

FILL&GO ACTIVE

SWITCH7 WORKOUT WITH KATARINA JOHNSON-THOMPSON



We can often get stuck in an exercise bubble where we do the same routine week after week, sticking to what we know. Over two thirds (68%) of fitness fanatics feel that their current exercise routine doesn't challenge their body, meaning that they aren't making the progress they want to see.

The body gets used to exercise after two weeks and the average person admits to only switching their routine every three months*.

Training as a heptathlete challenges your body as you train for seven different disciplines. Here, Olympian Katarina Johnson-Thompson has created a workout that will challenge and improve your body seven ways – from gaining explosive power to hydration and recovery.

With nearly half (44%) of exercisers unsure when the optimal time to hydrate is, the workout includes advice on ensuring you get the most from your session. The BRITA fill&go Active bottle ensures you're properly hydrated, to ensure maximum efficiency during exercise. A sustainable alternative to single-use plastic water bottles, it's an eco and purse-friendly hydration option.



*Research by Atomik, March 2017, 2,000 UK respondents.



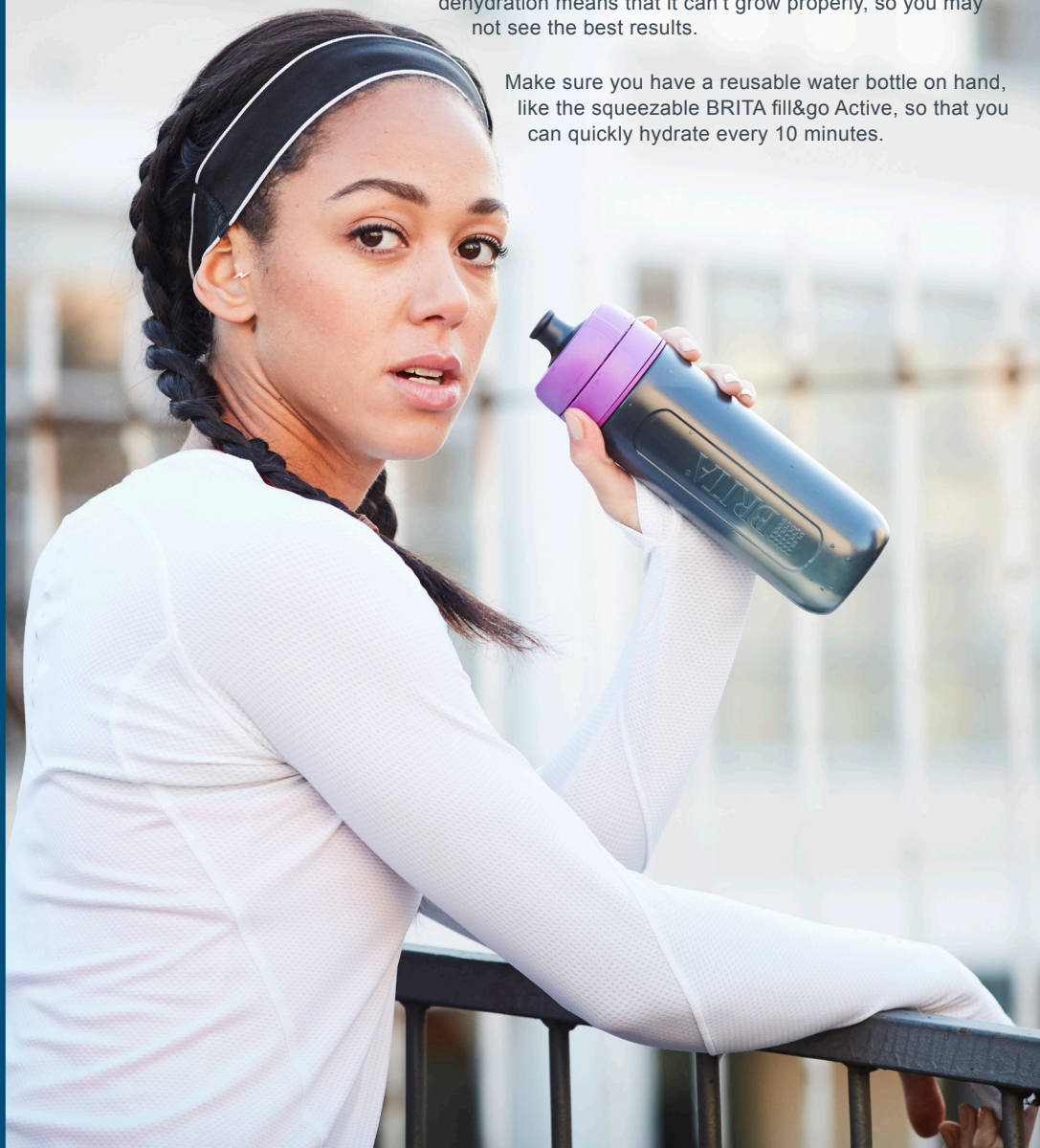
HYDRATE

1.

