



'47 New York Yankees Mvp Cap, £19.99; hatstore.co.uk



Adidas by Stella McCartney Ultraboost X All Terrain Trainers, £219.95; adidas.co.uk

Slogan sweatshirts

In an age where sharing your 'status' is everything, slogan tops let your clothes speak volumes. From making political statements and spreading motivational messages to revealing which 'tribe' you belong to (and your sense of humour), this fun kind of fashion is always a guaranteed conversation starter. If you don't already have one, be assured there's a jumper or T-shirt out there for you... and your mantra.



Sweaty Betty Crew Neck Fashion Sweat, £85; sweatybetty.com



On The Rise Namaste Bitches Sweatshirt, £70; fashercise.com



Yoga Leggs Dance Yoga Sweater, £45; yogaleggs.com

FITNESS FASHION EDIT

Whether you're working out or chilling out, look and feel amazing with our pick of this season's hottest gym wear

WORDS: Joanna Ebsworth



Monreal London Victory Bag, £97.50; monreallondon.com



ILU Seamless Crop Top, £30; ilufitwear.com



New Balance Stretch Layer, £55; newbalance.co.uk



Asics Colour Block 7/8 Tights, £50; asics.com



Stance Deadlift Crew Socks, £13.99; stance.eu.com

Sweaty Betty Pleat Tech Run Hoody, £95; sweatybetty.com

New neon

Fluoro-brights are officially back from the '80s, with fruity hues of watermelon, lemon, lime and orange seen all over this season's catwalk collections. Of course, loud-and-proud luminescence has never really left gym attire – reflective clothes in radioactive colours have always been a bright idea for those of us training outside when dark nights set in, or for fans of high-octane rave-like exercise classes – but at least now our gym wardrobes get to be fashionable as well as functional. If you want to stand out from the crowd, try layering up various shocking shades. Prefer a minimal look? Eschew full-on fluoro by pairing an all-black, -navy or -grey gym uniform with pops of vibrant colour – easy entry points include neon trainers or a zany crop top peeping out from a neutral mesh vest. You glo, girl!

The one-piece



The catsuit is making a comeback. Once the reserve of superheroes (and Halloween costumes), one-piece bodysuits are now leaping out from the pages of comic books and into our gym closets – and it's not just a style statement. When you wear a one-piece, you'll never have to worry about revealing a builder's bum in the deepest of yoga poses or lunges. And then there are the physical benefits, with many athletic catsuits made of hi-tech compression fabrics to boost sporting performance à la Serena Williams, who rocked a one-piece at this year's French Open for medical reasons (to keep her blood circulating from top-to-toe after suffering from blood clots after giving birth nine months earlier). We're also not surprised Williams exclaimed that her Nike jumpsuit made her feel like 'a warrior princess', but while it's now been banned from professional tennis courts, we suspect that will only make the one-piece more covetable in the gym.

Lucas Hugh Kubrick One-piece, £270; lucashugh.com



Day/Won Won & Done Muscle Tee, £40, and Leopard Print ¾ Leggings, £66; fashercise.com

Animal magic

Animal prints are the biggest trend for AW18, with python, leopard, zebra, croc and cheetah roaming all over the catwalks and straight onto the treadmill. For a modern twist, update the look by choosing animal prints in non-traditional colours. It's time to unleash your wild side!



Varley Berkley Olive Snake Bra, £54 and Bedford leggings, £86; varley.store

Ahead of the curve

Finally, sportswear brands are waking up to the fact that curvy girls like to work out too – and this season, there's never been so much choice! Fabletics and Nike both have Plus Size collections that range from 1XL to 3XL, while ASOS's new 4505 activewear label has added a Curve range that caters for UK sizes 18-30. Online

activewear outlet Fashercise has also recently added a Curve section to meet demand, showcasing brands such as Rainbeau, and our new favourite, DAY/WON, which was created by plus-size supermodel and body confidence ambassador Candice Huffine, and is designed for every body, with sizes going from XS to 5XL.

Future fit kit

Gym wear is becoming ever more sophisticated in an effort to enhance our athletic performance, increase comfort during workouts, and aid recovery. Reebok's innovative new PureMove Bra featuring fabric treated with STF (Sheer Thickening Fluid) – a gel-like solution that takes liquid form when you're still or slow moving, and stiffens and solidifies when you're moving at higher velocities – constantly responds and adapts to moving breast tissue during any type of impact.

