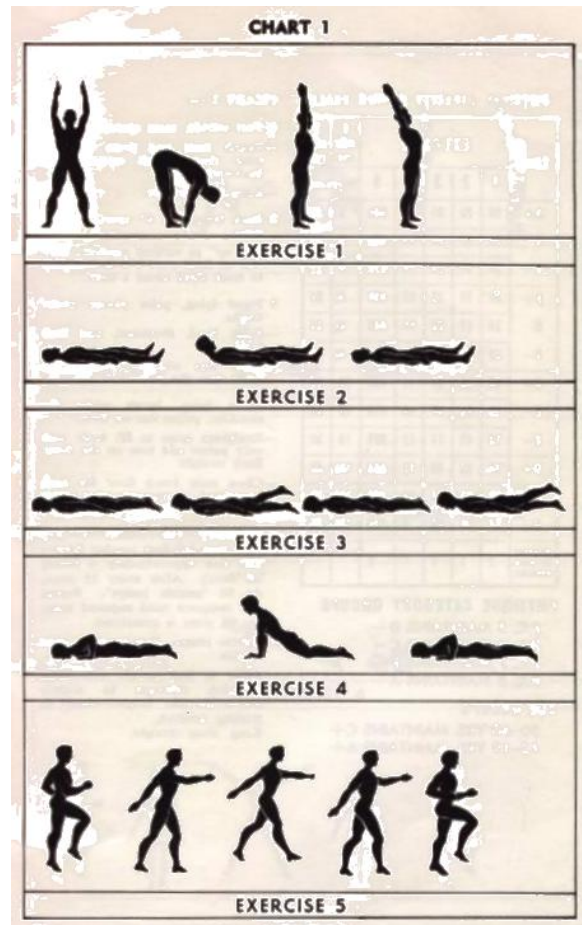
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Chart 1

Description

- 1) Feet astride, arms upward. Forward bend to floor, touching, stretch upward and backward. Do not strain to keep knees straight.
- 2) Back lying, feet 6 inches 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 when second leg touches the 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 the body straight from the knees, arms must be fully extended, and chest must touch the floor to complete one movement.
- 5) **Stationary run.** Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "scissor jumps". Repeat the sequence until the 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, and change position of arms and legs before landing. Arms shoulder high.



Age Groups

6 yrs maintains B
7 yrs maintains A

Schedule for Chart 1							
Level	Exercise					0.5 Mile Run In Minutes	1 Mile Walk
	1	2	3	4	5		
A+	20	18	22	13	400	5.5	17
A	18	17	20	12	375	5.5	17
A-	16	15	18	11	335	5.5	17
B+	14	13	16	9	320	6.0	18
B	12	12	14	8	305	6.0	18
B-	10	11	12	7	280	6.0	18
C+	8	9	10	6	260	6.5	19
C	7	8	9	5	235	6.5	19
C-	6	7	8	4	205	6.5	19
D+	4	5	6	3	175	7.0	20
D	3	4	5	3	145	7.5	21
D-	2	3	4	2	100	8.0	21
Minutes for each exercise	2	1	1	1	6		

