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XBX 12-Minute-a-day Plan For Women By Royal
Canadian Air Force**

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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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(Royal Canadian Air Force) XBX Exercise Plan For has been published under the title 5BX Plan for Physical Fitness XBX takes only 12 minutes a day.

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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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