

The XBX Plan for Women

Your Appearance

Your appearance is controlled by the bony frame of your body, and by the proportions of fat and muscle which you have added to it. You cannot do anything about your skeleton, but you can, and should, do something about the fat and muscle.

All of us require a certain amount of fat on and in our bodies for functional reasons. Fat softens the bony contours of the body; it helps to keep the body temperature constant; and it acts as an energy storage vault. Fat appears in layers on the outside of the body, covers and lines the internal organs—the heart and blood vessels, for example—and it also makes up a part of muscle.

Except for certain neurotic or glandular conditions, people are over FAT because they over EAT and under EXERCISE.

Muscle is the other controllable factor in the appearance. When we are young we are fairly active; the muscles of our bodies are used and they retain that pleasing firmness—MUSCLE TONE. The less we exercise muscles the softer and more flabby they become. They become small with disuse, less elastic, and much weaker. Much of what is considered fatness in the abdominal region is nothing more than weak stomach muscles which permit the internal organs to sag forward. Your muscles perform the same function as a girdle—keep them as resilient as your foundation garment.

Because the condition of your muscles is so important to the way you look and feel, diet alone is not the best method for trying to improve your body measurements. The best method is a combination of diet and exercise. A thigh that is made up of little muscle and a lot of fat may have the same measurement as one that has firm muscle and a light fat layer, but—let's face it—it is just not the same thigh.

Do not confuse good muscle tone with bulky, unsightly muscles. The XBX is designed to firm your muscles—not to convert you into a muscled woman.

Diet

For many women, the knowledge that they have gained a few pounds, or added a few inches, causes what may be called the "Diet Reflex". Without pause to consult a medical expert they resort immediately to their favourite diet, which is more usually a fast. If you wish to go on a stringent diet—consult your physician first.

As a rule you can avoid the need for resorting to a strict reduction of food intake by the constant use of sensible dietary habits. In the normal individual, fat is added to the body very slowly. It may be several weeks or even months before you notice this gradual accumulation. You cannot hope to take this fat off and keep it off without making subtle changes in eating and exercise habits. After a “crash diet”, you will undoubtedly return to your old habits and, once more, in a few weeks you will note that IT is back again.

A slight change in diet (alone with XBX) can take off, and keep off, several pounds of excess fat over a period of time. For example, if you eat bread with your meals, eat one slice less; add a little less sugar or none at all, to your tea or coffee. The calories so avoided each day add up to several thousand in a few months and may be the difference between the way you look and feel and the way you would like to look and feel. By the time you have arrived at the condition you desire your habits will have been changed enough so that you will probably not slip back into the old ones.

What You Can Do About Fitness

Unless you are engaged in a full time program of conditioning for athletic endeavors you should take part in some form of active exercise.

The average woman is engaged in one of three activities daily— school, employment, or housework. None of these provides the balanced activity for the body that is desirable for good physical fitness. House-work, for example, though it may involve a good deal of hard physical labour, does not take into account the flexibility of the muscles, nor does it work all the muscles of the body. Day after day you do the same things. The muscles that work get plenty of exercise; the others get little or none.

The same facts that are true of housework also hold true for most sports. Sports make specific contributions to fitness but do not condition the whole body. Most people taking part in a recreational sport do not pursue it vigorously enough to develop adequate levels of fitness. Before they become completely effective, even those sports which can produce all round fitness require -more skill than the average person possesses and more time than the average person can devote to them.

No matter what you do in your daily life you probably need a good, balanced program of exercise which will enable you to become the person you want to be.

Why XBX was Developed

Research has indicated that Canadians—male and female, young and old—are in need of some form of regular, vigorous, physical activity. As more and more labour-saving devices are put into general use, as more and more people watch more and more television, movies, and sports events, the amount of physical effort expended by the average person decreases continually.

An analysis of the exercise needs of Canadians was conducted by RCAF specialists and led to the development of the 5BX program for men. XBX is the complementary program for women.

The RCAF analysis indicated three major deterrents to regular exercise:

- (1) a great majority of people would like to exercise, but do not know how to go about it—what to do, how to do it, how often, how to progress, or how far to progress;
- (2) most exercise programs call for the use of equipment and gymnasiums which are not always available; and
- (3) most exercise programs call for a great expenditure of time, which most people cannot spare.

Clearly a program which resolves these problems is required.

The XBX tells you what to do, where to start, how fast you progress, and how far you should progress to achieve a desirable level of physical fitness. It requires no equipment and very little space, and takes only twelve minutes a day.

How XBX Was Developed

XBX is the product of extensive research into the problems of physical fitness for girls and women, the research was conducted at several RCAF stations and in the later stages included sections of the civilian population. Over 600 girls and women of all ages participated in the project. The RCAF is indebted to these persons for their contributions to the program.

The first step in the project was the administration of a series of physical fitness tests. The tests included an examination of muscular strength and endurance, testing of heart response to activity, and measurement of fat layers. From the results of these tests the physical fitness needs of women were analyzed.

Experiments were carried out with a wide variety of exercises to determine those most effective in producing the desired results. Many of these exercises were discarded as ineffectual. The ten exercises of XBX provided the most balanced and effective program.

