

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

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ACTIVE

Feel better for it

30 mins
5 days a week

Fast track fitness

Activity	Description	Duration
Recline bike	Gentle	5 mins
Treadmill		5 mins
Chest press	Aim to feel a burn on the last 3	reps 1x12
Shoulder press		1x12
Vertical traction/lat pull down		1x12
Pulley/seated row		1x12
Rowing		500m



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at www.everyoneactive.com

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Trim & tone

walk in the park

Power walk out of the club (or on the treadmill if it's raining!) Step it out!

CALORIES 100-120KCALs

DURATION 20 MINS

rowing

As fast as you can - pace yourself!

CALORIES 60-100KCALs

DURATION 1000M

choose from...

One of the following...

Swimming 25 lengths

Body Pump or Step class

20 min Spin Class

stretch out

All muscle groups from the chart!



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