

30 minute activity challenge

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

GET BACK INTO MY JEANS

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

everyone
ACTIVE

Feel better for it

30
mins
5
days a
week

Heart smart

x-trainer

Hill programme

HEART RATE 80-85%HR MAX

DURATION 10-12 MINS

x-trainer

Constant HR

HEART RATE 80-85%HR MAX

DURATION 12 MINS

LEVEL HIGH LEVEL

bike

10km constant pace

HEART RATE 80-85%HR MAX

LEVEL PUT YOUR FOOT DOWN

Training Note: Try to work at the top end of your heart rate training zone.
Ask a fitness motivator about heart rate monitors

Warm Up: 3-5 minutes gradually on your first piece of equipment

Cool Down: Until heart rate dropped below 100bpm

everyone
ACTIVE

You'll feel better for it



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at www.everyoneactive.com

30
mins

5
days a
week

16 steps to lovely legs

Activity	Duration
Bodyweight Lunge	2 sets 24 reps
Bodyweight Squat	2 sets 24 reps
Seated Leg Press	2 sets 6-8 reps
Barbell Squat	2 sets 6-8 reps
Barbell Deadlift	2 sets 6-8 reps
Hip Extension Feet on Ball	1 set 24 reps
Hamstring Curl on Ball	1 set 24 reps
Box Steps	1 set 24 reps



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