The time limits for each exercise were varied until the optimum time for good results was determined, and the tests were conducted to arrive at the number of times each exercise could be done, and should be done, within the time limits.

Several hundred women used the first experimental exercise programmes and periodic tests showed that XBX was an effective plan to improve levels of general fitness.

The program was then distributed to groups and to individuals across Canada for further trial and comment. Further modifications in the plan were made on the basis of this final field trial. The results of this research are presented in this booklet— RCAF XBX Plan for Physical Fitness.

What the XBX Plan Is

The XBX Plan is a physical fitness program composed of four charts of ten exercises, arranged in progressive order of difficulty. The ten exercises on each chart are always performed in the same order, and in the same maximum time limits.

The charts are divided into levels. There are 48 levels in all, 12 in each chart. The levels are numbered consecutively, starting with 1 at the bottom of Chart I and ending with 48 at the top of Chart IV.

In addition to the regular exercises, two supplementary exercises are available for Charts I, II, and III. These exercises are for the muscles of the feet and ankles and for those muscles which assist in the maintenance of good posture.

How XBX Works

Any exercise plan or program should work on the basis of an easy start and gradual progression. As physical fitness improves, the work load is increased. The XBX approach to exercise follows these principles. XBX incorporates two methods to make the work load greater:

1. the time limit for each exercise remains the same in all charts, but the number of times the exercise is performed within this time limit is increased at each level within each chart; and
2. the exercises are made more difficult from each chart to the next higher one.

On each chart you do the same exercises at each of the twelve levels but increase the number of times you do them. As you move to the next higher chart the exercises are basically the same but have been modified and made slightly more demanding.

The XBX has been planned for gradual, painless progression. Follow the plan as outlined in the booklet; do not skip levels; do not progress faster than is recommended.

What the Exercises Are For

The XBX will improve your general physical condition by (1) increasing muscle tone; (2) increasing muscular strength; (3) increasing muscular endurance; (4) increasing flexibility; and (5) increasing the efficiency of your heart. Each exercise is included because of its contribution in one or more of these areas.

The first four exercises are primarily to improve and maintain flexibility and mobility in those areas of the body which are usually neglected. They also serve as a warm-up for the more strenuous exercises which follow.

Exercise 5 is for strengthening the abdominal region and the muscles of the fronts of the thighs.

Exercise 6 exercises the long muscles of the back, the buttocks, and the backs of the thighs.

Exercise 7 concentrates on the muscles on the sides of the thighs. These muscles get very little work in routine daily activities, or indeed in most sports.

Exercise 8 is primarily for the arms, shoulders, and chest, but at the same time exercises the back and abdomen.

Exercise 9 is partly for flexibility in the waist area and for strengthening the muscles of the hips and sides.

Exercise 10, the run-in-place with jumping, while exercising the legs, is primarily for the conditioning of the heart and lungs.

The two supplementary exercises are included for those who wish to do a little more. One exercise is for strengthening the muscles of the feet and the ankle joint. The other is for those muscles of the back and abdomen which assist in the maintenance of posture.

What the Charts Mean

Below is an explanation of what the chart pages mean. Check the paragraph headings below with the sample chart on the opposite page.

EXERCISE

The numbers across the tops of the charts are the exercise numbers from I to 10. The column headed I refers to Exercise 1, and so on. The exercises are described and illustrated in the five pages following each chart. Exercises 8A and 8B are the supplementary exercises described on pages 40 to 42. If you choose to do these, do them between Exercises 8 and 9.

LEVEL

The numbers along the left side of the chart are the levels of the program, and each refers to the line of numbers beside it under the exercise headings. For example at Level 14 you do Exercise 3 seven times, Exercise 6 fifteen times, and so on.

MINUTES FOR EACH EXERCISE

The allotted time for each exercise is shown here. The exercises numbered 1 to 4 are the warm-up and all four are to be completed within 2 minutes, or about a half minute each. Other examples: Exercise 5 takes 2 minutes, and Exercise 6 takes 1 minute. The total time for each level of ten exercises is 12 minutes. It is important that all the exercises be done within this total time limit. Do not move up to the next level until you can do your present level, without excessive strain or fatigue, in the 12 minutes.

RECOMMENDED NUMBER OF DAYS AT EACH LEVEL

Record in the box provided on each chart page the number of days it is recommended that you spend at each level before progressing to the next. (See instructions for using the plan on page 8-9)

MY PROGRESS

This chart is provided to enable you to keep an accurate record of your progress on the way to your physical fitness goal. Record the dates you started and finished each level. Make a note of how you felt as you did the exercises. To use the bottom chart, select a reasonable aim for yourself in terms of body measurements and record this in MY AIM. Then record your present measurements on the START line. When you have completed the exercise chart, note your latest measurements on the line labelled FINISH. The FINISH line on one chart will be the START line on the next.

Note: Do not expect startling results. Fitness takes time and persistence. Couple your XBX program with a good diet, and your progress will be steady.

