

YOUR FITNESS FASHION FORECAST

This season, we're still keen to be seen in camouflage and going wild for animal prints. But if you want to be a real winner in the athleisurewear style stakes, here are the biggest, boldest SS20 trends

Words: Jo Ebsworth

COLOUR BLOCKING

There's something oh-so-retro about the colour-blocking trend. But the latest spins on this bright and bold look feel anything but dated. Plus, nothing extends the life of your basic black leggings and vests like adding a vibrant pop of colour to an otherwise dull gym outfit, preventing that sense of worn-it-before fatigue. Choose primary colours when you really want to make an impact.



Lacoste SPORT Breathable Stretch Tank Top Tennis Dress, £105; lacoste.com



New Balance Archive Hat, £22; newbalance.co.uk



USA PRO Cross Back Bra, £24; usapro.co.uk



Ellesse Garland Jacket, £60; ellesse.com



Nike One 7/8 Tights, £39.95; nike.com



Napapijri T-Shirt Silbe, £50; napapijri.co.uk



Adidas ZX 750 HD Shoes, £84.95; adidas.co.uk

PERFF Fortitude Crop Top, £70, and Fusion Leggings, £110; perff.com



Ellesse Telluride T-Shirt, £25; ellesse.com



Belles of London Valentina Shocking Pink Sports Leggings, £120; bellesoflondon.com



HOH X Speedo Soundwave Swimsuit, £30; houseofholland.co.uk



Sweaty Betty Victory Sports Bra, £45; sweatybetty.com



Adidas by Stella McCartney Travel Bag, £84.95; adidas.co.uk

NEON ROCKS!

Go hard or go home in loud and proud luminescent shades of zesty lemon, zingy lime, mouth-watering watermelon and dreamy tangerine. Fluoro-brights have always featured in gym attire but, this time around, neon is no longer relegated to night-time runs (or 80s-theme nights) and is coming out of the shadows to help you stand out in the daytime classes crowd. You glo, girl!



Asics Gel-Noosa Tri 12 Trainers, £120; asics.com



Fabletics Mila Built-In Tank Top, £59, and Mila High-Waisted Pocket Capri, £64; fabletics.co.uk

SHINE ON!

Maybe it's because Olympic season is here and we're already dreaming of winning gold, silver and bronze. Or maybe it's because we love any trend that allows us channel our inner 'Bad Sandy' from *Grease*. Either way, shiny satin and sparkly sequins are getting ready to sass up your gym kit and add a lustrous sheen to every move you make. To wear it best, just add sweat!



Bjorn Borg Cylie Cropped Tee, £35; bjornborg.com



L'URV Harmony Sports Bra, £60; fashercise.com



Adidas Originals Sequin Track Trousers, £159.95; adidas.co.uk



Reebok Studio High-Rise Tights, £54.95; reebok.co.uk



P.E Nation Level Up Jacket, £153.07; pe-nation.com



Puma Rise Glow Trainers, £88; puma.com



Heroine Sport Marvel Sports Bra, £75, and Marvel Leggings, £99; fashercise.com