

30 minute activity challenge

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

FIT FOR SPORTS

Recommended by Michelle Bletso,
Group Exercise Manager

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

www.30min-challenge.com

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Feel better for it

30
mins
5
days a
week

Up and running

Activity	Heart Rate zone %	Description	Duration	Level
Treadmill	75-85%	Run	10 Mins	Your speed
Stepper	75-85%	Hard & fast as possible	5 Mins	Fast as can
Treadmill	75-85%	Run	10 Mins	Your speed
Stepper	75-85%	Hard & fast as possible	5 Mins	Fast as can



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Army fitness test

Activity	Description	Duration	Level
Treadmill secs	As fast as you can	2.4km	Complete in under 10mins 30
Press Ups	All the way down, all the way up	45 reps	Complete in less than 2 minutes
Abdominal Curls	Keep your lower back on the floor, knees bent	55 reps	Complete in less than 2 minutes



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