Sample Chart

		EXERCISE											
		1	2	3	4	5	6	7	8	9	10	8A	8B
L	24	15	16	12	30	35	38	50	28	20	210	40	36
	23	15	16	12	30	33	36	48	26	18	200	38	34
	22	15	16	12	30	31	34	46	24	18	200	36	32
E	21	13	14	11	26	29	32	44	23	16	190	33	29
	20	13	14	11	26	27	31	42	21	16	175	31	27
	19	13	14	11	26	24	29	40	20	14	160	28	24
V	18	12	12	9	20	22	27	38	18	14	150	25	22
	17	12	12	9	20	19	24	36	16	12	150	22	20
	16	12	12	9	20	16	21	34	14	10	140	19	19
E	15	10	10	7	18	14	18	32	12	10	130	17	15
	14	10	10	7	18	11	15	30	10	8	120	14	13
	13	10	10	7	18	9	12	28	8	8	120	12	12
Minutes for each Exercise		2			2	1	1	2	1	3	1		1

Recommended number of days at each level

MY PROGRESS						
LEVEL	STARTED	FINISHED		COMMENTS		
24						
23						
22						
21						
20						
19						
18						
17						
16						
15						
14						
13						
	DATE	HEIGHT	WEIGHT	WAIST	HIPS	BUST
My Aim						
Start						
Finish						

Your Fitness Goal

As is explained in the instructions for the use of the program on the opposite page, each age group is given a physical fitness goal to attain; that is, a level which they should try to reach.

The goals indicated in this plan are based on the average achievements of girls and women who have participated in it. Your goal, then, is the level of fitness that the average girl or woman of your age reached without undue stress, strain, or fatigue.

With every average, there are individuals who surpass it, and those who fall below it. In terms of the XBX plan and the goals, this means that there will be some women who are capable of progressing beyond the goal indicated, and on the other hand, there will be persons who will never attain this average level.

If you feel able to move further through the charts than your goal, by all means do so. If, on the contrary, you experience great difficulty in approaching this level you should stop at a level which you feel to be within your capability. It is impossible to predict accurately a level for each individual who uses this program. Use the goals as guides, and apply them with common sense.

From time to time as you progress through the levels you may have difficulty with a particular level or exercise. If so, proceed slowly but keep working at it. (These “plateaus” may occur anywhere in the progression.) Generally you will be able to move ahead after a few days at this level. If you cannot, then you have probably arrived at your potential physical fitness level in so far as this particular program is concerned.

Caution

If for any reason you stop doing XBX for more than two weeks because of illness, vacation, or any other cause—DO NOT restart at the level you had attained before stopping. DO drop back several levels or to the next lower chart until you find a level which you can do fairly easily. Physical fitness is lost during long periods of inactivity. This is particularly true if the inactivity were caused by illness.

Instructions for Using the XBX Plan

First select YOUR GOAL for YOUR AGE from the table below. Locate this level in the charts which follow. Mark it in some way—circle it or underline it.

Record the recommended minimum number of days at each level in the box provided on each chart page. For example if you are 28 years of age, your goal is Level 30 on Chart III and you spend AT LEAST 2 days doing each level on Chart I, 3 days at each level on Chart II, and 5 days at each level on Chart III. Do not move faster than the recommended rate.

Recommended Minimum Number
of Days at each Level on

If your age in (years)	Your goal	Chart One	Chart two	Chart Three	Chat Four
7- 8 years	30	1	1	2	x
9-10 years	34	1	1	2	x
11-12 years	38	1	1	2	3
13-14 years	41	1	1	2	3
15-17 years	44	1	1	2	3
18-19 years	40	1	2	3	4
20-25 years	35	1	2	3	x
26-30 years	30	2	3	5	x
31-35 years	26	2	4	6	x
36-40 years	22	4	6	x	x
41-45 years	19	5	7	x	x
46-50 years	16	7	8	x	x
51-55 years	11	8	x	x	x

To Start and Progress

Start at Level 1, which is at the bottom of Chart I. When you can do this level without strain and in 12 minutes move up to Level 2. Continue through the levels and charts in this way until you reach the goal level recommended for your age group, OR until you feel you are exercising at your maximum capacity.

When You Reach Your Goal

Once you have reached your goal you should require only three exercise periods a week to maintain it.

CHART I

		EXERCISE												
		1	2	3	4	5	6	7	8	9	10	8A	8B	
L	12	9	8	10	40	26	20	30	14	14	170	18	20	
	11	9	8	10	40	24	18	28	13	14	160	17	18	
	10	9	8	10	40	22	16	26	12	12	150	16	17	
E	9	7	7	8	36	20	14	24	10	11	140	14	15	
	8	7	7	8	36	18	12	20	9	10	125	13	14	
V	7	7	7	8	36	16	12	18	8	10	115	11	12	
	6	5	5	7	28	14	10	16	7	8	100	10	11	
E	5	5	5	7	28	12	8	14	6	6	90	8	9	
	4	5	5	7	28	10	8	10	5	6	80	7	8	
L	3	3	4	5	24	8	6	8	4	4	70	6	6	
	2	3	4	5	24	6	4	6	3	3	60	5	5	
	1	3	4	5	24	4	4	4	3	2	50	4	3	
Minutes for each Exercise		2				2		1	1	2	1	3	1	1

Recommended number of days at each level

MY PROGRESS

LEVEL	STARTED	FINISHED	COMMENTS			
12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	DATE	HEIGHT	WEIGHT	WAIST	HIPS	BUST
My Aim						
Start						
Finish						

Chart-1

Exercise I—Toe Touching



Start. Stand erect, feet 12 inches apart, arms over head.

