



XBX Plan for Physical Fitness (Plans for Physical Fitness Book 2)

Royal Canadian Air Force

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It was a fitness revolution often imitated but seldom duplicated.

It takes little time, requires no equipment, and can help anyone build and maintain physical fitness.

This exercise program was designed by the Royal Canadian Air Force during the 1950s and is now in the public domain. Its concepts made it popular and its simplicity made it accessible. This document and its principles formed a foundation many of today's modern programs built upon.

A similar exercise program for boys and men was published under the title "5BX Plan for Physical Fitness".

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