source: http://www.workoutoftheweek.net/2011/02/royal-canadian-air-force-exercise-plan.html

actual book is ISN

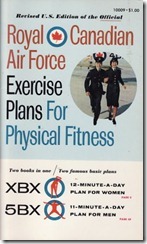
**Workout of the Week**

**Get inspired. Get new ideas. Or just get a laugh.**

[https://resources.blogblog.com/img/icon18_wrench_allbkg.png](http://www.blogger.com/rearrange?blogID=4240176128866063168&widgetType=HTML&widgetId=HTML65&action=editWidget&sectionId=ad)

[Royal Canadian Air Force Exercise Plan](http://www.workoutoftheweek.net/2011/02/royal-canadian-air-force-exercise-plan.html)

Wednesday, February 9, 2011 | Writinggal

[](http://lh5.ggpht.com/__HLMKSPYzEE/TVKN23tH79I/AAAAAAAAAdE/uIIRpeDYz2U/s1600-h/51nQ4sd-CFL2.jpg)This exercise plan is old-school, from the 1950s. A doctor designed it for the Royal Canadian Air Force. It’s a series of five exercises for men (called 5BX) and 10 exercises for women (called XBX). The idea is to work all your muscle groups in a short amount of time. I liked the sound of that. And I also like the fact that it takes NO equipment.

The 5BX plan for dudes takes 11 minutes.

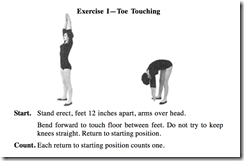
toe touching/warm-up:  2 minutes   
partial sit-ups: 1 minute   
leg lifts: 1 minute   
push-ups: 1 minute   
stationary running: 6 minutes.

Here’s the XBX plan for the ladies:

toe touching/warm-up: 30 seconds   
knee raising: 30 seconds   
arm circling: 30 seconds   
partial sit-ups: 30 seconds   
chest and leg raising: 20 minutes   
side leg raising: 10 minute   
push-ups (from a kneeling position): 20 minutes   
leg lifting: 10 minute   
run and hop: 30 minutes

[Here's a good website](http://www.fit450.com/HTML/5BX_Intro.html) that explains the exercises. It sounds crazy that you could get a good workout in such a short amount of time but there are people who have sworn by this for decades.

Even way back then, experts knew that one exercise plan didn’t fit everyone. So you can customize the workout by using [these handy charts](http://www.fit450.com/HTML/XBX_Intro.html). The charts tell you how many reps you should do in the allotted time depending on your age. As you get more advanced, you can increase the reps. At first you’re supposed to do the exercises every day but once you reach your “target” (which I think means the highest level you want to get to), you can back it off to three times a week to maintain your fitness level. The same website with the charts also has pictures of a lady in a leotard demonstrating the exercises. (Hey, I said it was old-school.)

[](http://lh6.ggpht.com/__HLMKSPYzEE/TVKN3glhTGI/AAAAAAAAAdM/1A-Fpx_E0m0/s1600-h/Picture-1%5b2%5d.png)

Okay, so the chart thing gets a little complex but I don’t see why you couldn’t just make up your own amount of acceptable reps and then try to improve from there. I think that, overall, this exercise plan is simple yet effective. If you’ve got 11-12 minutes, why not give it a try?