

Physical Fitness: 5BX 11-Minute-a-day Plan For Men. XBX 12-Minute-a-day Plan For Women By Royal Canadian Air Force

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the 11- minute raf workout | health | life & style - This was the dilemma affecting members of the Royal Canadian Air Force and best of all took only 11 minutes a day. The 5BX handbook, Physical Fitness,

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