

5 days of fit fashion The best inspiring new gear.



Day 1

← Fight post-workout chills in a cozy puffer and long quick-dry bright tights.

- 1 Cynthia Rowley Print Puffer jacket (\$198, cynthiarowley.com).
- 2 Beyond Yoga Essential long leggings (\$84, beyondyoga.com).
- 3 Koral Activewear Triad tank (\$138, koral.com).
- 4 On & Cloud sneakers (\$120, on-running.com).

Short shorts over leggings give you cute coverage.

Day 2

→ Arm warmers are easy to peel off as you heat up the dance-cardio floor.

- 1 Old Navy Sleeveless hoodie (\$20, oldnavy.com).
- 2 Nicepipes Apparel arm warmer (\$38, nicepipesapparel.com).
- 3 Puma Woven gym shorts (\$35, puma.com).
- 4 Graced By Grit Land & Sea Knicker capris (\$72, gracedbygrit.com).
- 5 Stance Sprint Crew Athletic Fusion socks (\$16, stance.com).



Styling by Jill Edwards/Halley Resources



Day 3

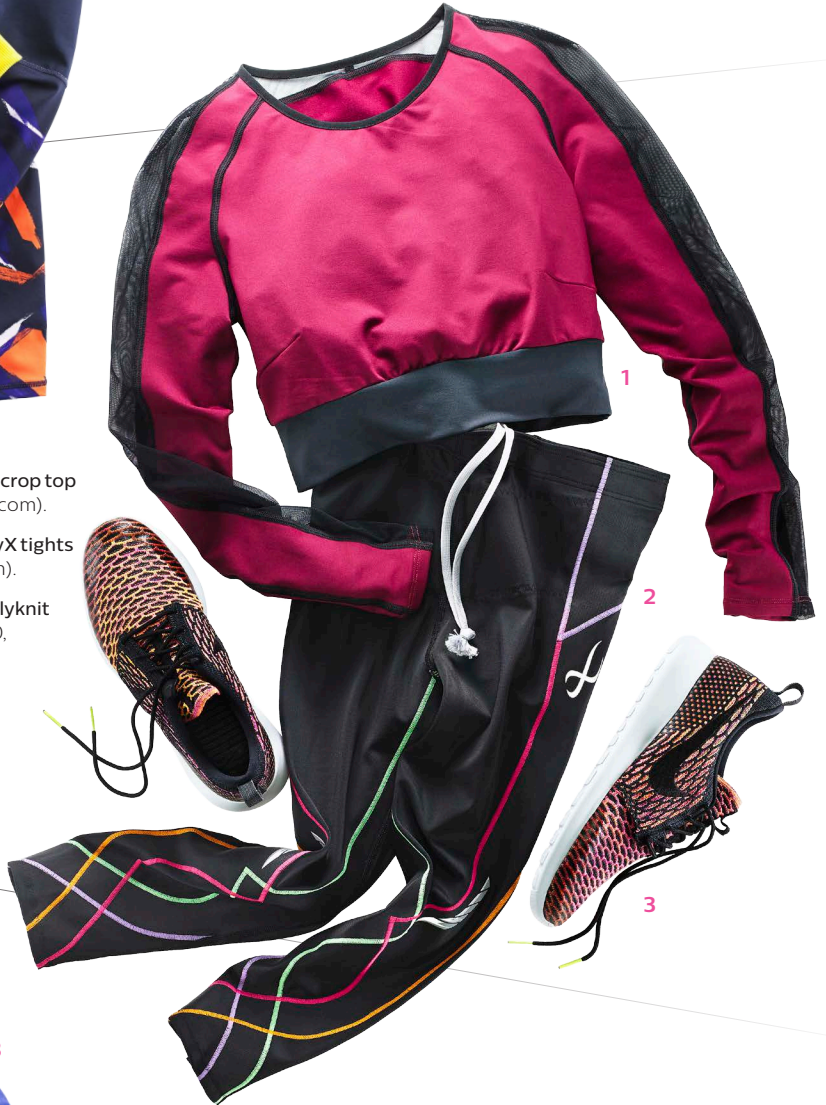
← High-rise leggings and a strategically cut tank are comfy and curve-friendly.

- 1 Adidas by Stella McCartney Run Performance tank (\$80, adidas.com).
- 2 Urbanears Plattan ADV wireless headphones (\$100, urbanears.com).
- 3 GapFit Gfast leggings (\$65, gap.com).

Day 4

→ Stay cool during long rows in a mesh-paneled crop top and capris.

- 1 Michi Garnet crop top (\$135, michiny.com).
- 2 CW-X StablyX tights (\$90, cw-x.com).
- 3 Nike Roshe Flyknit sneakers (\$120, nike.com).



Built-in compression helps you recover fast.

Day 5

← A flyaway-taming headband and cushioned sneaks are ideal for speedy treadmill intervals.

- 1 Lululemon Fringe Fighter headband (\$18, lululemon.com).
- 2 Yogasmoga U & Me bra top (\$49, yogasmoga.com).
- 3 Nike Full Flex 2-in-1 shorts (\$140, nike.com).
- 4 New Balance Fresh Foam Zante sneakers (\$100, newbalance.com).