

GYM BAG ESSENTIALS

QMS MEDI COSMETICS SPORT ACTIVE CREAM, £66

LUCAS HUGH JACKET, £250, AT NET-A-PORTER.COM

THE MONOCHROME MUSE

- Drawn to modern designs, graphic prints and sculpted shapes, she covets the very newest Saint Laurent leather jacket, tracks Balenciaga's store-drops religiously, and splurges on Tabitha Simmons shoes
- Wears a neat ponytail at the base of the neck in the office as well as at the gym
- Favours intense workouts that get the job done fast: the week is packed with interval training such as Tabata and Crossfit
- The super-new Psycle spinning classes are in a sleek studio that monochrome fans will love, plus the music is achingly hip
- Body-con silhouettes call for strengthening and lengthening: balance kettlebell workouts and TRX instruction with cardio classes like Hiitgirl (High Intensity Interval Training)

BALENCIAGA

THE PROCESS LEOTARD, £145, LIVETHEPROCESS.COM

MICHI LEGGINGS, £82, MICHINY.COM

CHARLI COHEN SWEAT TOP, £195, AT AVENUE32.COM

VIVO BAREFOOT RUNNING SHOES, £100, VIVOBAREFOOT.COM

LEXIE SHORTS, £30, LEXIESHORT.CO.UK

HUMAN PERFORMANCE ENGINEERING RUNNING SHORTS, £4750, HPECLOTHING.COM

DIOR VERNIS NAIL POLISH IN CHARNELLE, £18

TEVA RUNNING SHOES, £90, TEVA.CO.UK

ROXY WETSUIT, £90, ROXY.UK.CO.UK

JAWBONE ACTIVITY TRACKER BAND, £100, JAWBONE.COM

THE PROCESS CLASSIC BRA, £55, LIVETHEPROCESS.COM

NIKE X UNDERCOVER GYAKUSOU LEGGINGS, £95, NIKE.COM

THE BOHEMIAN DRESSER

- Goes for soft lines, comfortable shapes and a muted palette
- Proudly embraces British eccentricity - has been known to wear a sock with a pump and takes every opportunity to don a hat
- Seasonal splurges are Marni separates, knitwear from Stella McCartney and palest pink Valentino for evening
- Devoted to body-sculpting classes that transform her shape without any need for pounding the pavements
- Weekly agenda includes barre, yoga, Pilates and the occasional dance class
- Bohemian types love esoteric exercise classes, from paddle-board yoga to hydro-spinning. Head to London's newest hula-hoop classes for the ultimate in ab-perfecting

NIP+FAB DETOX BLEND BODY SCRUB, WITH AROMATIC TEA TREE OIL, £10

CHANEL N°5 CHANEL PARIS CHANEL DEODORANT, £34

SOAPWALLA DEODORANT CREAM, £14, AT BEINGCONTENT.COM

VIVO BAREFOOT RUNNING SHOES, £100, VIVOBAREFOOT.COM

DIOR VERNIS NAIL POLISH IN CHARNELLE, £18

TEVA RUNNING SHOES, £90, TEVA.CO.UK

goe.oil HUILE/BALME all over BODY OIL, £12

ELEMENTAL HERBOLOGY FLOWER HARMONISING MIST, £21

ESTEE LAUDER SUMPTUOUS EXTREME WATERPROOF MASCARA, £22

MIO WORKOUT WONDER, £21, AT SPACENK.CO.UK

LULU ORGANICS HAIR POWDER, £20, AT LIBERTY