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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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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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