

30 minute activity challenge

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

KYLIE'S BUM



Recommended by Danielle Thomas,
Fitness Manager at Dolphin

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

Beautiful butts

squats

Barbell/Smith Machine/Rack

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE

SETS 2-3

lunges

With Barbell/Dumbbell for added resistance

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE

SETS 2-3

leg press

Leg press machine. Set 1 with feet wide, set 2 feet together

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE

SETS 2-3

body lift

Swiss ball

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE

SETS 2-3

glute kick back

Cable or band

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE

SETS 2-3



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at www.everyoneactive.com

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Bottom burner

Training note: Dash doesn't include a warm-up so be sure to gradually increase the intensity over the first 5 mins of exercise.

x-trainer

Random

HEART RATE 75%-85%

DURATION 5 MINS

bike

Manual. 80-90 RPM

HEART RATE 85-90%

DURATION 5 MINS

REPEAT FOR 5 MINS

rower

30 secs sprint with 30 secs rest

HEART RATE 65%-90%

DURATION 5 MINS

stepper

Manual. Keep speed constant but change resistance

HEART RATE 80%-90%

DURATION 5 MINS

NB The equipment in Dash varies from club to club, please ask a fitness motivator for an alternative if required.

everyone
ACTIVE

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POLAR
SPORTSWARE

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