

FIT FOR FIFTY

5BX Chart II

Age Groups

8yrs level D- : 9yrs level C- : 10yrs level B- : 11yrs level A- : 45-49yrs level A+ : 50-60yrs level C+

5BX Chart Two Level A							
Level	CHART 2 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
A+	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A-	28	20	29	18	470	9	32
Minutes in each	2	1	1	1	6		



Exercise 1

1. Feet astride, arms upward. Touch floor and press (bounce) once then stretch upward and backward bend. Do not strain to keep knees straight.

5BX Chart Two Level B							
Level	CHART 2 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
B+	26	18	27	17	455	9.5	33
B	24	17	25	16	455	9.5	33
B-	22	16	23	15	440	9.5	33
Minutes in each	2	1	1	1	6		



Exercise 2

2. Back lying, feet 6" apart, arms at sides. Sit up to vertical position, keep feet on floor even if it is necessary to hook them under a chair. Allow knees to bend slightly.

5BX Chart Two Level C							
Level	CHART 2 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
C+	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C-	18	13	17	12	395	10	34
Minutes in each exercise	2	1	1	1	6		



Exercise 3

3. Front lying, palms placed under the thighs. Raise head, shoulders and both legs. Keep legs straight, both thighs must clear the palms.

5BX Chart Two Level D

Level	CHART 2 EXERCISES					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
D+	16	12	15	11	380	10.5	35
D	15	11	14	10	360	10.5	35
D-	14	10	13	9	335	10.5	35
Minutes in each exercise	2	1	1	1	6		



Exercise 5

5. Stationary run - (count a step each time left foot touches floor. Lift feet approximately 4 inches off floor). Every 75 steps do 10 "astride jumps". Repeat this sequence until required number of steps is completed. Astride jumps - feet together, arms at side. Jump and land with feet astride and arms raised sideways to slightly above shoulder height. Return with a jump to the starting position for count of one. Keep arms straight.