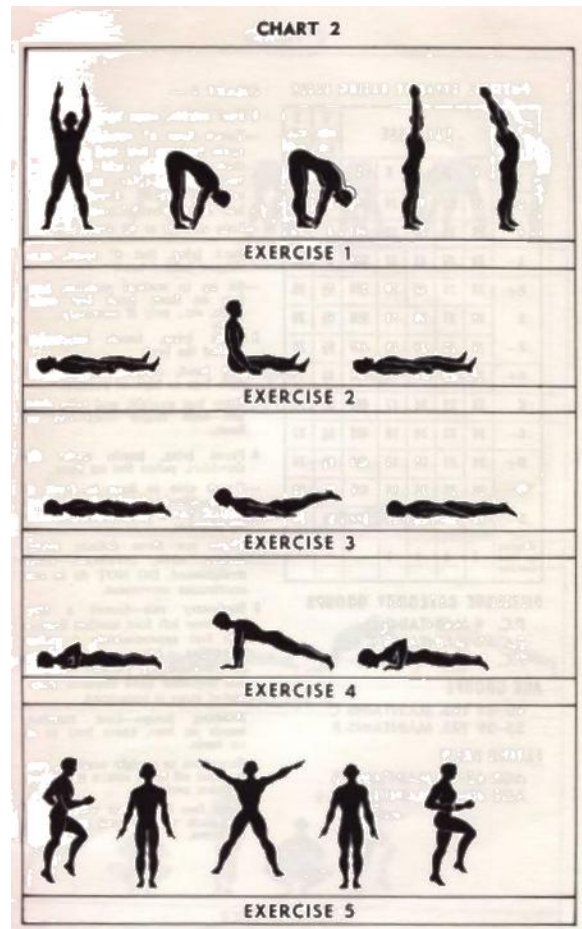
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Chart 2

Description

- 1) Feet astride, arms upward. Touch floor and press (bounce), stretch upward and backward. Do not strain to keep knees straight.
- 2) Back lying, feet 6 inches apart, arms at sides. Sit up to a vertical position, and keep feet on floor, even if it is necessary to hook them under a chair. Allow knees to bend slightly.
- 3) Front lying, palms placed under the thighs. Raise head, shoulders, and both legs. Keep legs straight, both thighs must clear the palms.
- 4) Front lying, hands under the shoulders, palms flat on the floor. Straighten arms to lift body with only palms and toes on the floor. Keep back straight. Chest must touch the floor for each complete movement after arms have been fully extended.
- 5) **Stationary run.** Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "astride jumps". Repeat the sequence until the required number of steps is completed.

Astride Jumps - feet together, and 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 a count of one. Keep arms straight.



Age Groups

8 yrs maintains D-
 9 yrs maintains C-
 10 yrs maintains B-
 11 yrs maintains A-

49-49 yrs maintains A+
 50-60 yrs maintains C+

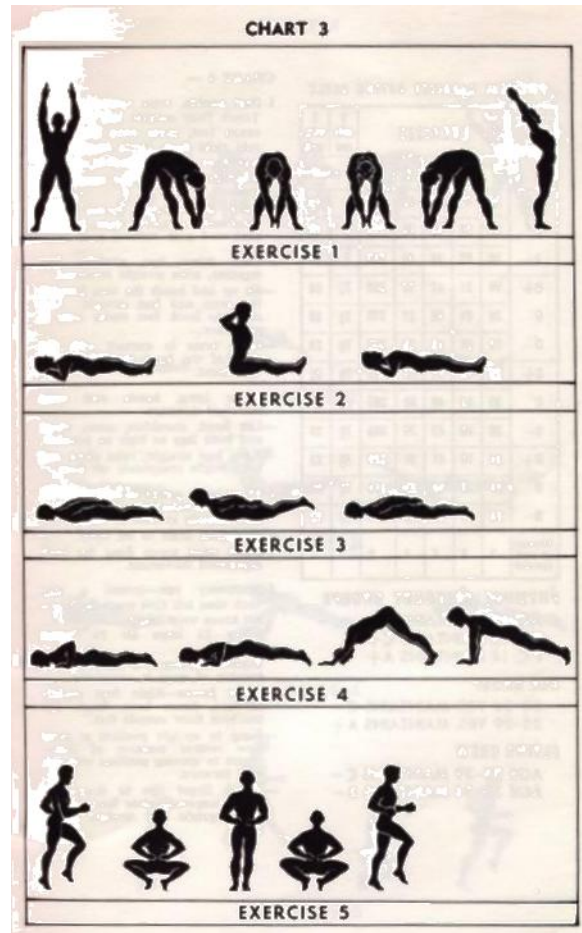
Schedule for Chart 2							
Level	Exercise					1 Mile Run	2 Mile Walk
	1	2	3	4	5		
A+	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A-	28	20	29	18	470	9	32
B+	26	18	27	17	455	9.5	33
B	24	17	25	16	445	9.5	33
B-	22	16	23	15	440	9.5	33
C+	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C-	18	13	17	12	395	10	34
D+	16	12	15	11	380	10.5	35
D	15	11	14	10	360	10.5	35
D-	14	10	13	9	335	10.5	35
Minutes for each exercise	2	1	1	1	6		

