











Yoga ball for your face, £25, facegym.com

Mountaineering sunglasses, £86, vallon.store

Bluetooth sports earphones, £199.97, Beats (currys.co.uk)







Snow boots, £110, columbiasportswear.co.uk

Workout rings, £149, Bala (amara.com)

Brevet cycling jersey, £130, rapha.cc

Base-layer ski suit, £325, Perfec Moment (matchesfashion.com)



Piste sweater, £200, Perfect Moment (matchesfashion.com)

Water rowing machine,

£499, czfitness.co.uk



Leggings, £37.95, Adidas Performance x Marimekko (zalando.co.uk)







Swimsuit, £200, Noire (farfetch.com)



Touchscreen interactive fitness mirror, £1,799, echelonfit.uk



£100, Adidas by Stella McCartne (selfridges.com)

Boxing gloves, £185, Diane Kordas (net-a-porter.com)