Bend forward to touch floor between feet. Do not try to keep knees straight. Return to starting position.

Count. Each return to starting position counts one.

Exercise 2—Knee Raising



Start. Stand erect, hands at sides, feet together.

Raise left knee as high as possible, grasping knee and shin with hands. Pull leg toward body. Keep back straight throughout. Lower foot to floor.

Repeat with right leg. Continue by alternating legs—left then right.

Count. Left and right knee raises count one.

Exercise 3—Lateral Bending



Start. Stand erect, feet 12 inches apart, hands at sides. Keeping back straight, bend sideways from waist to left. Slide left hand down leg as far as possible. Return to starting position and bend to right side. Continue by alternating to left then right.

Count. Bends to the left and right count one.

Exercise 4—Arm Circling



Start. Stand erect, feet 12 inches apart, arms at sides. Make large circles with left arm. Do one quarter of total count with forward circles and one quarter with backward circles. Repeat with right arm.

Count. A full arm circle counts one.

Exercise 5—Partial Sit-ups



Start. Lie on back, legs straight and together, arms at sides. Raise head and shoulders from floor until you can see your heels. Lower head to floor.

Count. Each partial sit-up counts one.

Exercise 6—Chest and Leg Raising



Start. Lie face down, arms along sides, palms pressing against thighs. Raise head, shoulders, and legs as high as possible from floor. Keep legs straight. Lower to floor. Repeat raising head, shoulders, and right leg. Continue by alternating legs, left then right.

Count. Each chest and leg raise counts one.

Exercise 7—Side Leg Raising



Start. Lie on side, legs straight, lower arm stretched over head along floor, top arm used for balance.

Raise upper leg until it is perpendicular to floor or as close to this position as possible. Lower to starting position.

Count. Each leg raise counts one. Do half number of counts raising left leg. Roll to other side and do half number of counts raising right leg.

Exercise 8—Push-ups



Start. Lie face down, legs straight and together, toes turned under, hands directly under shoulders.

Push body off floor in any way possible, keeping hands and knees in contact with floor. Sit back on heels. Lower body to floor.

Count. Each return to starting position counts one.

Exercise 9—Leg Lifting



Start. Lie on back, legs straight and together, arms at sides, palms down. Raise left leg until it is perpendicular to floor, or as close to this position as possible. Lower and repeat with right leg. Continue by alternating legs, left then right.

Count. Left plus right leg lifts count one.

Exercise 10—Run and Hop



Start. Stand erect, feet together, arms at sides. Starting with left leg, run in place raising feet at least four inches from floor. (When running in place lift knees forward, do not merely kick heels backwards.)

Count. Each time left foot touches floor counts one. After each fifty counts do ten hops.

Hops. Hopping is done so that both feet leave floor together. Try to hop at least four inches off floor each time.

Note: In all run-in-place exercises only running steps are counted towards completing exercise repetitions.

CHART II

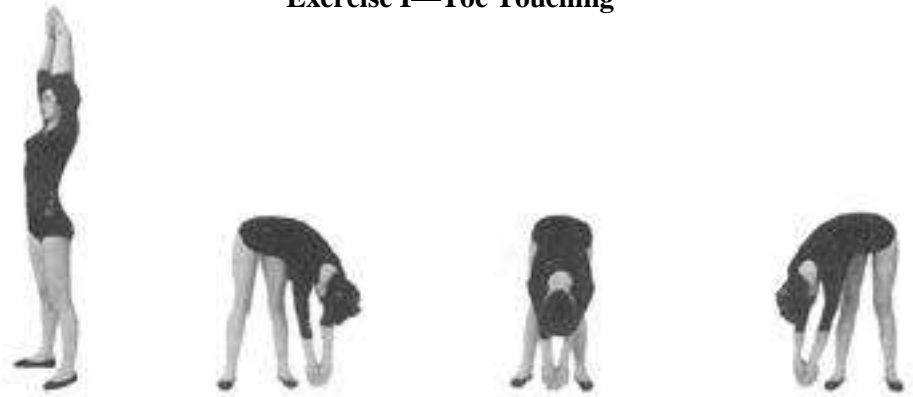
		EXERCISE											
		1	2	3	4	5	6	7	8	9	10	8A	8B
L	36	15	22	18	40	42	40	60	40	20	240	32	38
	35	15	22	18	40	41	39	60	39	20	230	30	36
	34	15	22	18	40	40	38	58	37	19	220	29	34
E	33	13	20	16	36	39	36	58	35	19	210	27	33
	32	13	20	16	36	37	36	56	34	18	200	25	31
V	31	13	20	16	36	35	34	56	32	16	200	24	30
	30	12	18	14	30	33	33	54	30	15	190	23	28
E	29	12	18	14	30	32	31	54	29	14	180	21	26
	28	12	18	14	30	31	30	52	27	12	170	20	25
L	27	10	16	12	24	29	30	52	25	11	160	19	23
	26	10	16	12	24	27	29	50	23	9	150	17	21
	25	10	16	12	24	26	28	48	22	8	140	16	20
Minutes for each Exercise		2				2	1	1	2	1	3	1	1

