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5bx exercises - worth another look? - internal - 5BX Plan for Physical Fitness Royal Canadian Air Force to the rescue! (men) and here: xbx-plan (the women s program was known as xbs)

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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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