It's important to drink before and during a workout – especially when 38% of gym-goers admit to only reaching for a drink when they start to feel thirsty during their routine.

Results can be compromised if we're not hydrating properly during exercise. During a workout, your body can overheat if you aren't sufficiently hydrated which can lead to fatigue. Additionally, muscle is hydrophilic and dehydration means that it can't grow properly, so you may not see the best results.

Make sure you have a reusable water bottle on hand, like the squeezable BRITA fill&go Active, so that you can quickly hydrate every 10 minutes.





POWER

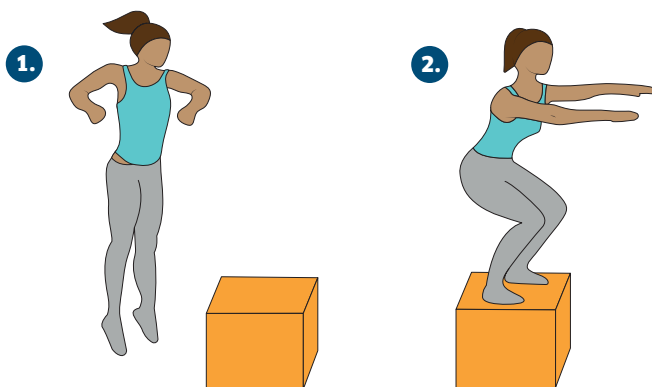
2.

To ensure your power is explosive do these moves in short bursts of 20 seconds work followed by 40 seconds rest and repeat 5 times.

BOX JUMPS

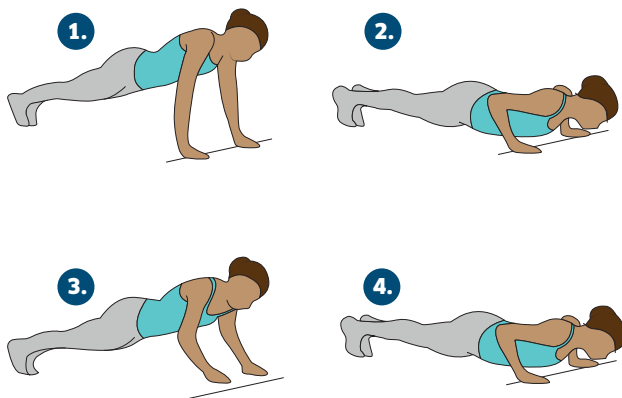
Stand opposite a box with your feet shoulder-width apart. Squat down and drive up through your heels to jump onto the box, landing with your feet flat.

Beginner option – use a step rather than a box



POWER PUSH UPS

Starting from a high plank position, lower yourself down and push up driving all your power through your chest and arms to lift off the ground. Land back in a low push up position.