Recommended number of days at each level

MY PROGRESS						
LEVEL	STARTED	FINISHED		COMMENTS		
36						
35						
34						
33						
32						
31						
30						
29						
28						
27						
26						
25						
	DATE	HEIGHT	WEIGHT	WAIST	HIPS	BUST
My Aim						
Start						
Finish						

Chart – 2

Exercise I—Toe Touching



Start. Stand erect, feet about 12 inches apart, arms over head.
Bend forward to touch floor between feet.
Bob up and down touching floor a second time.
Return to starting position.

Count. Each return to starting position counts one.

Exercise 2—Knee Raising



Start. Stand erect, feet together, arms at sides.
Raise left knee as high as possible, grasping knee and shin with hands.
Pull leg against body. Keep back straight throughout. Lower foot to floor.

Repeat with right leg. Continue by alternating legs—left then right.

Count. Left and right knee raises count one.

Exercise 3—Lateral Bending



Start. Stand erect, feet 12 inches apart, right arm extended over head, bent at elbow.

Keeping back straight, bend sideways from waist to left.

Slide left hand down leg as far as possible. Bob up a few inches and press side-wards and down again.

Return to starting position and change arm positions. Repeat to right. Continue by alternating to left then right.

Count. Bends to left and right count one.

Exercise 4—Arm Circling



Start. Stand erect, feet 12 inches apart, arms at sides. Make large circles with left arm. Do one quarter of total count with forward circles and one quarter with backward circles. Repeat with right arm.

Count. A full arm circle counts one.

Exercise 5—Rocking Sit-ups



Start. Lie on back, knees bent, feet on floor, arms extended over head. Swing arms forward and at same time thrust feet forward and move to sitting position. Reach forward, trying to touch toes with fingers. Return to starting position.

Count. Each return to starting position counts one.

Exercise 6—Chest and Leg Raising



Start. Lie face down, arms along sides, palms pressing against thighs. Raise head, shoulders, and legs as high as possible from floor. Keep legs straight. Return to starting position.

Count. Each return to starting position counts one.

Exercise 7—Side Leg Raising



Start. Lie on side, legs straight, lower arm stretched over head along floor, top arm used for balance.

Raise upper leg until it is perpendicular to floor or as close to this position as possible. Lower to starting position.

Count. Each leg raise counts one. Do half number of counts raising left leg. Roll to other side and do half number of counts raising right leg.

Exercise 8—Knee Push-ups



Start. Lie face down, legs straight and together, hands directly under shoulders.

Push body off floor until arms are straightened. Keep hands and knees in contact with floor. Try to keep body in straight line.

Count. Each return to starting position counts one.

Exercise 9—Leg-overs



Start. Lie on back, legs straight and together, arms stretched sideways at shoulder level.

Raise left leg to perpendicular. Drop it across body, and try to touch right hand with toes. Raise leg to perpendicular and return to starting position. Repeat same movements with right leg. Keep body and legs straight throughout, and shoulders on floor.

Count. Each return to starting position counts one.

Exercise 10—Run and Stride Jumping



Start. Stand erect, feet together, arms at sides. Starting with left leg run in place raising feet at least four inches from floor.

Count. Each time left foot touches floor counts one.

After each fifty runs do ten stride jumps.

Stride Jump. Stride jump starts with feet together, arms at sides. Jump so that feet are about 18 inches apart when you land. At the same time as you jump, raise arms sideways to shoulder height. Jump again so that feet are together and arms are at sides when you land.

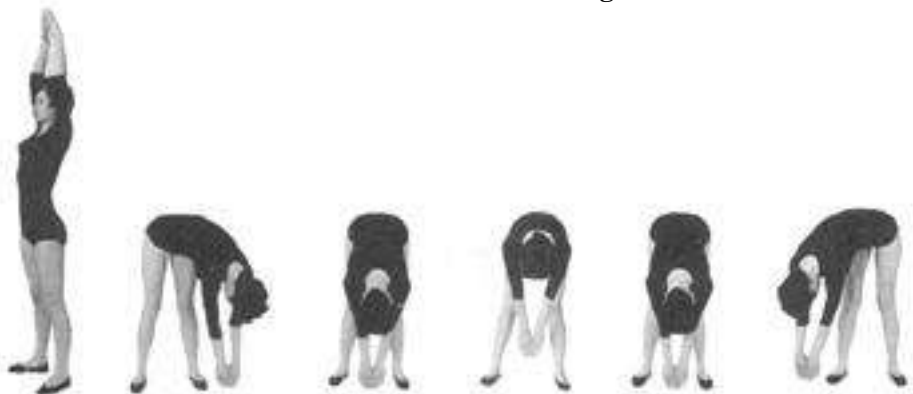
CHART IV												
EXERCISE												
		1	2	3	4	5	6	7	8	9	10	
L	48	15	26	15	32	48	46	58	30	16	230	
	47	15	26	15	32	45	45	56	27	15	220	
E	46	15	26	15	32	44	44	54	24	14	210	
	45	13	24	14	30	42	43	52	21	13	200	
V	44	13	24	14	30	40	42	50	19	13	190	
	43	13	24	14	30	38	40	48	16	12	175	
E	42	12	22	12	28	35	39	46	13	10	160	
	41	12	22	12	28	32	38	44	11	9	150	
L	40	12	22	12	28	30	38	40	9	8	140	
	39	10	20	10	26	29	36	38	8	7	130	
	38	10	20	10	26	27	35	36	7	6	115	
	37	10	20	10	26	25	34	34	6	5	100	
Minutes for each Exercise		2				2		1	1	2	1	3

