



# POWER UP!

Take your strength training workouts to the next level with kit that supports your every push, pull, squat and deadlift

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### Perfect protection

Blue Elvin's P1-001 Sports Bra, £85, and P1-002 Leggings, £120, both feature integrated impact panels to reduce discomfort, scrapes and bruises during barbell training; [blueelvin.com](http://blueelvin.com)



### Top of the crops

Stay covered but avoid overheating during warm-ups and cooldowns in this Just Strong Cropped Team Graphic Tee, £22; [juststrong.com](http://juststrong.com)

### Feel the burn

This petite and padded Wodsox Weighted Vest, £125, lets you add up to 7kg in extra weight during gymnastic and bodyweight moves; [wit-fitness.com](http://wit-fitness.com)



### Feel the freedom

Push and pull in complete freedom wearing this racerback Adidas Go To 2.0 Tank Top, £23; [adidas.co.uk](http://adidas.co.uk)

### Take control

These Inov-8 FastLift 360 shoes, £150, have an ultra-supportive base for added stability, and sticky rubber roles for extra grip when weightlifting; [inov-8.com](http://inov-8.com)





**Made to move**

Stay cool, dry and chafe-free in these lightweight, moisture-wicking UA HeatGear Armour No-Slip Waistband Geo Print Ankle Leggings, £42; [underarmour.co.uk](http://underarmour.co.uk)



**Fight the grind**

Protect your teeth from grinding when you bite down during weightlifting by wearing this Safejawz Mouthguard Slim Fit, £11.99; [amazon.co.uk](http://amazon.co.uk)



**Pretty powerful**

The breathable upper on NOBULL's Bouquet Trainer, £150, is abrasion-resistant and incredibly durable to withstand everything from rope climbing to lifting; [wit-fitness.com](http://wit-fitness.com)



**Bosom buddy**

Made for weight training and low-impact exercise, this buttery soft Pocket Sport Claude Bra, £38, features anti-sweat patch technology; [pocket-sport.com](http://pocket-sport.com)



**Rising high**

Gym + Coffee's All-In Bike Shorts, £40, have a high-rise waist and an interior drawstring so they never fall down, plus two deep side pockets for essentials; [uk.gympluscoffee.com](http://uk.gympluscoffee.com)



**Pump up the volume**

With their adjustable, stay-in-place ear hooks and sweat-resistant design, these wireless Powerbeats Pro earphones are built to keep you moving, £219.95; [beatsbydre.com](http://beatsbydre.com)



**Wrap it up**

Wear these comfy and supportive Eleiko Weightlifting Wrist Wraps, £17, to promote proper positioning during heavy lifts; [wit-fitness.com](http://wit-fitness.com)



**Glove love**

Available in XS/S and M/L, Lululemon's adjustable Uplift Training Gloves, £28, feature ventilation so you can avoid sweaty palms during deadlifts and pull-ups; [lululemon.co.uk](http://lululemon.co.uk)



**Bag it up**

Carry your kit around in supreme comfort and style with Sweaty Betty's super slouchy, water-resistant Cloud Bag, £60; [sweatybetty.com](http://sweatybetty.com)



**Strong to the core**

This women-specific Harbinger FlexFit Contour Weightlifting Belt, £27.46, has an ultra-light, flexible foam core to help support your back and abs during heavy lifts; [amazon.co.uk](http://amazon.co.uk)