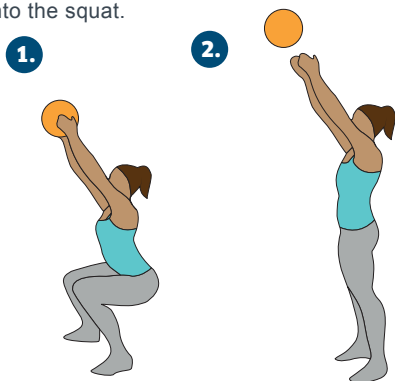
STRENGTH

3.

The goal is to overload the muscle and complete each move for a full body workout. Start with a round of each exercise for one minute, then 45 seconds and a final round of 30 seconds per move. These can be done against a wall or with a partner.

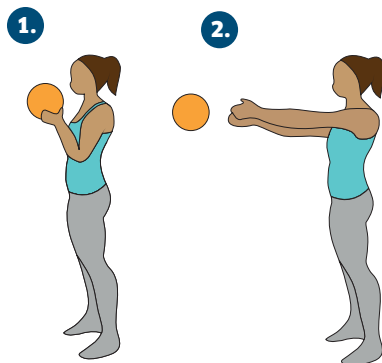
SQUAT JUMP BALL THROW

In a squat position, hold the ball above your head. As you drive up from the squat into a jump, throw the ball at the wall (or to a partner) as hard and high as you can, catching it as you sink back into the squat.



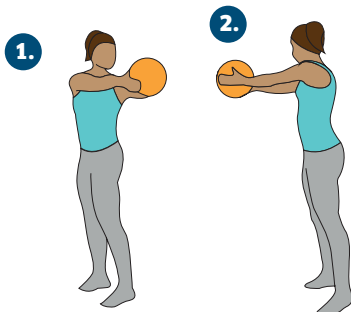
CHEST BALL THROW

Face a wall, holding the ball at your chest. Thrust the ball against the wall (or to a partner) as hard as possible and catch it, throwing it straight back at the wall.



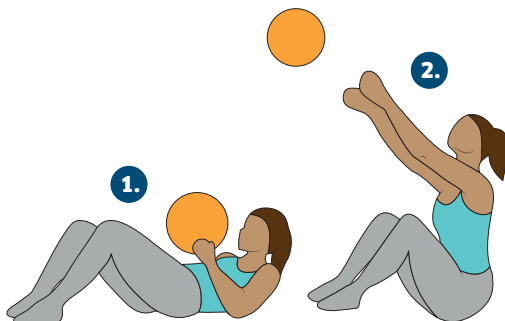
SIDE ROTATION BALL THROW

Stand with your back to the wall, holding the ball at your chest. Keep your feet still and rotate your body to the right, swinging the ball against the wall (or pass to your partner). Rotate 180 to the left to do the same and repeat.



SIT UP BALL THROW

In a sit up position in front of a wall, hold the ball to your chest and launch into a sit up. Thrust the ball at the wall (or to your partner) as you come up, hold and catch the ball then recline onto the floor and repeat.





