

Physical Fitness: 5BX 11-Minute-a-day Plan For Men. XBX 12-Minute-a-day Plan For Women By Royal Canadian Air Force

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The 5BX (Five Basic Exercises) Plan is an exercise program developed for the Royal Canadian Air Force (RCAF) by Bill Orban in the late 1950s, first published in 1961.

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A similar exercise programme for girls and women has been published under the title "XBX Plan for Physical Fitness (The Royal Canada Air Force) total 11

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