Meanwhile, the fabric of Under Armour's Athlete Recovery Sleepwear Jumpsuit

has a soft bioceramic print on the inside to harness the power of Far Infrared – a type of energy that benefits the human body – to absorb the body's natural heat and reflect that energy back into the skin to help muscles recover faster. And Arion's ultra-thin, pressure-sensitive smart insoles with GPS-enabled footpods (pictured, right) slip into your trainers and link with an app to provide live analysis on metrics such as your running gait, cadence, foot strike, step length and balance to feed back on the way you run through artificial intelligence. The future's bright!



UA Athlete Recovery Ultra Comfort Sleepwear Jumpsuit, £125; underarmour.co.uk



Reebok PureMove Bra, £44.95; reebok.co.uk



Arion Pro Pack, including two smart insoles and two footpods, from £230; arion.run



Born Nouli Steel Slate Leopard 7/8 Legging, £59; bornnouli.com



Mi-Pac Gold Mini Cheetah Pink Backpack, £32.99; mi-pac.com



Next Lightweight Cow! Top, £16; next.com



Victoria Sport Incredible Knockout Ultra Max Sport Bra, £45; victoriasecret.com



Une Piece Original Sexie Rashie Snow Leopard Swimsuit, £108; unepiece.com



Adidas By Stella McCartney Ultraboost X Trainers, £199.95; adidas.co.uk

Shakli Shanti Alligator Leotard, £35; shaktishanti.com



Deakin and Blue Signature Swimsuit, £105; deakinandblue.com



Pura by Bellum Renew Sculpt Eco-conscious Bra, £105; bellumactive.co.uk



Po-Zu Pace Women's Sneakers, £119; po-zu.com

Eco-conscious

Ethical, sustainable and eco-friendly fashion is big news in sportswear, and the trend is definitely here to stay. Regenerated fibres and recycled fabrics created from items such as carpets and plastic, to waste from fishing nets and coffee production have been around in swimwear and yoga clothing for a while, but now sportswear brands are producing innovative athleticwear that's both stylish and good for the environment too. Adidas' new Wanderlust collection is out this autumn. Made of recycled materials, it's also designed to encompass the spirit of mindful living. Get ready to go green and gorgeous!



Adidas Wanderlust Tank Top, £29.95; adidas.co.uk



Speedo H2O Active Stormza Inject Rash top, £66, and Inject Leggings, £70; speedo.com



Sundried Grand Tournalin Hoody, £80; sundried.com



Patagonia Centered Crops, £51.95; alpinetrek.co.uk



Asquith Jumpsuit, £89; asquithlondon.com

Seamless style

Seamless clothing is revolutionising our activewear. Made using special circular looms, whole garments are knitted together via computer commands, meaning there's no cutting or stitching, so you never have to be troubled by chaffing seams again. Seamless clothing is also incredibly stretchy and adapts perfectly to the body, allowing total freedom of movement so you almost feel like you're not wearing anything, while the supportive sculpting and smoothing qualities help to create a streamlined silhouette. What's not to like?



ILU Fitwear Vitality Crop Top, £40; ilufitwear.com

LDNR Resistance Legging, £95; ldnr.co.uk



Gym Shark Amplify Seamless Crop Top, £30; gymshark.com

Sculpting

Whether your posterior is peachy or as flat as a pancake, everyone's tush can do with a little extra help. But not all of us want to devote our time to doing endless squats – or consider the other extreme of having a Brazilian butt lift – to get the high, rounded rear that's currently de rigueur for derrières. So step forward bum-sculpting leggings to boost our backsides without the pain in the arse! Key features to look out for include compression fabrics to lift, support and firm; cleverly cut panels to smooth hips, flatter thighs and round the bottom; and really high waists to hold the tummy in and accentuate your butt. Firm favourites include Sweaty Betty's Zero Gravity leggings, £95, and Gym Shark's Flex leggings, £32, but if you want even more help, check out Freddy Fitness' WR.UP High Waist leggings (pictured, left) with ultralight silicone membrane inserts around the hips, thighs and bum for a push-up effect. ■



Freddy Fitness WR.UP High Waist Lace Insert Leggings, £69.90; freddyclothing.co.uk