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Chart 3

Description

- 1) Feet astride, arms upward. Touch floor 6 inches outside left foot, again between feet and press once, then 6 inches outside right foot, bend backward as far as possible, repeat, reverse direction after half the number of counts. Do not strain to keep knees straight, return to erect position.
- 2) Back lying, feet 6 inches apart, arms clasped behind head. Allow knees to bend slightly. Sit up to vertical position, keep feet on floor. Hook feet under chair only if necessary.
- 3) Front lying, hands interlocked behind 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 the floor. Touch chin to the 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 inches off floor. Every 75 steps do 10 "half knee bends". Repeat the sequence until the required number of steps is completed.



Half Knee bends - feet together, hands on hips, knees bent 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.

Age Groups

12 yrs maintains D+
 13 yrs maintains C+
 14 yrs maintains B+

35-39 yrs maintains B
 40-44 yrs maintains C

Flying Crew

40-44 yrs maintains A+
 45-49 yrs maintains B

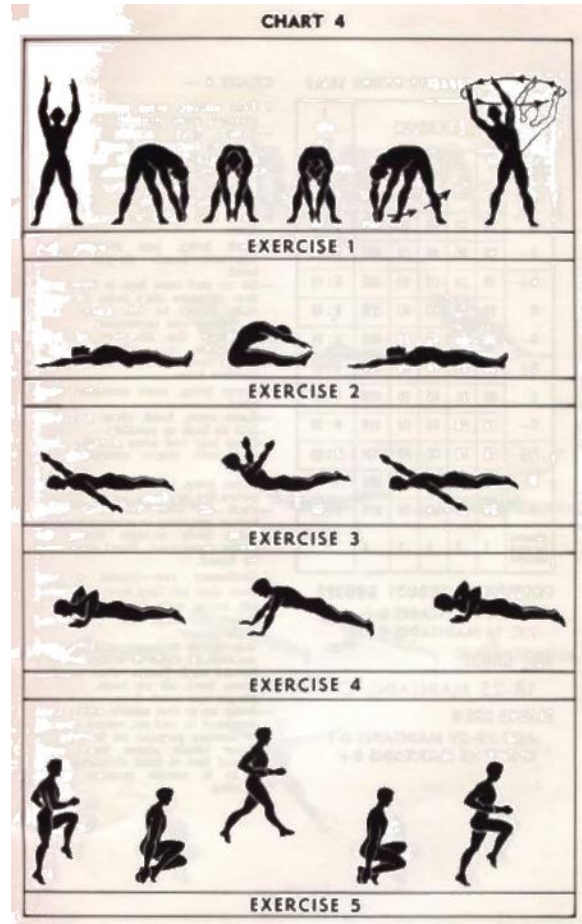
Schedule for Chart 3							
Level	Exercise					1 Mile Run	2 Mile Walk
	1	2	3	4	5	In Minutes	
A+	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A-	30	30	43	21	525	8	25
B+	28	28	41	20	510	8.25	26
B	28	27	39	19	500	8.25	26
B-	28	26	37	18	490	8.25	26
C+	26	25	35	17	480	8.5	27
C	26	24	34	17	465	8.5	27
C-	26	23	33	16	450	8.5	27
D+	24	22	31	15	430	8.75	28
D	24	21	30	15	415	8.75	28
D-	24	20	29	15	400	8.75	29
Minutes for each exercise	2	1	1	1	6		

