

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

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Feel better for it

30
mins

5

days a
week

Ski-sunday legs

| | Description | Duration |
|------------------------------|---|----------|
| Rowing | 1000m | |
| Leg press | | 2x12 |
| Leg extension | | 2x12 |
| Leg curl | | 2x12 |
| Calf raises on edge of step, | use wall for balance | 2x12 |
| Side squats | Start 2 feet together and step sideways into a squat | 2x12 |
| Side to sides | one foot on step, one on floor. Step up onto box and over to other side | 2x12 |



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Downhill fun

| Activity | Description | Duration |
|---------------------------|--|------------------------|
| Cross Trainer | | 5 mins |
| Static squat against wall | In a seated position, tops of thighs horizontal | 3x15 secs |
| Side squats | feet together, then step to the side into a squat & return | 2x15 |
| Step ups onto box | | 2x15 each foot leading |
| Calf raises | stand on edge on step, use wall for balance | 2x15 |
| Cross Trainer | | 5 mins |



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