

30 minute activity challenge

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

SIX PACK



Recommended by Jamie Sweeney,
South East Regional Fitness Manager and
the team at Spelthorne Leisure Centre

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

Perfect your posture

Activity	Duration	Level
Alternating Superman on Floor	2 sets	15-20 reps
Prone Cobra on Ball	Hold for 45-60 seconds	Hold at the top of the movement
Plank Feet on Ball	Hold for 45-60 seconds	
Reverse Curls	2 sets	15-20 reps
Hip Extension Feet on Ball	2 sets	15-20 reps
Hamstring Curls Feet on Ball	2 sets	15-20 reps
Hip Extension With Legs Extended	2 sets	15-20 reps
Side Prone Jackknife	2 sets	15-20 reps
Swiss Ball Push Ups - Feet on Ball	2 sets	15-20 reps

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30
mins

5

days a
week

Tight tummy

you plank!

Feet on bench and hands on ball. Keep body straight, abs pulled in tight. Keep hands directly under shoulders. Keep facing the floor & keep body in line. Don't forget to breath!

NOS 10 SECS
SETS X 3

toe jack knife

Full body press-up position with toes on gymball. Engage core muscles & keep straight body. Hands under shoulders. Pull knees into chest and then return back to straight body position. Don't let back sag!

NOS 10 REPS
SETS X 3

twist roll

Full body press-up position with toes on gymball. Engage core muscles & keep straight body. hands under shoulders. Let feet and legs roll over to the left then back into the centre, then the opposite side (pivot from the waist)

NOS 10 REPS EACH SIDE
SETS X 3

back extension on ball

Lie over ball with legs straight and feet on ball. Keep ball under mid-section with core muscles engaged. Keep hands by ears with elbows pointing out. Extend back to create straight line with body then return. Don't hyperextend back!

NOS 10 REPS
SETS X 3

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