

# 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](http://www.30min-challenge.com)

everyone  
ACTIVE

Feel better for it

30  
mins

5

days a  
week

# Miracle grow 1

Activity	Description	Duration
Chest Press on bench	Use dumbbells	1 set 12-15 reps
Incline Flye on bench	Use dumbbells	1 set 12-15 reps
Decline Press on bench	Use dumbbells	1 set 12-15 reps
Shoulder Press		1 set 12-15 reps
Lateral Raise	Use dumbbells	1 set 12-15 reps
Tricep Extension	Use cables - maintain great posture	1 set 12-15 reps
Bench Dip	Keep your core strong	1 set 12-15 reps
Hand To Knees	lie on a mat, knees bent, curl up to get your hands to touch your knees	1 set 12-15 reps



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30 mins  
5 days a week

# A bit of everything

Description	Duration
Tricep dips on bench	1x12
Chest flies on bench	1x12
Lunges on the spot use dumbbells	1x12 each leg
bicep curls seated on fitball	1x12
Reverse flies use dumbbells	1x12
ab crunches lay on floor, legs raised on fitball	1x12



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