Recommended number of days at each level

MY PROGRESS						
LEVEL	STARTED	FINISHED		COMMENTS		
48						
47						
46						
45						
44						
43						
42						
41						
40						
39						
38						
37						
	DATE	HEIGHT	WEIGHT	WAIST	HIPS	BUST
My Aim						
Start						
Finish						

Chart 3

Exercise I—Toe Touching



Start. Stand erect, feet about 16 inches apart, arms over head.

Bend down to touch floor outside left foot. Bob up and down to touch floor between feet. Bob again touching floor between feet once more. Bob and bend to touch floor outside right foot.

Return to starting position.

Count. Each return to starting position counts one.

Exercise 2—Knee Raising



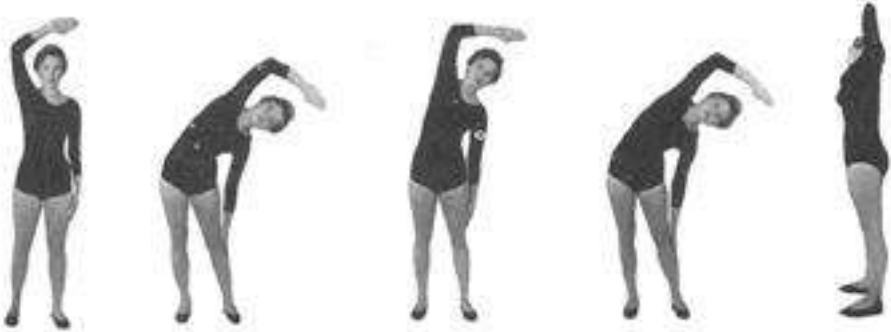
Start. Stand erect, feet together, arms at sides.

Raise left knee as high as possible, grasping knee and shin with hands. Pull leg against body. Keep back straight throughout. Lower foot to floor.

Repeat with right leg. Continue by alternating legs—left then right.

Count. Left and right knee raises count one.

Exercise 3—Lateral Bending



Start. Stand erect, feet 12 inches apart, right arm extended over head, bent at elbow.

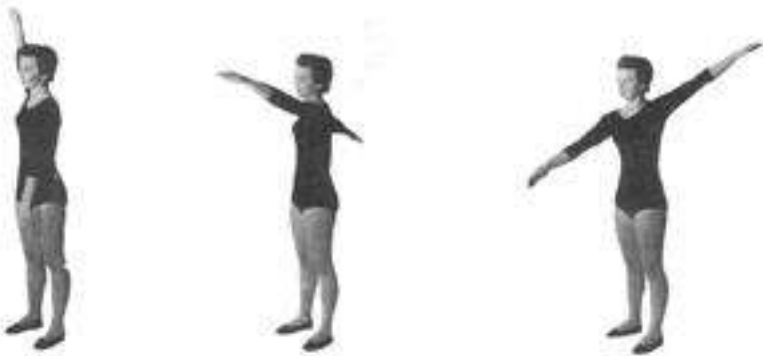
Keeping back straight, bend sideways from waist to left.

Slide left hand down leg as far as possible, at same time press to left with right arm. Bob up a few inches and press to left again.

Return to starting position and change arm positions. Repeat to right. Continue by alternating to left then right.

Count. Bends to left and right count one.

Exercise 4—Arm Circling



Start. Stand erect, feet 12 inches apart, arms at sides.

Make large circles with arms in a windmill action—one arm following other and both moving at same time. Do half number of repetitions making backward circles and half making forward circles.

Count. Each full circle by both arms counts one.

Exercise 5—Sit-ups



Start. Lie on back, legs straight and together, arms along sides. Keeping back as straight as possible, move to a sitting position. Slide hands along legs during this movement finally reaching forward to try to touch toes with fingers. Return to starting position.

Count. Each return to starting position counts one.

Exercise 6—Chest and Leg Raising



Start. Lie face down, legs straight and together, hands behind head. Raise entire upper body and both legs from floor as high as possible. Keep legs straight. Return to starting position.

Count. Each return to starting position counts one.

