

30 minute activity challenge

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

LOSE THE BINGO WINGS



Recommended by Colin Plummer,
FM & Trainee Physio Kerry (Mid Suffolk)

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

Push and pull

Activity	Duration
Barbell Deadlift	1 set 12-15 reps
Press Up To Dumbell Row	45 secs each side As many as possible
Lat Pulldown	2 sets 6-8 reps
Standing Cable Flye	2 sets 6-8 reps
Pullover On Ball	2 sets 6-8 reps
Overhead Press on Ball	2 sets 6-8 reps
Wide Grip Pull Ups	2 sets 6-8 reps
Standing Cable Chest Press	2 set 6-8 reps
Barbell Bent Over Row	2 set 6-8 reps

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30
mins

5
days a
week

Strong as an ox!!!

squat

Barbell/Rack/Smith

NO.S 8 - 12 REPS

SETS NO REST

rear shoulder

Dumbbell/cable

NO.S 8 - 12 REPS

SETS NO REST

ab curl

Swiss ball & Twist & Plank

NO.S MAX FAILURE

SETS NO REST

chest press

Dumbbell

NO.S 8 - 12 REPS

SETS NO REST

bicep curl

Dumbbell

NO.S 8 - 12 REPS

SETS NO REST

back ext

Swiss ball

NO.S MAX FAILURE

SETS NO REST

seated row

Barbell bent over/cable

NO.S 8 - 12 REPS

SETS NO REST

tricep ext

Dumbbell/barbell

NO.S 8 - 12 REPS

SETS NO REST



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