

# 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

**W**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](http://mygymwardrobe.com)), with its sweat-wicking, fast-drying qualities and ventilation panels.



Vivobarefoot's Primus Lite II Bio Trainers, £120 ([vivobarefoot.co.uk](http://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.

WORDS: JO EBSWORTH



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](http://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](http://asquithlondon.com)), can be worn hip length staying in place during workouts – or up higher for a more blouson look. Ideal for taking you from Barre to bar!

This Perff Studio Over The Edge Jacket, £140 ([perff.com](http://perff.com)), has an uber-flattering fit and luxurious details, while the breathable, wrinkle-resistant performance fabric boasts moisture management, four-way stretch and UV protection.



adidas's Ultimate Bra, £49.95 ([adidas.co.uk](http://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.



## 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 award-winning Perfect Hair Day Dry Shampoo**, £19 for 198ml ([livingproof.co.uk](http://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 also available.



A gym bag must-have, just add water to this reusable **Jane Iredale Magic Mitt**, £17 ([janeiredale.co.uk](http://janeiredale.co.uk)), to remove sweat, grime and make-up 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](http://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.



The new dinky-sized **Natural Deodorant Co. Active Orange + Bergamot 10g Mini Deodorant Balm**, £4 ([naturaldeoco.com](http://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](http://prettyathletic.com)), pre- and post-workout to combat redness, remove impurities, boost hydration and prevent breakouts.



**Made for Life's Organics Botanical Hand Sanitiser Spray**, £6.75 for 50ml ([madeforlifeorganics.com](http://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.



## Gym class 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](http://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](http://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.

Available in four colours, lululemon's water-repellent, wipe clean Go Getter Bag, £128 (lululemon.co.uk), has a minimalist design suitable for work days and nights out, with stowable yoga mat straps to hold your mat in place and laptop storage plus all your gym essentials.



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.

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'*