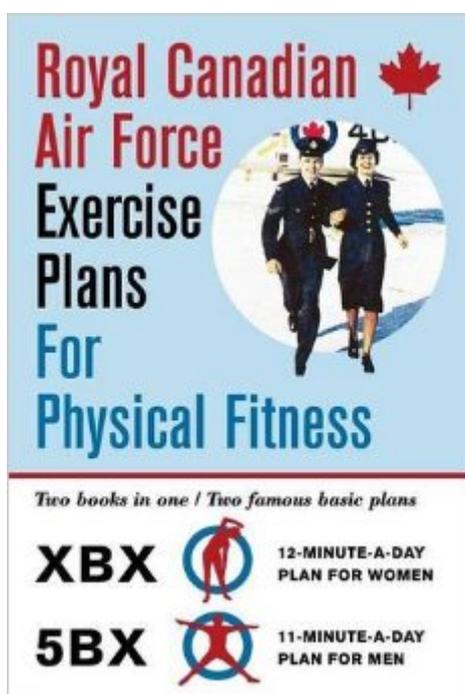


The book was found

# 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

Paperback: 84 pages

Publisher: Echo Point Books & Media; Reprint ed. edition (February 5, 2016)

Language: English

ISBN-10: 1626545480

ISBN-13: 978-1626545489

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #60,635 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #662 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## 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!

[Download to continue reading...](#)

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) Easy Canadian Cookbook: Authentic Canadian Cooking (Canada, Canadian Recipes, Canadian Cookbook, Canadian Cooking, Canadian Food Book 1) Air Fryer Cookbook: Delicious and Favorite recipes - pictures are taken by hand (Air Fryer Recipe Book, Air Fryer Cooking, Air Fryer Oven, Air Fryer Baking, Air Fryer Book, Air Frying Cookbook) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Army Air Force & US Air Force: Decorations, Medals, Ribbons, Badges & Insignia The Royal Air Force 1939-45 (Men-at-Arms) The Reconstruction of Warriors: Archibald McIndoe, the Royal Air Force and the Guinea Pig Club Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal

Your Body) LIST SERIES: JAMES ROLLINS: SERIES READING ORDER: SIGMA FORCE BOOKS, THE BANNED AND THE BANISHED BOOKS, GODSLAYER BOOKS, JAKE RANSOM BOOKS, TUCKER WAYNE BOOKS, STANDALONE NOVELS BY JAMES ROLLINS Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! GoWISE Air Fryer Cookbook: 101 Easy Recipes and How To Instructions for Healthy Low Oil Air Frying and Baking (Air Fryer Recipes and How To Instructions) Air Fryer Cookbook - Secrets of Air Frying. 50 Amazing Air Fryer Recipes for Easy and Delicious Meals 7 BOOKS ON MENTAL POWER AND THOUGHT FORCE. THOUGHT-FORCE IN BUSINESS AND EVERYDAY LIFE; MEMORY CULTURE; DYNAMIC THOUGHT; THOUGHT VIBRATION; MENTAL POWER; ... OF LESSONS (Timeless Wisdom Collection) Word Search Book for Adults: Word Search Puzzles to Improve Memory and Exercise: word search, word search books, word search books for adults, adult word search books, word search puzzle books Collector's Guide to Royal Copley Book II: Plus Royal Windsor & Spaulding, Identification and Values

[Dmca](#)