

YOUR NEW GYM KIT ESSENTIALS

Nervous about gym safety? You can head back to the gym in total confidence if you're armed with the latest products to keep you clean, safe and protected

ith gyms back in business after a four-month absence, many have happily ditched their lonely home

workouts to return to exercising in communal environments once again. But for some former gym bunnies, the idea of getting a sweat on while surrounded by others is an understandably daunting prospect. Despite fitness studios having put social distancing and cleaning protocols into place, a big concern among those nervous about returning to the gym is contracting coronavirus via shared fitness equipment. Others have been put off by the inconvenience of not being able to shower after a workout. With the right preparation, there's plenty you can do and use to adapt to your gym's new normal and get the most from your gym membership. Discover the gym essentials you need to feel safer and more organised, and get the most from your workouts.

Workout wonders

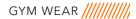
Can't change after class? Invest in sweat-wicking kit to take you back to work in style.

Baseball caps hide sweaty hair sins.
We love Pointe Studio's
Seamless Khaki Cap, £30
(mygymwardrobe.com),
with its sweat-wicking,
fast-drying qualities and
ventilation panels.

Vivobarefoot's Primus Lite II Bio Trainers, £120 (vivobarefoot.co.uk), are perfect for HIIT training. Made from a lightweight biopolymer, which you can wipe clean, and with breathable mesh panels for ventilation. Available in black, white or lime.

RDS: JO EBSWORT

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Shiny leggings might be a hot fashion trend right now, but they're often not built to cope with sweat. Not so with Sweaty Betty's new High Shine High Waisted Leggings, £70 (sweatybetty. com). Available in six glossy colours, these leggings are super stretchy, breathable and fast drying swap your trainers for a pair of heels after a class and you're good to go!

Made from
the softest
sweat-wicking
and fast-drying
bamboo jersey,
Asquith
London's
Freedom
Tee, £59
(asquithlondon.
com), can be
worn hip length
staying in place
during workouts – or up higher for
a more blouson look. Ideal for

adidas's Ultimate Bra, £49.95 (adidas.co.uk), is so comfy you'll be happy to keep it on after a sweaty session. Made from moisture-absorbing AEROREADY fabric, this high-support sports bra is available in cup sizes A-G and has adjustable straps. The moulded cups means it looks great under normal clothing, too.

taking you from Barre to bar!



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Best beauty buys

No shower? No worries! These multi-tasking saviours will stop you looking like a hot mess after your workout

Living Proof's multi awardwinning Perfect Hair Day Dry Shampoo, £19 for 198ml (livingproof.co.uk), might be on the pricey side, but once you try it, you'll never look back. Once sprayed, the clever patented technology actually cleans your hair to absorb oil, sweat and odour, and leave your hair looking, feeling and smelling fresh. Plus, it doesn't leave any powdery or gritty residue in its wake. A travel size is

A gym bag must-have, just add water to this reusable Jane Iredale Magic Mitt, £17 (janeiredale.co.uk), to remove sweat, grime and makeup without the need for a separate cleanser.

When you can't take a shower but need to freshen up, reach for an LBB Take Off – Touch Down XL Face and Body Cleansing Cloth, £25 for 12 sachets (lbbskin.com). These generously sized, multi-action biodegradable wipes contain a skin-balancing pre-biotic complex and red algae to cleanse, exfoliate, tone, condition and refresh skin in one convenient swipe.



Made for Life's



The new dinky-sized Natural
Deodorant Co. Active Orange
+ Bergamot 10g Mini
Deodorant Balm, £4
(naturaldeoco.com), is perfect for

also available.

natural

orange + bergamot

(naturaldeoco.com), is perfect for boosting your odour protection on the go, thanks to the fast absorbing formula that combines antibacterial magnesium

oxide, sweat-busting sodium bicarbonate and clay to cope with even the toughest of workouts.

Spritz on some soothing Pretty Athletic Workout Glow Hyaluronic Vitamin

Tonic, £17.50 for 100ml (prettyathletic.com), pre- and post-workout to combat redness, remove impurities, boost dehydration and prevent breakouts.



Organics Botanical
Hand Sanitiser Spray,
£6.75 for 50ml
(madeforlifeorganics.
com), uses active
essential oils, including
tea tree, lemongrass
and lavender to
naturally kill 99.9 per
cent of bacteria and
viruses, plus it contains
65 per cent alcohol, as
recommended by the NHS.

heroes

Be prepared for anything on the gym floor with products to keep you healthy, happy



and hydrated

Use this compact, lightweight Gym Towel Quick Dry Microfibre Towel, £10.99 (amazon.co.uk), to wipe your face and body down regularly and keep your sweat to yourself – just don't use it on equipment.



While masks aren't compulsory to wear in studios, wearing a performance face covering can help nervous exercisers feel protected. UYN's Community Mask, £14.99 (ellis-brigham.com), is made with knitted technology so it's seamless, stretchy and super-breathable – pop in the wash with the rest of your kit and re-use.

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Many yoga studios now ask you to bring your own mat for hygiene purposes, so consider investing in a good-quality travel mat. Kin's Skinny Yoga Mat, £55 (kinyogamats.com), is 2mm thick and rolls or folds any way you like for easy transportation, but won't curl up when laid flat. The soft velvet-like surface

is also highly absorbent, just like a



yoga towel.

CleanKit's convenient, biodegradable Mat Wipes, £9.50 for 14 sachets (cleantkit.com), hygienically clean sports equipment to professional standards with quick-drying disinfectant technology.

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With gym water fountains out of action for the foreseeable future, it's essential you pack a water bottle that's big enough to keep you properly hydrated during workouts. We like this ION8 Leak Proof 1 Litre Sports Water Bottle, £17.49 (leakproof.co.uk), with fast-flow technology so you can take a drink quickly and easily.

'With gym water fountains out of action, it's essential you pack a water bottle'

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