

30 minute activity challenge

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

TONE UP



Recommended by Tiffany Cutts,
Fitness Manager of Easton Leisure Centre

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

Happy days

| Activity | Description | Duration |
|---------------------|--|---------------------------|
| Squat | bend knees keeping your core strong | 1 set 24 reps |
| Lunge | long stride out lower body by bending knees | 1 set 12 reps either side |
| Lunge with Rotation | long stride out lower body by bending knees - rotate towards rear leg | 1 set 12 reps either side |
| Squat with Press | squat and push back to standing then perform bicep curl and shoulder press | 1 set 24 reps |
| X-Trainer | you choose the programme | 8 mins 65%-75% max hr |
| Dumbell Chest Flye | Lie on a swiss ball | 1 set 15-20 reps |
| Dumbell Pullover | Lie on a swiss ball | 1 set 15-20 reps |
| Dumbell Chest Press | Lie on a swiss ball | 1 set 15 to 20 reps |
| Bike | you choose the programme | 8 mins 65%-75% max hr |
| Plank | knees on floor or full | 60 seconds |
| Press Up | knees on floor or full | 1 set 25 reps |
| Alternate Superman | Lying face down raise arm and opposite leg | 1 set 12 reps each side |

everyone
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You'll feel better for it



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30 mins
5 days a week

Circuit sizzler

leg extension

Max output with control

NO.S 90 SECS

LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

leg curl

Max output with control

NO.S 90 SECS

LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

seated row

Max output with control

NO.S 90 SECS

LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

lat pulldown

Max output with control

NO.S 90 SECS

LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

chest press

Max output with control

NO.S 90 SECS

LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

shoulder press

Max output with control

NO.S 90 SECS

LEVEL DO YOUR MAX

SETS REST FOR 30 SECONDS

abdominal exercises

Select a balance card

NO.S 12 - 15 REPS

SETS REST FOR 30 SECONDS

LEVEL DO YOUR MAX



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