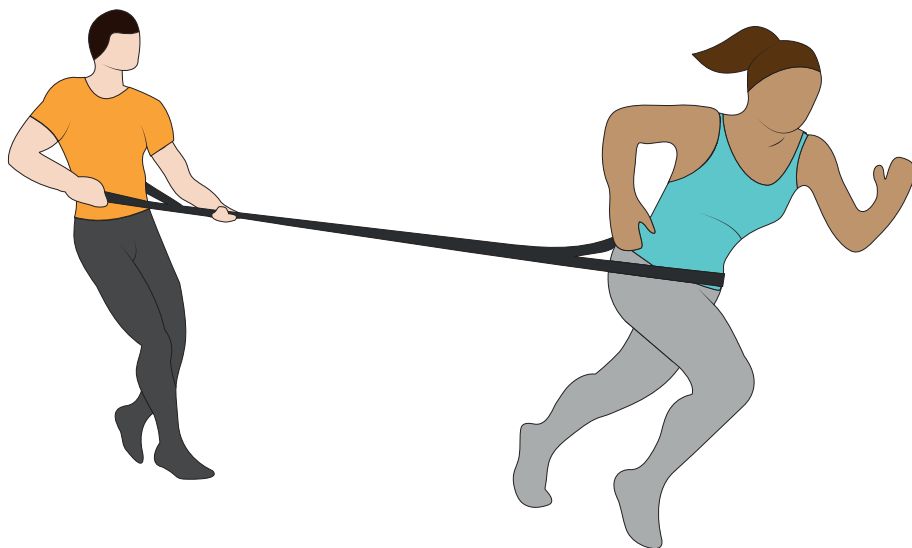
SPEED

4.

Combine explosive power with strength to work on your speed over a short distance. Complete a pyramid of sprints followed by 40 seconds rest in between each: 10 metres, followed by 20, 30, 40 and 50 metres.

RESISTANCE BAND SPRINTS

Place a resistance band around your waist and ask a partner to stand behind you and hold it. Sprint forward 10 metres (followed by 20/30/40), driving forward with your arms and leaning forward slightly. As you run ask your partner to pull on the resistance band to challenge yourself.





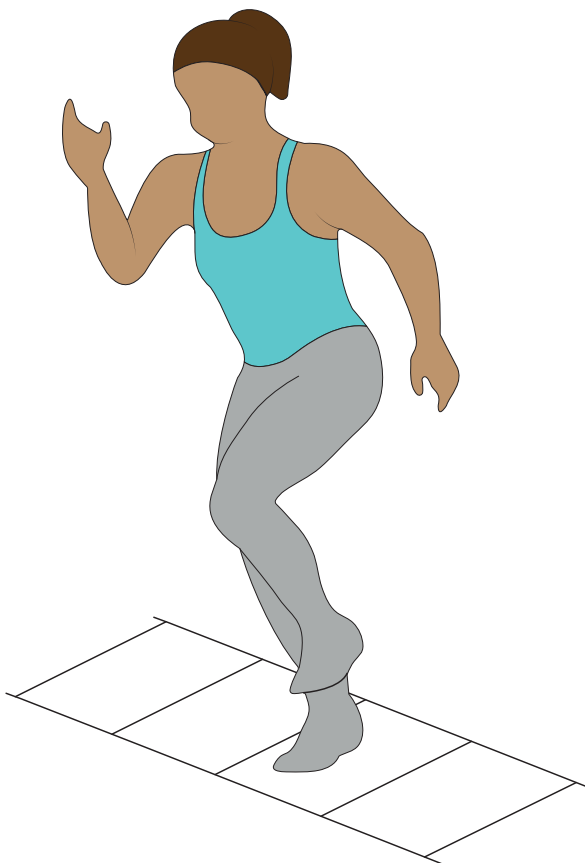
AGILITY

5.

In theory this move looks simple but can be tricky done at speed, which is the point when your agility is tested. Repeat the move for three minutes with each leading foot.

LADDERS

Start with both feet outside the first square, to the left. With your left foot leading, follow the pattern of left-right-left-right inside and outside of the squares. Gradually increase your speed and complete it as many times as you can within three minutes.





