

NEW KIT wish list

A good bit of fitness wear or equipment will always make us feel more motivated to work out! Here are a few favourite pieces



+ **TevaSphere** trainers have a first-of-its-kind spherical heel and pod-arch system to help when you're training over varied terrain, so they're fab for outdoor exercisers. Women's Speed, £90, cotswoldoutdoor.com.



+ **Manuka** seamless long sleeve top has super stretch – making it perfect for yoga, Pilates or running, – as well as handy thumbhole cutouts. £48, 6-16, johnlewis.com.



+ **The Bump Yoga Mat** from top teacher Tara Lee is much thicker than most, with extra cushioning and added grip – ideal if you're pregnant or just want extra support. £38, theyogashop.co.uk.



+ **HPE Formula40™** racer vest is made from FRESHFIT® fabric to reduce sweating and kill 99.9% of bacteria, so is more hygienic than regular kit. xs-l, £35, hpe-shop.com.



+ **Pearl Izumi Ultra Vest** is perfect for when there's a bit of a breeze. Packs small if you get too hot. £79.99, pearlizumi.co.uk.

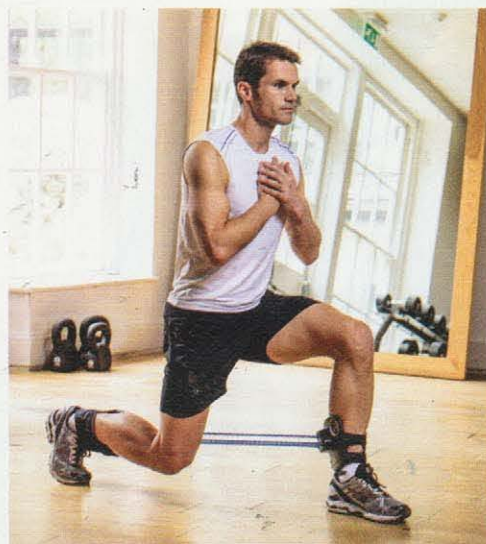


+ **USA Pro Wellbeing Range** is antibacterial, hypoallergenic and gives cooling and UV protection. Great for yoga and Pilates. Yoga shorts, £9.99, usapro.co.uk.



+ **Bergans of Norway Tecnowool** jackets regulate temperature and are highly breathable. Humle jacket, £120, bergans.com.

+ **Matt Roberts Resistance Cuffs** are quite unique – they are specially designed to be worn on either your wrists or ankles. No gripping is required, and they come with three resistance bands. Hard work, but no undue stress on your muscles! £19.99, Argos.



+ **Zaggora Hotwear** has been shown to increase both the generation of body temperature and the rate of calories burned. Hot top, £50, zaggora.com.