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Chart 4

Description

- 1) Feet astride, arms upward. 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. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.
- 2) Back lying, legs straight, feet together, arms straight overhead. Sit up and touch the toes keeping the arms and legs straight. Hook feet under a chair only if necessary. Keep arms in contact with the sides of the head throughout the movement. Allow knees to bend slightly.
- 3) Front lying, hands and arms stretched sideways. Lift head, shoulders, chest, and both legs as high as possible. Keep legs straight, raise chest and both thighs completely off floor.
- 4) Front lying, palms of hands flat on the floor approximately 1 foot from ears directly to side of head. Straighten arms to lift body. Chest must touch floor for each completed movement.
- 5) **Stationary run.** Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "semi-squat jumps". Repeat the sequence until the required number of steps is completed.



Semi-squat jumps - drop to a half-crouch position with hands on knees and arms straight, keep back as straight as possible, right foot slightly ahead of left. Jump to upright position with body straight and feet leaving the floor. Reverse position of feet before landing. Return to half-crouch position and repeat.

Age groups

15 yrs maintains D-
 16-17 yrs maintains C+
 25-29 yrs maintains A+
 30-34 yrs maintains C-

Flying Crew

30-34 yrs maintains B
 35-39 yrs C-

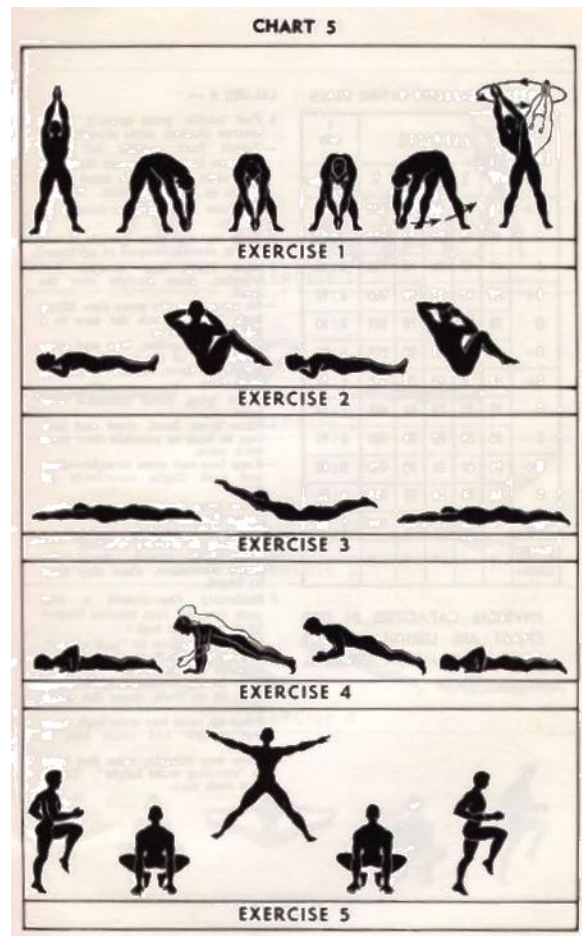
Schedule for Chart 4							
Level	Exercise					1 Mile Run	2 Mile Walk
	1	2	3	4	5	In Minutes	
A+	30	22	50	42	400	7	19
A	30	22	49	40	395	7	19
A-	30	22	49	37	390	7	19
B+	28	21	47	34	380	7.25	20
B	28	21	46	32	375	7.25	20
B-	28	21	46	30	365	7.25	20
C+	26	19	44	28	355	7.5	21
C	26	19	43	26	345	7.5	21
C-	26	19	43	24	335	7.5	21
D+	24	18	41	21	325	7.75	23
D	24	18	40	19	315	7.75	23
D-	24	18	40	17	300	7.75	23
Minutes for each exercise	2	1	1	1	6		

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Chart 5

Description

- 1) Feet astride, arms upward, 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. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.
- 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.
- 3) Front lying, arms extended overhead. Lift head, shoulders, chest, and both legs as high as possible. Keep legs and arms straight, raise chest and both thighs completely off floor.
- 4) Front lying, hands under shoulders, palms of hands flat on the floor. Push off floor and clap hands before returning to starting position. Keep body straight during entire movement. Hand clap must be heard.
- 5) **Stationary run.** Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "semi-spread eagle jumps". Repeat the sequence until the required number of steps is completed.