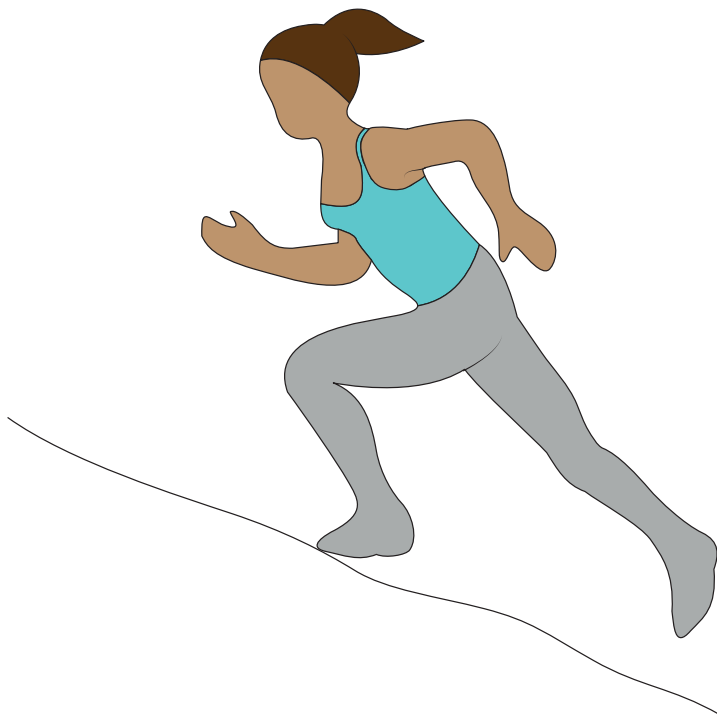
STAMINA

6.

As you've already covered speed and strength, this exercise is designed to repeatedly challenge your pace. Aim for 10 repetitions, or as many as you can do .

HILL RUNS

Find a hill with a good incline and run up it as fast as you can. Drop a marker and jog back to the bottom (recovery). Turn around and sprint back up, aiming for the marker. Repeat until you can't reach the marker.





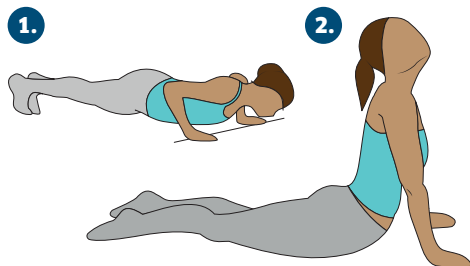
RECOVERY

7.

It's important to gradually bring the heart rate down whilst stretching the muscles. Primary yoga stretches are a great way to increase flexibility of the whole body and aid recovery. Start in the downward dog position and move fluidly through these stretches.

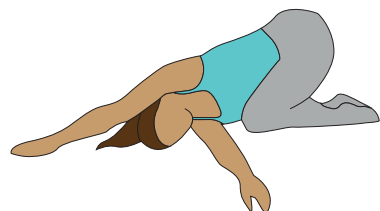
LOWER BACK AND ABDOMINAL MUSCLES

Lower body to the ground laying face down on the floor with hands directly under shoulder and toes on the floor. Push hips towards the ground raise your chest off the ground facing ahead creating a cobra position. Hold for 10-20 seconds.



UPPER BACK AND SHOULDERS

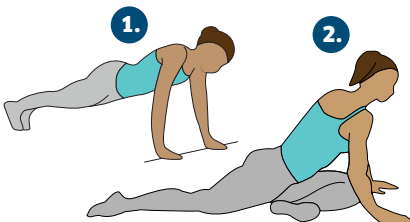
On all fours, turn your left palm upwards and thread your left hand underneath your chest towards your right arm. Slowly lower the left shoulder toward the floor, turning your head so it's left side is near the floor. Hold for 20 seconds then repeat on the opposite side.



GLUTES

Move into a full push-up position with hands under shoulders and straight arms. Bring the left knee underneath you up to the left shoulder with the heel by right hip or if possible up towards the right shoulder.

Lower upper body over the left leg with the chest facing forward. If you want to deepen the stretch bring the chest down to floor and reach arms out in front of you. Hold for 10-20 seconds, then switch sides.



CALF MUSCLES AND QUADS

Move up to standing position with feet shoulder width apart. Step right foot ahead but keep weight equal between both feet.

Slowly bend both knees, lifting the back heel until you feel the stretch along the left quad. Hold for 10 seconds then straighten left leg pushing it further behind you and try to bring the heel of the back foot down to the ground where you should feel the stretch in your left calf. Hold for 10 seconds and repeat on each leg.

