

This month's hottest things to do, buy and try

FITBUZZ

Star power

CrossFit superstar Sara Sigmundsdóttir has teamed up with WIT Fitness a third time to create an empowering capsule collection that's packed with vibrant endorphin-fuelled colours and flattering, functional silhouettes. Summer-ready and made from premium sweat-wicking fabric, each piece has been mindfully designed with delicate details to show off the bodies we've been working so hard for – and to withstand workouts that are anything but delicate. See the full range, including this WIT x Sigmundsdóttir Asymmetric Bra, £45, and matching High Rise Mesh Leggings, £85, at wit-fitness.com



Words: Joanna Ebsworth

womensfitness.co.uk

Women's Fitness 11



WEAR THIS...
Hop to it!

Award-winning sports bra brand MAAREE (maaree.com) has collaborated with @skippingwithsarah to create a limited-edition collection of stylish, functional and solution-focused leggings. The leggings empower women of all shapes and sizes to confidently jump rope, keep active and have fun moving their bodies. Made from an amazing stretch fabric that comfortably supports belly jiggle and other wobbly bits, the MAAREE x Skipping with Sarah Leggings, £49, feature a super high-waist and a continuous drawstring cord to banish any slipping down or pulling up concerns, and they're packed with pockets. Available in Forest Green and Poseidon Blue in two leg lengths, and a Black version is dropping in August.



TRY THIS...
Race ahead

Got summer races planned? Find your fast pace in Scott Sports' Speed Carbon RC road racing shoes, £170 (scott-sports.com). Boasting a Carbitex DFX carbon plate in the midsole, a 'heel-to-toe-off' rocker design and responsive Kinetic Light Foam, they promise a fast run on the roads. Make a statement in the neon yellow version, or choose this classic white and pink design. Ready, set, go!



BUY THIS...
Just beat it

Soothe tired, tight and tense limbs at home or on-the-go with the Magnitone Beat It Deep Tissue Massage Gun, £90 (magnitone.co.uk). With a choice of six massage speeds and four interchangeable heads for different body parts, it's ideal for use before and after workouts, or to help you relax after a long day. And don't let the pretty pink and rose-gold design fool you – this sleek and compact massager packs a punch!



WEAR THIS...
Tread lightly

Run like the world depends on it with a pair of stylish kicks from certified B corp company Hylo (hyloathletics.com). Designed for the road, the gym and everyday performance, these über-lightweight Hylo Run 2 shoes, £110, are engineered for speed, with responsive cushioning and an anatomically shaped footbed. Best of all, they're recyclable, vegan and made from renewable materials with a carbon footprint of just 6.56kg CO2e – 52 per cent lower than the average running shoe.

**TRY THIS...****Pain prevention**

Experiencing joint or muscle pain? Support your body pre or post workout with the help of the new To Better Days' innovative pain-relief patches. Backed by science, these easy-to-use, fast-acting adhesive patches deliver a patented combination of powerhouse ingredients, including vitamin D and dextrose, for a topical and targeted drug-free option that supports the health of joints, muscles and nerves for up to 24 hours. The Big Joint Pack, £22.79 for 15 large patches, works best on large, flat areas such as backs, shoulders and legs, while the Small Joint Pack, £17.99 for 15 small patches, is perfect for hard-to-cover areas like knees, wrists and ankles; tobetterdays.co.uk

DO THIS...**Explore the outdoors**

Want to discover pastures new? Alltrails (alltrails.com) is the global trail map app that helps people explore the great outdoors with hand-curated trail maps, plus photos, reviews and user recordings crowdsourced from its community of millions of registered hikers, mountain bikers and trail runners. In fact, it's the most trusted and used outdoor platform in the world and lists over 300,000 trails free of charge! A Pro plan is also available for £29.99 a year and allows you to download maps to stay on track if your phone service drops out, receive off-route notifications so you never miss a turn, and keep friends and family informed of your route.

**DO THIS...****Body and mind**

Suffering from burnout? Instagram sensation Emma Marshall, aka Emma The Alchemist, is the creator of Movement is Medicine – a method she devised following her own serious journey back to health, using her exploration of various Western and ancient therapies. Combining somatic therapy and nervous system regulation modalities (including meditation, tapping, breathwork and sensory activation) with the ancient teachings of ecstatic dance and movement techniques (such as qi gong and primal shaking), the method is backed by neuroscience and will help you rebuild your mind-body connection through the release of stored-up tension, stress and trauma. Emma's fantastic donation-based classes are taught on Zoom for a £5 minimum fee to allow affordable treatment to all. Visit movementismedicine.uk to find out more.