Exercise 7—Side Leg Raising



Start. Lie on side, legs straight, lower arm stretched over head along floor, top arm used for balance. Raise upper leg until it is perpendicular to floor. Lower to starting position.

Count. Each leg raise counts one. Do half number of counts raising left leg. Roll to other side and do half number of counts raising right leg.

Exercise 8—Elbow Push-ups



Start. Lie face down, legs straight and together, elbows directly under shoulders, forearms along floor, and hands clasped together.

Raise body from floor by straightening it from head to heels.

In the up position, body is in a straight line and elbows, fore-arms, and toes are in contact with floor. Lower to starting position. Keep head up throughout.

Count. Each return to starting position counts one.

Exercise 9—Leg-overs -Tuck



Start. Lie on back, legs straight and together, arms stretched side-wards at shoulder level, palms down.

Raise both legs from floor, bending at hips and knees until in a tuck position. Lower legs to left, keeping knees together and both shoulders on floor. Raise legs and lower to floor on right side. Raise until perpendicular to floor and return to starting position. Keep knees close to abdomen throughout.

Count. Each return to starting position counts one.

Exercise 10—Run and Half Knee Bends



Start. Stand erect, feet together, arms at sides.

Starting with left leg, run in place raising feet at least six inches from floor.

Count. Each time left foot touches floor counts one. After each fifty counts do ten half knee bends.

Half Knee bends. Half knee bends start with hands on hips, feet together, body erect. Bend at knees and hips, lowering body until thigh and calf form an angle of about 110 degrees. Do not bend knees past a right angle. Keep back straight. Return to starting position.

CHART-4

		EXERCISE									
		1	2	3	4	5	6	7	8	9	10
L	48	15	26	15	32	48	46	58	30	16	230
	47	15	26	15	32	45	45	56	27	15	220
	46	15	26	15	32	44	44	54	24	14	210
E	45	13	24	14	30	42	43	52	21	13	200
	44	13	24	14	30	40	42	50	19	13	190
V	43	13	24	14	30	38	40	48	16	12	175
	42	12	22	12	28	35	39	46	13	10	160
E	41	12	22	12	28	32	38	44	11	9	150
	40	12	22	12	28	30	38	40	9	8	140
L	39	10	20	10	26	29	36	38	8	7	130
	38	10	20	10	26	27	35	36	7	6	115
	37	10	20	10	26	25	34	34	6	5	100
Minutes for each Exercise		2				2	1	1	2	1	3

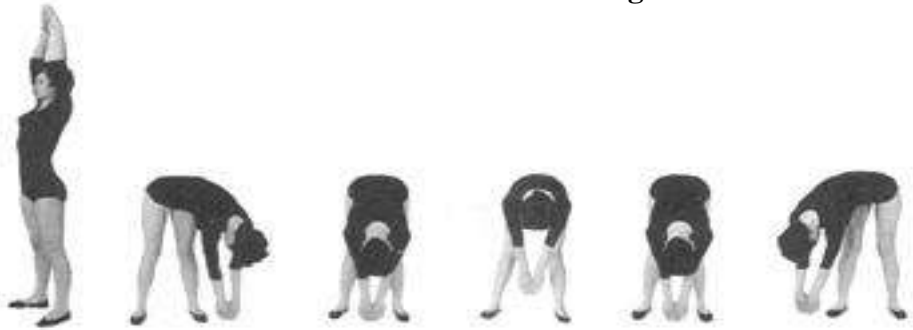
Recommended number of days at each level

MY PROGRESS

LEVEL	STARTED	FINISHED	COMMENTS			
48						
47						
46						
45						
44						
43						
42						
41						
40						
39						
38						
37						
	DATE	HEIGHT	WEIGHT	WAIST	HIPS	BUST
My Aim						
Start						
Finish						

Chart 4

Exercise I—Toe Touching



Start. Stand erect, feet about 16 inches apart, arms over head.

Bend down to touch floor outside left foot. Bob up and down to touch floor between feet. Bob again touching floor between feet once more. Bob and bend to touch floor outside right foot.

Return to starting position.

Count. Each return to starting position counts one.

Exercise 2—Knee Raising



Start. Stand erect, feet together, arms at sides.

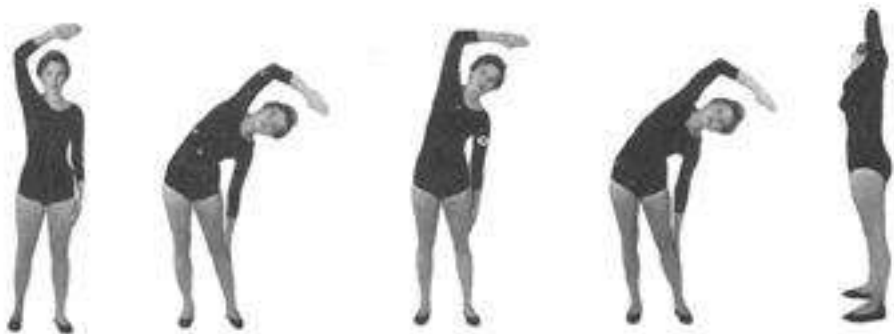
Raise left knee as high as possible, grasping knee and shin with hands. Pull leg against body. Keep back straight throughout.

