

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

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Feel better for it

30
mins **5**
days a
week

Mountains or molehills

Activity	Description	Duration	Level
X-Trainer	Up The Hill!. Programme 4	20 mins	60% - 70% max hr
Treadmill	All at your own pace. Quick Start	10 mins	60% - 70% max hr
Stepper	Right to the top. Quick Start	5 mins	60% - 70% max hr



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Thighs of steel

Activity	Description	Duration
Squats - With fitball	Ball against wall, body weight only.	8-12 reps
Alternate Lunges front leg.	Wide stance, step forward into lunge, push back off	8-12 reps
Wide leg squats - With fitball	Wide stance, feet at ten to two	8-12 reps
Reverse alternate Lunges	Wide stance, slowly step back, keep heel up & lunge, then swap legs.	8-12 reps

Repeat circuit again?

All movements slow & controlled, aim to feel the burn on last 3 reps!



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