

30
mins
5
days a
week

Nice & easy

step ups

Step up & down on bench

HEART RATE 55%-60%HR MAX
DURATION 3-5 MINS
LEVEL NICE & EASY

x-trainer

Manual programme

HEART RATE 55%-60%HR MAX
DURATION 3-6 MINS
LEVEL NICE & EASY

chest press

Chest up, shoulders back.
Keep breathing

DURATION 12-15 TIMES
HEART RATE 55%-60%HR MAX
LEVEL NICE & EASY

treadmill

Walk in the park

HEART RATE 55%-60%HR MAX
DURATION 8 MINS
LEVEL NICE & EASY

lat pulldown

Head up, shoulders relaxed
tummy in, bar to top of chest

DURATION 12-15 TIMES
HEART RATE 55%-60%HR MAX
LEVEL NICE & EASY

seated row

Chest up, shoulders back tummy
in, squeeze shoulder blades
together

DURATION 12-15 TIMES
HEART RATE 55%-60%HR MAX
LEVEL NICE & EASY

shoulder press

Head straight, tummy in
& keep breathing

LEVEL NICE & EASY
HEART RATE 55%-60%HR MAX

hands to knees

Lie on back, knees bent,
head back. Engage tummy
muscles, crunch up slowly
glide hands up thighs,
keep breathing

DURATION 12-15 TIMES
HEART RATE 55%-60%HR MAX
LEVEL NICE & EASY

The logo for 'everyone ACTIVE' features the word 'everyone' in a lowercase, sans-serif font. A red dot is positioned above the 'o' in 'one', with a curved line connecting it to the top of the 'e' in 'one'. Below 'everyone' is the word 'ACTIVE' in a bold, uppercase, sans-serif font.

You'll feel better for it



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30
mins
5
days a
week

Kick start your workout

bike

Manual programme

HEART RATE 55%-60%HR MAX
DURATION 6-8 MINS
LEVEL 60-70RPM

rowing

Steady pace - keep back flat
& tummy tight

HEART RATE 55%-60%HR MAX
DURATION 3-5 MINS

treadmill

Brisk walk, no holding on!

HEART RATE 55%-60%HR MAX
DURATION 6-10 MINS
LEVEL YOUR SPEED

box press-ups

Press-up position
- knees on floor

HEART RATE 55%-60%HR MAX
DURATION 8-10 TIMES
LEVEL SLOW

bench dips

Sit on a bench, feet on
floor hands behind bottom,
lower down until elbows
at 45degrees then extend
arms back up

HEART RATE 55%-60%HR MAX
DURATION AS MANY AS
POSSIBLE

floor crunches

Lie on back, knees bent,
back neutral hands across chest.
Squeeze up & keep breathing,
then slowly lower

DURATION 8-10 TIMES
LEVEL 2 SECS UP 4 DOWN

shoulder press

Machine press

DURATION 8-10 TIMES
LEVEL 2 SECS UP 4 DOWN

lat pulldown

Machine pulldown

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30
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Ease into exercise

x-trainer

Manual - set your own pace

HEART RATE 55%-60%HR MAX
DURATION 5 MINS
LEVEL CONSTANT PACE

bike

Manual - set your own pace

HEART RATE 55%-60%HR MAX
DURATION 5 MINS
LEVEL CONSTANT PACE

rower

Steady pace - keep back flat
& tummy tight

HEART RATE 55%-60%HR MAX
DURATION 5 MINS

chest press

Machine

DURATION 10-15 REPS
SETS X 1

seated row

Machine

DURATION 10-15 REPS
SETS X 1

1/2 squat

No weights, back flat,
tummy tight feet shoulder width,
head up

DURATION 10-15 TIMES
LEVEL SLOW, HOLD
AT BOTTOM

oblique crunches

Lie on back, knees bent,
back neutral hands reaching
for knees, squeeze up reach for
one side & lower, then other

DURATION 8-10 TIMES
THEN REPEAT
LEVEL SLOW, KEEP
BREATHING

lower back raises

Lie on front, hands under chin,
feet on floor, gently lift head
& shoulders, and lower.
Keep tummy tight throughout

DURATION 8-10 TIMES
THEN REPEAT
LEVEL SLOW, KEEP
BREATHING

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Gently does it!

recumbent bike

Random programme

HEART RATE 55%-60%HR MAX

DURATION 8-10 MINS

LEVEL YOUR PACE

x-trainer or stepper

Blast

HEART RATE 55%-60%HR MAX

DURATION 3-5 MINS

LEVEL FAST AS YOU CAN

treadmill

Stride it out

HEART RATE 55%-60%HR MAX

DURATION 6-8 MINS

LEVEL BRISK

stretch it out

All over stretch (see charts)

DURATION 5-10 MINS

LEVEL BE GENTLE & DON'T BOUNCE

core board

Challenge your balance!

DURATION 1-2 MINS

LEVEL NOT TOO WOBBLY!