Lower foot to floor.

Repeat with right leg. Continue by alternating legs—left then right.

Count. Left and right knee raises count one.

Exercise 3—Lateral Bending



Start. Stand erect, feet 12 inches apart, right arm extended over head, bent at elbow.

Keeping back straight, bend sideways from waist to left. Slide left hand down leg as far as possible, at same time press to left with right arm. Bob up a few inches and press to left again.

Return to starting position and change arm positions.

Repeat to right.

Continue by alternating to left then right.

Count. Bends to left and right count one.

Exercise 4—Arm Flinging



Start. Stand erect, feet 12 inches apart, upper arms extended side-wards at shoulder level, elbows bent, outstretched fingers touching in front of chest.

Press elbows backward and upward. Do not let elbows drop.

Return arms to starting position and then fling hands and arms outward, backward, and upward as far as possible.

Return to starting position.

Count. Count one after each arm fling.

Exercise 5—Sit-ups



Start. Lie on back, legs straight and together, hands behind head.

Move to sitting position. Keep feet on floor (support may be used if necessary) and back straight. Lower body to starting position.

Count. Each return to starting position counts one.

Exercise 6—Chest and Leg Raising



Start. Lie face down, legs straight and together, hands behind head.

Raise entire upper body and both legs from floor as high as possible. Keep legs straight. Return to starting position.

Count. Each return to starting position counts one.

Exercise 7—Side Leg Raising



Start. With right side to floor, support weight on right hand (arm straight) and side of right foot, using left hand for assistance in balance if necessary.

Raise left leg until it is parallel with floor. Lower leg to starting position.

Count. Each leg raise counts one. Do half number of counts raising left leg. Change to other side and do half number of counts raising right leg.

Exercise 8—Push-ups



Start. Lie face down, legs straight and together, toes turned under, hands directly under shoulders.

Push up from hands and toes until arms are fully extended.

Keep body and legs in a straight line. Return to touch chest to floor and repeat.

Count. Each time chest touches floor counts one.

Exercise 9—Leg-overs—Straight



Start. Lie on back, legs straight and together, arms stretched side-wards at shoulder level, palms down.

Raise both legs until they are perpendicular to floor, keeping them straight and together. Lower legs to left, trying to touch left hand with toes. Raise to perpendicular and lower to right side. Raise again to perpendicular and return to starting position.

Count. Each return to starting position counts one.

Exercise 10—Run and Semi-Squat Jumps



Start. Stand erect, feet together, arms at sides.

Starting with left leg, run in place raising feet at least six inches from floor.

Count. Each time left foot touches floor counts one.

After each fifty counts do ten semi-squat jumps.

Semi Squat Jumps. Drop to a half crouch position with hands on knees and arms straight. Keep back as straight as possible, one foot slightly ahead of the other. Jump to upright position with body straight and feet leaving floor. Reverse position of feet before landing, return to half crouch, and repeat.

Supplementary Exercises

On this page and the following two pages the supplementary exercise for feet, ankles, and posture are illustrated and described. If you wish to do these exercises they are to be included in your regular program between Exercises 8 and 9 and are numbered 8A and 8B.

Chart- I

Supplementary Exercise 8A — Feet and Ankles



Start. Sit on floor, legs straight and about six inches apart, hands behind body for support, feet relaxed.
Press toes away from body as far as possible. Bring toes towards body hooking feet as much as possible. Relax feet.

Count. Each return to relaxed state counts one.

Supplementary Exercise 8B — Posture



Start. Sit on floor, knees bent, feet on floor, hands clasped about knees, head bent forward, and body relaxed.
Straighten body and lift head to look directly ahead. Pull in muscles of abdomen. Relax to starting position.

Count. Each return to starting position counts one.

Chart II

Supplementary Exercise 8A — Feet and Ankles



Start. Sit on floor, legs straight and heels about 14 inches apart, hands behind body for support, feet relaxed.

Move feet so that toes make large circular movements. Press out and around and in and towards the body. Do half number of counts moving toes in one direction, then reverse for remainder of counts.

Count. Each time toes describe a full circle counts one.

Supplementary Exercise 8B — Posture



Start. Lie on back, knees bent, feet on floor, arms slightly to side. Relax muscles of trunk.

Press lower part of back to floor by tightening muscles of abdomen and back. Relax to starting position.

Count. Each return to starting position counts one.

Chart- III

Supplementary Exercise 8A — Feet and Ankles



Start. Stand erect, arms at sides, feet about 12 inches apart.

First raise up onto toes, then lower until feet are flat on floor.

Next roll outward on sides of feet, then roll feet so that outside edge of foot is off floor. Return to starting position.

Count. Each return to starting position counts one.

Supplementary Exercise 8B — Posture



Start. Lie on back, legs straight and together, arms slightly to side. Relax muscles of trunk.

Press lower part of back to floor by tightening muscles of abdomen and back. Relax to starting position.

Count. Each return to starting position counts one.