



## Owen Boxall Athlete Q & A

1. Are you able to train at home?

Yes!

2. What equipment are you using?

I have managed to create workouts using a kettle bell and bodyweight through the application of plyometric movements.

3. What does your workout routine consist of?

Using my body weight I have been doing press ups, sit ups, hand stand press ups, one legged squats, squat jumps and several other body weight exercises with the addition of a kettlebell when I needed more of a challenge.

4. How has this situation impacted your goals?

Not being able to train has had a negative impact on my training. Although I have been able to train in some manner, there has been an impact on my level of fitness but I still aim to throw around some big weights at my next competition!

5. What have you found most difficult during this time?

Being stuck indoors is never easy! But the biggest struggle is not being able to go the gym! It feels alien when you spend 90% of your time down the gym and all of a sudden can't go anymore!

6. What would be your top tips to cope with lockdown?

Keep talking to people, keep training and stay positive!



*Owen won a Bronze medal at the 2018 Commonwealth Games*