

# Fancy FOOTWORK

They say you can't improve on perfection, but Lululemon has done just that with the second iteration of its Chargefeel shoe. Following in the footsteps of the Canadian-American brand's other recently launched female-specific shoes for running, trail running and strength training, the first Chargefeel shoe was created for women who like to exercise in various ways, allowing them to run, jump, lift, skip, kick, HIIT and lunge without having to fork out on different types of workout-specific shoes. I gave this highly versatile neutral running and training shoe full marks when I reviewed it last year, and I loved the fact that it was stylish enough to wear from the gym to the office. If I had one tiny complaint, it was that it wasn't the springiest of shoes on short runs, but that niggle has now been addressed with the Lululemon Chargefeel 2 Low Women's Workout Shoe (£128; [lululemon.co.uk](http://lululemon.co.uk)).

You get the same run-to-train versatility as the original, with new design elements that provide greater comfort and support while you sweat, including a tuned-up dual-foam cushioning midsole that offers

better rebound for increased bounce during runs and improved agility for training. In addition, there's also greater support at the heel to help brace the foot while running, and an evolved upper that gives you targeted support and stability along with noticeably improved breathability. This new-look upper still boasts a slim, stylish silhouette, but it's infinitely more stylish and comes in six fairly neutral colourways so you're sure to find a design that suits your taste.

Along with more bounce for runs up to a 5K (you'll want to wear a running-specific shoe for anything longer), you'll enjoy better traction during heel-to-toe and lateral movements thanks to the grippy pressure-mapped outsole that helps propel runs forward and powers explosive moves that require fast footwork. All in all, it's the perfect workout trainer for women who like to mix up their workouts, but those seeking even greater comfort and control should opt for the Chargefeel 2 Mid Women's Workout Shoe (£138), which has a sock-like upper design that wraps around the foot for a more custom-fit feeling.



Words: Joanna Ebsworth | Photography: Lululemon