Semi-spread eagle jumps - feet together, drop to a half-crouch position with hands on knees and arms straight. Jump up to feet astride swing arms overhead in midair, 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.

Age Groups

18-25 yrs maintains C

Flying Crew

Under 25 yrs maintains B+
25-29 yrs maintains D+

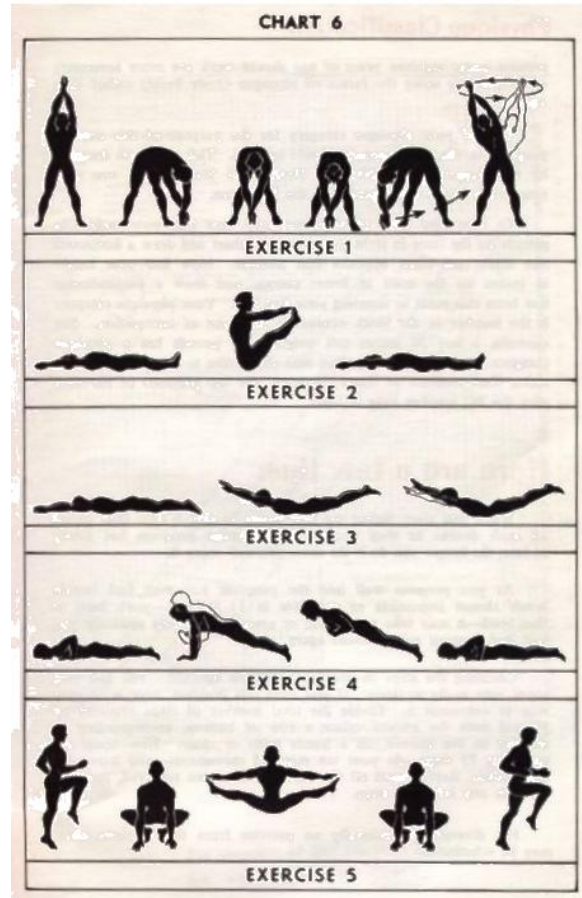
Schedule for Chart 5						
Level	Exercise					1 Mile Run Mins:Secs
	1	2	3	4	5	
A+	30	40	50	44	500	6:00
A	30	39	49	43	485	6:06
A-	30	38	48	42	475	6:09
B+	28	36	47	40	465	6:12
B	28	35	46	39	455	6:15
B-	28	34	45	38	445	6:21
C+	26	32	44	36	435	6:27
C	26	31	43	35	420	6:33
C-	26	30	42	34	410	6:39
D+	24	28	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	

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Chart 6

Description

- 1) Feet astride, arms upward, hands reversed 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 reversed clasped at all times. Do not strain to keep knees straight. Keep arms above head and make full circle, bending backward past vertical each time.
- 2) Back lying, legs straight, arms straight over the head. Sit up and at the same time lifting 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 the 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, raise chest and both thighs completely off floor.
- 4) Front lying, hands under shoulders, palms of hands flat on the floor. Push off floor and slap chest before returning to starting position. Keep body straight during entire movement. Chest slap must be heard.
- 5) **Stationary run.** Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "jack jumps". Repeat the sequence until the 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 midair. Keep legs straight, raise feet level to "standing waist height", touch toes each time.

Age Groups

Physical capacities at this level re usually found in champion athletes only

Schedule for Chart 6						
Level	Exercise					1 Mile Run Mins:Secs
	1	2	3	4	5	
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	

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End

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