

Upgrade your workout

The next generation of fit kit is here! Meet the workout gear designed to give you an edge

Flywire. Freshfit. RealFlex. If these words mean nothing to you, you're probably still slogging it out in the same old kit you've had since you first hit the gym or ventured out for a run. But, it also means that you're missing out on some impressive technical advancements that could take your workouts to the next level. Whether you want to move better, stay dry or run faster, we've got the kit you need to give your training a serious boost. Just take your pick...

1 THE LIGHTWEIGHT WATERPROOF

● **Asics Fuji packable jacket, £60, asics.co.uk**

A stylish jacket with technical credentials, this ranks as number one on our rainy-day kit list. It has built-in moisture management and repels water like a duck, making it the perfect cover-up for a soggy British summer. The clever design folds up into its front pocket, making it easy to lug with you on longer runs. Plus, it has reflective trims front and back, so you'll always be visible, even in low light.

JACK IT IN
Be seen, stay dry and move easily in this funky Asics jacket



SOLE SISTER
These trainers' light, flexible upper moves with your feet

2 THE ENERGISING SHOES

● **Adidas Energy Boost shoes, £110, adidas.co.uk**

These trainers are rapidly becoming an indispensable part of our wardrobes here at *WF*. Their technical specs are exciting: we're particularly impressed with the bouncy mid-sole engineered to deliver energy back to your body as you run. The adaptive fit stabilises and supports your feet, and the outsole is impressively durable. But aside from all this groundbreaking technical ability, it's also a stylish shoe - the ultimate gym to lunch footwear. We've even been complimented on them in the supermarket!

4 THE LIGHT-AS-AIR KICKS

● **Nike Free 5.0+ trainers, £85, nikestore.com**

From 'articulated last' to 'hot knitting', there's plenty of jargon around this shoe. But what do you need to know? Well, not only does the Nike Free 5.0+ deliver the popular barefoot feel, it's also the most supportive shoe in the Nike Free family, thanks to its nifty Flywire technology. Even better, it comes in a rainbow of great colours.



3 THE FLEXIBLE YOGA TOP

● **Sweaty Betty Sirsha 2 in 1 yoga vest, £55, sweatybetty.co.uk**

A great buy for yoga bunnies, this clever top keeps you covered without restricting your movements. The outer layer is loose and flattering and the racerback allows for plenty of twisting. Plus, the polyamide fabrics nixes sweat.



5 THE BARGAIN TRAINERS

● Reebok RealFlex Scream 2.0 trainers, £46-£65, reebok.com

The latest running shoe in Reebok's RealFlex range combines the brand's signature protective flexibility with a lightweight feel for a more comfortable, natural ride. If you're in the market for a great running shoe you're spoilt for choice right now, but this Reebok offering teams top-notch tech with an affordable price.



6 THE SWEAT-ZAPPING BRA

● Human Performance Engineering Formula40 yoga bra, £40, hpe-shop.com

Comfortable, breathable clothing is key when you're working up a sweat, so this high-tech bra is a must for hot yoga addicts. It's designed with four-way stretch and a chafe-resistant coverseam - perfect when you're manoeuvring yourself into tricky twists. It also has a mesh back panel and is made with Freshfit material, which uses silver technology to prevent bacterial build-up and help banish moisture.



7 THE BREATHABLE PULLOVER

● Nike Dri-Fit long-sleeve knit, £40, nikestore.com

This seamless long-sleever is the perfect pullover for those fresh early morning or evening runs. Not only does it look good, its soft fabric moves with you as you run and its mesh side panels keep you cool. The longer fit is both super-flattering and practical - it's less likely to ride up as you run. We're big fans!



LEG IT
Tired legs on long runs? Slip on these tights to go further for longer

8 THE POWER-BOOSTING LEGGINGS

● Puma ACTV running long tights, £100, Sweatshop stores

Forget boring cotton cover-ups - these clever Puma tights are designed to micro-massage your legs as you run. How? Their silicon print mimics athletic taping, boosting the energy supply to your muscles. They're also a compression garment that works with your body to maximise your performance. Nifty! 