

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

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Feel better for it

30
mins

5

days a
week

Toned triceps

	Description	Duration
Tricep	pushdowns on cable, keep elbows by sides	1x10
reverse grip	pushdowns on cable, keep elbows by sides	1x10
tricep kickbacks	one knee and hand on bench, use dumbell	1x each side
tricep dips	on bench	1x10
tricep extensions	standing, support arm with opposite hand	1x10



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Bingo wings

triceps dips

Sit on a bench feet on floor. Body weight through arms, lower until upper arms parallel to floor. Feet further away make it tougher!

N.O.S 8 - 12

LEVEL FEEL THE BURN ON REP12

SETS 1-2

triceps kick backs

Using a dumbbell

N.O.S 8 - 12

LEVEL FEEL THE BURN ON REP12

SETS 1-2

tricep pushdowns

Using cables or lat pulldown machine

N.O.S 8 - 12

LEVEL FEEL THE BURN ON REP12

SETS 1-2

box press-ups

Hands less than shoulder width, take elbows back in

N.O.S 8 - 12

LEVEL FEEL THE BURN ON REP12

SETS 1-2

NB Please ask a fitness motivator if you need assistance

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