

30 minute activity challenge

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

GET STRONGER

Recommended by Kevan Murray,
Fitness Manager at Hucknall

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

Circuit circus

press ups

Press up on ball (feet on ball)

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

lunges

Lunges on to step

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

row

Barbell bent over row

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

juggling

2 balls on a bosu



NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

bicep curls

5 full/5 bottom/
5 top/5 full

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

tricep dips

Tricep dips on a swiss ball

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

squats

Squat with swiss ball on a wall

NO.S 1 MIN
LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

shoulder press

Seated on a ball with dumbbells

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

abdominal exercises

Curls with a medicine ball

NO.S 1 MIN
LEVEL DO YOUR MAX
SETS REST FOR 30 SECONDS

Get great offers online
at www.everyoneactive.com

everyone
ACTIVE

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30
mins
5
days a
week

Strong back

seated row

Squeeze shoulder blades & engage core muscles

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

narrow grip chin ups

Chin ups - feet assisted

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

lat pulldown

In front to top of chest

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

straight arm pulldown

Standing on bosu

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

single arm dumbbell row

On ball

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

bent over row

On bosu

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

pullovers (dumbbells)

On swiss ball

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

single arm row

Stand on bosu

LEVEL INCREASE THE WEIGHT WHEN 12 IS COMFORTABLE
SETS 2-3

The logo for 'everyone ACTIVE' features the word 'everyone' in a lowercase, sans-serif font. A red dot is positioned above the 'e' in 'everyone', with a curved line connecting it to the top of the 'e'. Below 'everyone' is the word 'ACTIVE' in a bold, uppercase, sans-serif font.

You'll feel better for it



Get great offers online
at www.everyoneactive.com