

# 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](http://www.30min-challenge.com)

everyone  
ACTIVE

Feel better for it

**30**  
mins **5**  
days a  
week

# Have your cake and burn it

X - Trainer	You choose the programme	75 kcals	60%-70% max hr
Row	Focus on great technique with every stroke	75 kcals	60%-70% max hr
Treadmill	You choose the programme	50 kcals	60%-70% max hr
Bike	You choose the programme	50 kcals	60%-70% max hr

250 calories. When it's done, you're done!

**POLAR**  
SPORTS & LEISURE

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at [www.everyoneactive.com](http://www.everyoneactive.com)

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# Weight off!

## warm-up

Rower or X-trainer

CALORIES 20-30KCAL

DURATION 3-5 MINS

LEVEL STEADY

## seated row

Heavy as you can manage

DURATION 8-12 REPS

LEVEL 1 SET

## chest press

Heavy as you can manage

DURATION 8-12 REPS

LEVEL 1 SET

## lat pulldown

Heavy as you can manage

DURATION 8-12 REPS

LEVEL 1 SET

## press-ups

As many as you can full, then finish with box press-ups

DURATION 8-12 REPS

LEVEL 1 SET

## dips

As many as you can manage on a bench

DURATION 8-12 REPS

LEVEL 1 SET

## bicep curls

Heavy as you can manage

DURATION 8-12 REPS

LEVEL 1 SET

## ab crunches

Please ask a fitness motivator

DURATION 8-12 REPS

LEVEL 1 SET

## bike

Random or hill programme

CALORIES 60-80KCAL

DURATION 10 MINS

LEVEL YOUR CHOICE

## cool down

On bike, gradually slow down

DURATION 3 MINS

LEVEL EASY

## stretch out

All muscle groups from chart!

DURATION 15-25 SECS HOLD



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