

# Fit Kit HIT LIST

In need of some fitspiration? Exercise in style and comfort with these workout wonders



**Contur Afresh Crop, £49.99**

Combining supportive coverage with a flattering v-neckline, this racerback style is made from the softest Italian sustainable fabric and has a high

stretch content for the perfect fit and shape retention.

[conturuk.com](http://conturuk.com)



**The Andi Studio Backpack, £90**

Seamlessly flexing between a handbag and backpack, this spacious but compact gym bag comfortably holds a change of clothes, trainers, water bottle and snacks. It's also waterproof, has reflective details and a quick-access front snap pocket.

[mygymwardrobe.com](http://mygymwardrobe.com)

**Shock Absorber Ultimate Run Bra, £45**

This award-winning design reduces bounce by up to 78 per cent, making it perfect for high-impact HIIT workouts and treadmill sessions. The soft, seamless inner lining helps to reduce rubbing and chafing, while the moisture-wicking fabric will keep you cool when the temperature rises.

[shockabsorber.co.uk](http://shockabsorber.co.uk)



**adidas Karlie Kloss Cover-Up Shirt, £63**

This roomy gym cover-up featuring moisture-absorbing AEROREADY fabric will keep you dry and comfortable during warm-ups and cool-downs. The batwing sleeves with ruffled elasticated cuffs also allow total freedom of movement.

[adidas.co.uk](http://adidas.co.uk)



**UA HOVR Apex 2 Training Shoes, £120**

These lightweight cross trainers provide a 'zero gravity feel' to help eliminate impact and offer incredible stability and support for multi-directional activities such as circuit training.

[underarmour.co.uk](http://underarmour.co.uk)

# WINTER WARMERS

Don't let the cold stop your workouts. Stay snug as a bug with our pick of the best base layers and jackets



**Horizon Athletic  
The Float  
Leggings, £40**

Made from recycled ocean plastics, these sustainable leggings feature compression to aid recovery, while the super-comfy high waistband will stay in place during the deepest of squats. [horizonathletic.co.uk](http://horizonathletic.co.uk)

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**Berghaus Tephra  
Stretch Reflect Down  
Insulated Jacket, £170**

Wrap up for winter walks in this padded yet sleek-fitting coat packed with special Hydrodown fibres to keep you insulated even in wet conditions. [berghaus.com](http://berghaus.com)



**Columbia Grand Trek  
Down Jacket, £200**

Ideal for hiking, this waterproof coat has a thermal-reflective lining to hold in heat but offers breathability to minimise sweat. Includes thumbholes on the snug cuffs. [columbiasportswear.co.uk](http://columbiasportswear.co.uk)



**Salomon Bonatti  
Race Waterproof  
Jacket, £135**

Fully waterproof and windproof, this lightweight, minimalist design for runners packs up small enough to fit into the palm. Whip it out when you need extra protection. [salomon.com](http://salomon.com)



**Montane Primino  
Hybrid Hoodie, £75**

Built for active use in cold conditions, this base layer mixes Merino wool to wick sweat away from the body and mesh panels across the back and under the arms for good breathability. [montane.com](http://montane.com)



**Sweaty Betty Ski  
Base Layer Top, £70**

This warm top is perfect for skiing, running and hiking, the seamless base layer is super stretchy and fits like a second skin. Sweat-wicking and quick drying, we love the handy neck zip. [sweatybetty.com](http://sweatybetty.com)



**Giesswein Sina  
Jacket, £179**

Available in six colours, this jacket is made from ultra-breathable, super-soft Merino wool to wick away moisture, neutralise odour and regulate body temperature. [uk.giesswein.com](http://uk.giesswein.com)