

30 minute activity challenge

"TRY YOUR BEST, BUT
DON'T PUSH YOURSELF
- YOU'LL SOON
SEE THE BENEFITS!"

WEIGHT LOSS

Recommended by Ian Bonsall,
Fitness Manager at Malvern Splash

Don't forget to go online
to complete your 30 Minute
Activity Challenge.

www.30min-challenge.com

everyone
ACTIVE

Feel better for it

30
mins
5
days a
week

Calorie carve-up

treadmill

Warm up to a sprint 3% incline

CALORIES 100-120KCAL
DURATION 3 MINS + 5 MINS
LEVEL YOUR SPEED + 0.5KM

cycle

Fat burner plus!

CALORIES 50-70KCAL
DURATION 5 MINS
LEVEL 95RPM+

rower

Splits 2:05max

CALORIES 50-70KCAL
DURATION 1500M
LEVEL FLAT OUT!

stepper

Fat burner plus!

CALORIES 50-70KCAL
DURATION 5 MINS
LEVEL FLAT OUT!

chest press

2 secs out 4 secs back

DURATION 8-12 REPS
LEVEL HEAVY!

lat pulldown

2 secs out 4 secs back

DURATION 8-12 REPS
LEVEL HEAVY!

shoulder press

DURATION 8-12 REPS
LEVEL HEAVY!

seated row

DURATION 8-12 REPS
LEVEL HEAVY!

leg extension

DURATION 8-12 REPS
LEVEL HEAVY!

leg curl

DURATION 8-12 REPS
LEVEL HEAVY!

ball crunches

See balance exercise
(see chart)

DURATION 8-12 REPS
LEVEL 3 SETS



Get great offers online
at www.everyoneactive.com

everyone
ACTIVE

You'll feel better for it

30
mins
5
days a
week

Fat blaster

treadmill

30 min run, interval programme.
Think light & easy

CALORIES 300-450KCAL

stepper or x-trainer

Hill or random - stride it out, use all your energy to
reach your goal

DURATION 10 MINS
LEVEL YOUR CHOICE

circuit

Press ups As little rest as possible
between these exercises

DURATION 1 MIN ON EACH

dips

As little rest as possible
between these exercises

DURATION 1 MIN ON EACH

Step ups: Keep good technique

DURATION 1 MIN ON EACH

Seated Row

DURATION 1 MIN ON EACH

Squats: Full squats with barbell

DURATION 1 MIN ON EACH

Ball crunches:
Lie on ball arms extended above head

DURATION 1 MIN
LEVEL SLOWLY!

REPEAT CIRCUIT



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