

# 30 minute activity challenge

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

## GET FIT



Recommended by Chris Brotherton,  
Fitness Manager and his team at Epping

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

[www.30min-challenge.com](http://www.30min-challenge.com)

everyone  
ACTIVE

Feel better for it

**30**  
mins  
**5**  
days a  
week

# Pound those pounds

## cross-trainer

Hill programme - blast it out!

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CALORIES 80-110KCALs

DURATION 10 MINS

LEVEL FASTER THE BETTER

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## rower

Constant pace

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CALORIES 100KCALs

DURATION 10 MINS

LEVEL YOUR CHOICE

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## stepper

Up the level, feel every step

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CALORIES 100-120KCALs

DURATION 10 MINS

LEVEL YOUR CHOICE

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## superset

Do the following supersets, then repeat from the top if you have the time!

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## chest press

1 set as heavy as you can,  
no rest

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DURATION 8-12 REPS

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## lat pulldown

1 set as heavy as you can,  
1 min rest

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DURATION 8-12 REPS

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## leg ext

1 set as heavy as you can,  
1 min rest

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DURATION 8-12 REPS

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## leg curl

1 set as heavy as you can,  
1 min rest

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DURATION 8-12 REPS

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## stretch out

All muscle groups from chart!

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DURATION 15-25 SECS HOLD

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Get great offers online  
at [www.everyoneactive.com](http://www.everyoneactive.com)

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# Cardio Achievements

| Activity  | Heart Rate zone % | Description                     | Duration | Level      |
|-----------|-------------------|---------------------------------|----------|------------|
| Bike      | 75-85%            | Quick start<br>Record distance! | 10 mins  | Go for it! |
| Treadmill | 75-85%            | Quick start<br>Record distance! | 10 mins  | Go for it! |
| X Trainer | 75-85%            | Quick start<br>Record distance! | 5 mins   | Go for it! |
| Stepper   | 75-85%            | Quick start<br>Record distance! | 5 mins   | Go for it! |

everyone  
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