

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	1 set	10-15 reps
Prone Cobra on Ball	Hold for 15-30 seconds	Hold at the top of the movement
Plank Feet on Floor	Hold for 15-30 seconds	
Reverse Curls	1 set	10-15 reps
Hip Extension Feet on Floor	1 set	10-15 reps



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Boxerama (Round 1)

	Description	No's	Level	Duration
Skipping (or Step Ups)	on spot - foot to foot		comfortable	3 mins
Bag Work	1-2 left jab, right cross		light	1 min
Press up (normal)	hands shoulder width	1 x 12		
Abdominal Curl	knees bent - feet on floor	1 x 12		
Shadow boxing	gentle punches in air		comfortable	2 mins
Skipping (or Step Ups)	on spot - foot to foot		comfortable	3 mins
Bag Work	1-2 right jab, left cross		light	1 min
Press up (thumbs touching)	Straight jab (left hand only)	1 x 12		
Dorsal raise	face down - raise chest	1 x 12		
Shadow boxing	gentle punches in air		comfortable	2 mins
Skipping (or Step Ups)	on spot - foot to foot		comfortable	3 mins

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