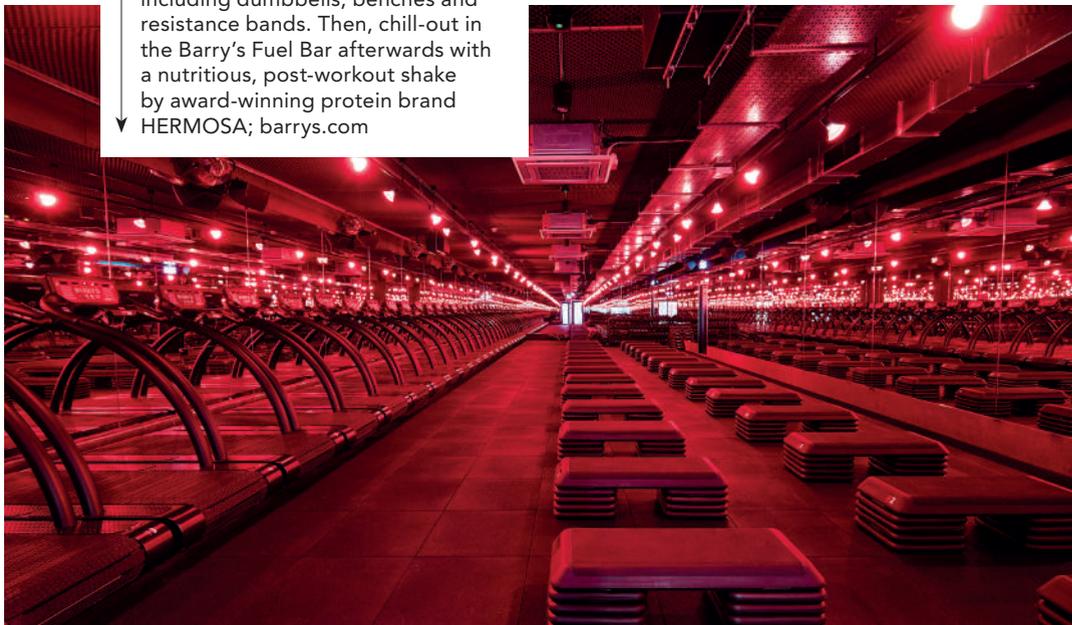


**BUY THIS...
Pedal power**

British routing and navigation expert Beeline (beeline.co) has launched its much-anticipated Beeline Velo 2 GPS cycling computer, £79.99, and we're impressed. Waterproof and shockproof with a 10-hour battery, you'll love the new and improved intuitive navigation interface, and larger display screen which you can easily use on-the-go and with gloves on. Plus, the enhanced app-based route planning works seamlessly with Strava for live stats, post-ride tracking data and advanced route planning tools. All for a very affordable price! Just type your desired destination into the Beeline App and choose between a fast route, a quiet route, or a balanced blend of the two, so you can cycle safely with confidence. Feeling more adventurous? Pick your own route with the Compass mode, Beeline's original as-the-crow-flies navigation.

**DO THIS...
Get In The Zone**

Barry's has opened its ninth UK studio (the second outside of London) in the heart of Liverpool's city centre. Sample its world-famous, signature strength and cardio interval training workout in the much-loved Red Room, which features a mix of red lights, mirrors, a nightclub-spec sound system and Woodway treadmills. There's also state-of-the-art fitness equipment, including dumbbells, benches and resistance bands. Then, chill-out in the Barry's Fuel Bar afterwards with a nutritious, post-workout shake by award-winning protein brand HERMOSA; barrys.com



**TRY THIS...
Hydration Heroes**

Upbeat Drinks (upbeatdrinks.com) has launched two non-carbonated, clear whey isolate drinks to help you stay sharper and perform better this summer. The Protein Energy drink in a Tropical flavour, from £1.99 for 500ml, has 15g of protein, 180mg caffeine and 4,000mg BCAA to help you train harder and recover faster. While the Protein Hydration drink, from £1.65 for 500ml and available in Mixed Berry or Zesty Orange flavours, contains 10g protein, 3,000mg BCAA, vitamin B and zero sugar to give you a much-needed energy boost.

