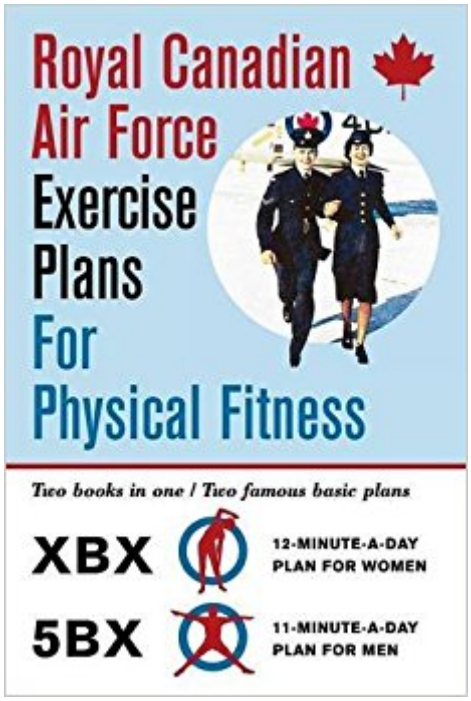
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Royal Canadian Air Force Exercise Plans For Physical Fitness: Two Books In One / Two Famous Basic Plans (The XBX Plan For Women, The 5BX Plan For Men)



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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

The book is great but I got a very old copy.

Good book, simple to follow, good all around workout

Great book because you can exercise anywhere and the program is graduated so you don’t give up since you’re in traction from doing too much the first day. I added posture exercised from West Point

and Annapolis books: good posture makes you look great!

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It’s one I used a very long time ago with good success. Now I’m older and this fits the bill perfectly.

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Great program for any age

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