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Keep it simple

knee raises

Lift knee to opposite elbow

HEART RATE 55%-69%HR MAX

DURATION 20 TIMES EACH

step ups

On & off a bench raise arms up in front

HEART RATE 55%-69%HR MAX

DURATION 2-3 MINS

LEVEL STEADY PACE

recumbent bike

Hill programme

HEART RATE 55%-69%HR MAX

DURATION 3-5 MINS

LEVEL YOUR CHOICE

treadmill

Gently increase speed

HEART RATE 55%-69%HR MAX

DURATION 10 MINS

stretch it out

All over stretch (see chart)

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30
mins

5

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Bright & breezy

rower

Start steady for 5 mins then
1min blast! 1 min cool down

HEART RATE 55%-60%HR MAX

DURATION 7 MINUTES

skipping or jogging

Skip for 3 mins rest for 1
& repeat

HEART RATE 55%-60%HR MAX

DURATION 7 MINS

or jog for 3 mins walk for 2
& repeat

HEART RATE 55%-60%HR MAX

DURATION 8 MINS

wall squats

Back flat against wall, sit down
on an invisible chair & hold for
as long as possible

full press-ups

Do as many press-ups as
possible then change to box
press-ups

HEART RATE 55%-60%HR

MAX DURATION TARGET 15

bicep curls

Barbell curls - standing

DURATION 8-10 REPS

HEART RATE 55%-60%HR MAX

DURATION 2 SECS UP 4 DOWN

bench dips

Sit on a bench, feet on
floor hands behind bottom,
lower down until elbows at
45° then extend arms back up

DURATION 8-10 REPS

HEART RATE 55%-60%HR MAX

DURATION 2 SECS UP 4 DOWN

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30
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Walk it out!

treadmill

Walk 5mins, jog 1 min,
walk 5min incline

HEART RATE 55%-60%HR MAX
DURATION 11 MINS

x-trainer

Hill programme

HEART RATE 55%-60%HR MAX
DURATION 9-10 MINS
LEVEL YOUR CHOICE

seated row

DURATION 8-10 TIMES
HEART RATE 55%-60%HR MAX
LEVEL 2 SECS UP 4 DOWN

lat pulldown

DURATION 8-10 TIMES
LEVEL 2 SECS UP 4 DOWN

chest press

DURATION 8-10 TIMES
LEVEL 2 SECS UP 4 DOWN

press-ups

Box or full - your choice

DURATION 10-12 TIMES
HEART RATE 55%-60%HR MAX
LEVEL 2 SECS UP 4 DOWN

leg press or 1/2 squat

1/2 squat using light
hand weights

DURATION 8-10 TIMES
HEART RATE 55%-60%HR MAX
LEVEL 2 SECS UP 4 DOWN

ab crunches

Please ask a fitness motivator
for assistance

DURATION 8-10 TIMES
HEART RATE 55%-60%HR MAX
LEVEL 2 SECS UP 4 DOWN

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30
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Just do it!

rowing

Warm up with gentle row

HEART RATE 55%-60%HR MAX

DURATION 3-5 MINS

LEVEL YOUR CHOICE

rowing

Find a comfortable pace
& keep going!

HEART RATE 55%-60%HR MAX

DURATION 1000M

LEVEL YOUR CHOICE

x-trainer

Manual - vary pace every
other minute

HEART RATE 55%-60%HR MAX

DURATION 8-10 MINS

LEVEL YOUR CHOICE

balance

Choose 3 red exercises from balance cards for
abdominals

DURATION 8-12 TIMES PER EXERCISE

HEART RATE 55%-60%HR MAX

LEVEL SLOW

skipping

Back to school!

DURATION 3 MINS SKIPPING!

HEART RATE 55%-60%HR MAX

punch

Try a round with a punch bag!

DURATION 2-3 MINS

HEART RATE 55%-

60%HR MAX

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30
mins
5
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Fit for life!

bike

Ride to work - include the hills!

HEART RATE 55%-60%HR MAX
DURATION 1-2KMS
LEVEL YOUR CHOICE

walk

Walk the dog/jog if you feel energetic

HEART RATE 55%-60%HR MAX
DURATION 2-3KMS
LEVEL YOUR CHOICE

rowing

Row in the park - comfortable pace for as long as you can still talk comfortably!

HEART RATE 55%-60%HR MAX
DURATION 8-12 MINS
LEVEL YOUR CHOICE

stretch it out!

Use the wall chart for an over body stretch

DURATION HOLD FOR 15-25 SECS EACH
HEART RATE 55%-60%HR MAX

static lunges

Step into lunge lunge position (please ask a fitness motivator), lower until knee at 45°, knee following toe line - head up!

DURATION 8-10 EACH SIDE
HEART RATE 55%-60%HR MAX
LEVEL SLOWLY

ball balance

Sit on a swiss ball, head up engage core muscles, balance - then lift one foot up, then the other

DURATION REPEAT 5-10 TIMES
HEART RATE 55%-60%HR MAX

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30
mins

5

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week

Relax & unwind

warm-up

Bike, row or walk,
or cross trainer

DURATION 3-5 MINS
HEART RATE 55%-60%HR MAX
LEVEL LIGHT & EASY

stretch it out

Stretch every muscle in
the body by following the
stretch chart. Gently ease
into stretches

DURATION HOLD FOR
10-15 SECS
HEART RATE 55%-60%HR MAX

cycle

Steady state cycle

DURATION 3-5 MINS
LEVEL LIGHT & EASY

ball balance

Sit on a swiss ball, head up,
engage core muscles balance -
then lift one foot up & lower,
then the other foot

DURATION REPEAT 5-10 TIMES
HEART RATE 55%-60%HR MAX
LEVEL STAY FOCUSED

superman

On hands & knees, engage core
muscles & hold one leg straight
out behind, lift opposite &
lengthen the body, keep
breathing. Change sides

DURATION HOLD FOR 5-8 SECS
HEART RATE 55%-60%HR MAX
LEVEL REPEAT X2

lower back raises

Lie on front, hands under chin,
feet on floor, gently lift head &
shoulders, hold then lower.
Keep tummy tight throughout

DURATION 8-10 TIMES
THEN REPEAT
HEART RATE 55%-60%HR MAX
LEVEL SLOW, KEEP
BREATHING

walk

3-5 mins cool down
HEART RATE 55%-60%HR MAX

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