



**Down to a tee**

There's nothing like a slogan top to boost your motivation, and this moisture-wicking, stretchy Dare 2B Moments Graphic T-shirt, £20, is guaranteed to do the job; [dare2b.com](http://dare2b.com)

# Sunshine KIT

Keep your cool when the temperature rises, wearing energising apparel that will enhance your performance

**Mellow yellow**  
Avoid chafing and support your assets during low-impact workouts in this Adidas by Stella McCartney TruePurpose Seamless Bra, £55; [adidas.co.uk](http://adidas.co.uk)



**Fancy footwork**

Thin, wide and flexible, these Vivobarefoot Primus Lite III shoes, £115, will help you stay grounded during weightlifting and HIIT workouts; [vivobarefoot.co.uk](http://vivobarefoot.co.uk)

**The perfect fit**

Sustainable, stretchy and supportive, Contur's Afresh Crop, £49.99, and Smooth Move Leggings, £59, provide high UV protection and come in an array of mix-and-match colours; [conturuk.com](http://conturuk.com)



**Top of the crops**

This sweat-wicking Columbia Windgates II Cropped Top, £30, will take you from treadmill to trail in comfort and style; [columbiasportswear.co.uk](http://columbiasportswear.co.uk)



**Flexible friends**

With an inner lining made from soft stretch jersey, these Hummel Hmlvenka 2-in-1 Shorts, £48, will keep you covered from all angles; [hummel.co.uk](http://hummel.co.uk)



**Tropical taste**  
 These ultra-comfy High Waist 7/8 Enduro Bamboo Leggings, £55, offer protection from 98 per cent of the sun's harmful UV rays; [bambooclothing.co.uk](http://bambooclothing.co.uk)



**Shady lady**  
 These funky Adidas Sport SP0026 21L sunglasses, £91, have ventilation holes to keep the lenses fog-free when things heat up; [smartbuyglasses.co.uk](http://smartbuyglasses.co.uk)



**Run for cover**  
 This lightweight Ellese Windrunner, £60, has breathable mesh panels for extra ventilation and a handy zipped pocket for essentials; [ellesse.com](http://ellesse.com)



**Get shorty**  
 High-waisted and super comfy, Contur's Newfound Shorts, £39.99, boast compression properties to aid recovery after workouts; [conturuk.com](http://conturuk.com)



**Bold and beautiful**  
 Featuring flattering panelling and mesh inserts, these Michi NY Blaze Flare Leggings, £137, will help you stand out from the crowd; [fashercise.com](http://fashercise.com)

**Ray of sunshine**  
 Gymshark's Vital Seamless 2.0 Leggings, £40, have a high, ribbed waistband for extra support so you can train with great confidence; [uk.gymshark.com](http://uk.gymshark.com)



**Easy breezy**  
 Designed to provide unrestricted movement and keep you cool, you could say Puma's Mesh Training Tank Top, £28, comes with built-in air con; [puma.com](http://puma.com)

**Super charged**  
 Nike's ZoomX SuperRep Surge Endurance Class Shoe, £114.95, offers amazing energy return to power every kind of gym and studio workout; [nike.com](http://nike.com)



**Short and sweet**  
 These squat-proof, sweat-wicking Reebok Workout Ready Shorts, £23, will absorb moisture to keep you fresh and dry; [reebok.co.uk](http://reebok.co.uk)

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