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### **5bx - wikipedia, the free encyclopedia**

The 5BX (Five Basic Exercises) Plan is an exercise program developed for the Royal Canadian Air Force (RCAF) by Bill Orban in the late 1950s, first published in 1961.

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Apr 11, 2014 Physical Fitness: 5BX 11 Minutes-a-day Plan For Men, XBX 12 Minutes-a-day Plan For Women: Two Series of Exercises Developed by the Royal Canadian Air Force

**Exercise programs 5bx and xbx - unto the one**

(5BX) fitness plan was developed for the R.C.A.F (The Royal Canada Air Force) One day's exercise should be completed in a total of eleven minutes,

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Royal Canadian Air Force Royal Canadian Air Force Exercise Plans for Physical Fitness. Royal Canadian Air Force XBX 12 minute a day plan for women; 5BX 11

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