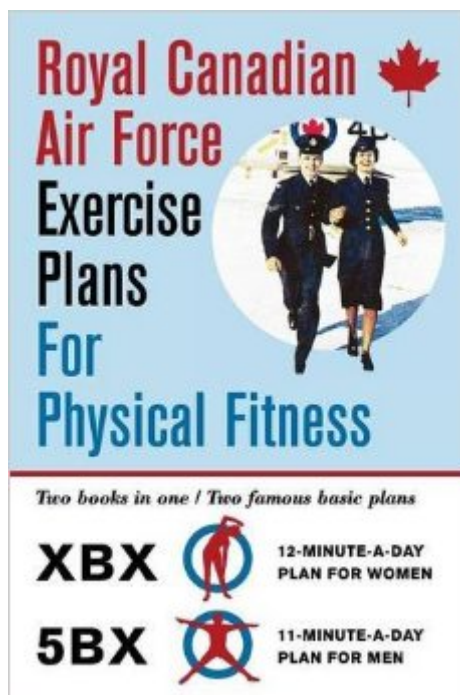


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Royal Canadian Air Force Exercise Plans For Physical Fitness: Two Books In One / Two Famous Basic Plans (The XBX Plan For Women, The 5BX Plan For Men)



Synopsis

This tried and true method for improving and maintaining your overall physical fitness has been enthusiastically endorsed by the public since its initial release in 1961. Originally designed for use by Royal Canadian Air Force pilots stationed in remote, confined bases in the far north, the 5BX and XBX fitness plans (for men and women respectively) don't require access to complicated gym equipment or even the outdoors. To be in the best shape of your life, all you need is this slim book, an average-sized living room, and a little determination. The fitness plans presented in this volume are unique in their simplicity and effectiveness. With clear-cut fitness "targets" and tools for measuring your progress, the 5BX and XBX programs are designed to let you develop your physical fitness at your own pace, adjusting for your age, body type, and schedule. The XBX and 5BX plans are balanced to target the muscles of your entire body as well as your cardiovascular system. There's no need to mix and match with other exercises or routines. These simple 10-15 minute workouts are all you need to feel fitter and healthier than ever!

Book Information

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Customer Reviews

I first had a Penguin version of this book in England in the 50's and used it continuously for 20 years, until I lost my battered copy. It changed my life -- I would now be designated 'elderly' but people think I'm thirty years younger, and I credit this to the exercises that I started at age 15! It is such a great thrill to find this book, so that I can now pick up where I left off. These exercises are graduated so that anyone can do them, at any level or age, and they really, really work. Thank you, Dr. Cooper!

This little book is changing my life (and my level of fitness and body shape!) day by day. I cannot recommend it highly enough. I am a 61 y.o. woman, and through a good deal of my adult life has participated in some form of exercise; walking and strength training. After being diagnosed with cancer 6 years ago, my exercise program fell by the wayside. Mostly because although I felt pretty decent, I just felt like enough was on my plate and adding exercise wasn't a priority at the time. Anyway...I'm still here! About 2 years ago, we moved to a coastal area so I started walking again, and this year I started using weights again. It got so boring, lol. I saw an interview with Helen Mirren who said this program was what she'd used off and on through her life to maintain fitness. I picked it up at the beginning of June, and there's no backsliding from now on. It gives an extremely well rounded set of daily exercises, and I am getting firmer and more energetic. Also, since some of it is done on the floor, I can see my ability to quickly get up increasing, which is so important for the 50+ crowd! It only takes 12 or so minutes, and you are finished. I very much believe that this program is a terrific method for getting fit and maintaining it. Don't hesitate to try it.

An old book which I used many years ago with excellent results. I had lost the old one so I needed another as I decided I needed to get back in shape. I used the exercise program when I was in my 30s and now in my 70s, I needed the exercise program. I find it very helpful and I'm following the plan closely.

Beautifully bound re-issue of a real classic!

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