



Top of the drops

The coolest product launches that **are commanding our attention right now**

Innovation has put us on a path towards peak efficiency. The latest wearables monitor our every move – even when we’re not moving – while AI algorithms instruct our data, telling us when to train and when to rest.

But in the view of our kit-obsessed editors, new products should do more than monitor us in the background. Innovation should be innately cool, helping to make us faster and stronger, and spark new passion for our hobbies.

The good news is that there are plenty of products dropping that do exactly that. From 3D-printed barefoot shoes to super-cooling ultrarunning apparel, here’s an edit of some of the smartest health and fitness launches right now.

1 NordicTrack Ultra 1

The Ultra 1 is as much a design statement as it is a treadmill. Sitting at the intersection between furniture and home gym equipment, it features white oak and metal uprights, with brass control handles. It’s NordicTrack’s most advanced model to date, with a commercial-spec cushioned deck, SmartAdjust incline and speed capabilities, an eight-fan full-body cooling system and surround-sound speakers. £15,000, nordictrack.com

Runner-up Pivot The Full Monty

A two-in-one power rack and bed, this space-saving invention folds upright, revealing a commercial-grade power rack, pull-up bar, foldable bench and flooring. It’s compatible with Olympic barbells and other equipment, such as TRX bands, with enough space underneath to stash everything between workouts. £5,565, pvt.fit



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2 Vivobarefoot Tabi Gen 02

Vivobarefoot is proof that the minimalist shoe movement was never just a fad. This year, the British company doubled down on its scan-to-print footwear, teasing the second prototype of its Japanese-inspired Tabi sandal, 3D-printed to fit the unique shape of your feet and your feet only. Modern open-toe shoes, it says, are a one-shape-fits-all invention: the Tabi represents a return to ‘human-centric design’, shaping how we move for the better. £TBC, vivobiome.vivobarefoot.com

Runner-up Ultrahuman Home

From the tech brand that brought you the subscription-free rival to the Ōura Ring, the Ultrahuman Home health monitor is a silent device that detects environmental markers affecting your health. It provides insights into air quality, light exposure, temperature, noise and humidity to give you the intel you need to improve the health of your home. £489, ultrahuman.com

3 Therabody JetBoots Pro Plus

Standard compression boots no longer hit the mark. Therabody’s latest innovation combines three types of therapy – pneumatic, vibration and infrared LED light – to deliver faster, more effective results in less time. The typical benefits all apply here: faster recovery, better warm-ups, joint-pain relief, improved circulation and reduced inflammation. £899, therabody.co.uk

Runner-up Bon Charge PEMF Sauna Dome

This shrunk sauna alternative causes sweating at lower temperatures than the real thing, making it a more practical solution for the home. It combines multiple wellness technologies, including infrared heat, electromagnetic waves, red light and near infrared heat, with benefits ranging from better sleep and relaxation to supporting the body’s natural cleansing processes through sweat. £1,995, uk.boncharge.com

4 R.A.D One V2

Following its much-hyped launch, the second iteration of R.A.D’s popular cross-training shoe has shown itself to be every bit as capable, not to mention stylish, as the original. Smart new details include a wave-shaped rubber outsole that protects the midsole, more durability on the upper and a reworked TPU heel that works with the wave pattern to aid flexibility. The result is a versatile, performance-first gym shoe, with vibrant, limited-edition colourways. £130, uk.rad-global.com

Runner-up Nike Radical AirFlow

Nike has taken MothTech to a new level with this unorthodox trail-running shirt. It’s designed to support the body’s natural cooling mechanisms, which it does by accelerating the speed at which air flows through the shirt. That supercharged airflow is said to make sweat evaporate more quickly. Keep an eye out for the public launch next year. £TBC, nike.com/gb

5 David Bar

More protein, fewer calories is the David Bar’s motto. It packs 28g of the former and a mere 150 of the latter. Each bar is crafted with a blend of milk protein isolate, collagen, whey protein concentrate and egg white, providing all 20 muscle-building amino acids. But the real innovation is in the fat: the David Bar contains EPG, a plant-based replacement that limits fat digestion and keeps calories to a minimum. £44.99 for box of 12, healf.com

Runner-up Cadence Fuel Bars

Following the launch of its citrus-flavoured Core Hydration Drink cans, Cadence has released a full suite of sports nutrition products, including these organic fuel bars. Reinforcing the brand’s ‘food-first’ approach, each bar contains 40g of fast-acting carbohydrates sourced from puffed white rice, organic dates and organic honey, plus an electrolyte blend that supports hydration. £27 for box of 12, usecadence.com