

WINNING STYLE



Ever wondered what fashion insiders wear when they work out? Wonder no more.

Gone are the days of tired leggings, old tees and leaving your style credentials in the changing room - we're giving what we wear when we exercise more attention than ever before. Just look at these four fashion insiders, for whom motivation-boosting workout gear an essential component of their exercise sessions, whenever – and wherever – they can squeeze them in to their busy, and oh so-stylish, schedules.

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NO KA'OI
Multi Colour Block Stripe Kimi Leggings

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Liz TAW

The in-demand hair stylist looks after the locks of Daisy Lowe and Florence Welch, and relies on yoga live streams when travelling



‘With yoga my brain is too busy thinking about alignment and focusing on my breath to worry about anything else. At the risk of sounding a bit cringe, it helps to keep me present. When I’m home in London I go to vinyasa and yin classes at Stretch in Broadway Market but a friend also introduced me to guru Jagat who runs the RAMA institute in LA and live streams her classes and chats – which I love. Jason Crandell’s 25 minute podcasts are great when time is short or I’m travelling.

It can be as simple as setting my alarm for 20 minutes earlier. Most of my working out is done in the crop top and big pants that I slept in and roll out of bed onto the yoga mat in in the morning. I look for clothes that aren’t heavily branded but have a bit of style about them; Lisa Marie Fernandez, No Kai Oh and Stella are great. I’ve also taken to wearing wrap tops and tango skirts from dance shops – you can blame J.Lo in Shall We Dance for that!’

SLIDER

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Roberta BENTELER

Avenue 32’s very own founder likes to get up early and head for the Rhythm Ride spin class at Shoreditch House

‘It’s great to start your morning with a sense of achievement, having completed a tough routine. If you plan to work out in the evening you often change your mind, as your friends want to meet for a drink, or you have a last minute meeting. I make sure to stretch before and after every session – it allows me to spend hours at my desk without feeling stiff or getting back pains.

I love to dress for the gym and have a huge selection of wildly printed leggings and sports bras by No Ka Oi, Mara Hoffman and Lucas Hugh, whose founder Anjhe Mules is a perfect brand ambassador – she always looks effortlessly cool. Activewear has to be well fitted and make you feel confident. High-waisted leggings that shape the body are a must – you don’t want to give sneak peeks when doing a plank.’



LUCAS HUGH
Coral Red Technical Knit Sports Bra & Red Technical Knit 7/8 Leggings

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Charlotte LEWIS

After yoga and Barry’s Bootcamp phases, Glamour’s shopping editor is a recent convert to ballet-based workout Barre Core

‘I started barre a couple of months ago and it’s now my primary focus – it’s hard, you have to really concentrate, but an hour literally flies by and I’ve seen results more quickly than with anything else. On a good week I like to take three barre classes and one Barry’s. I struggle to self-motivate so going for a run or to the gym on my own doesn’t work for me. You have to make it convenient, with minimum effort to get there – finding a class that you like near work that you can do during your lunch break helps.

I think Gigi Hadid looks great in her exercise gear. I used to wear my boyfriend’s T-shirts to exercise in as I love anything oversized, but I’ve found it’s better to wear something slim fitting and I tend to stick to neutral colours. I always envy the stylish girls - there’s one at barre who always wears head-to-toe Lisa Marie Fernandez... Chic! I do like to wear my activewear outside of the gym, much to my boyfriend’s anguish. It’s perfect to change into for a long haul flight.’



LISA MARIE FERNANDEZ
Black Striped Ekisa Bra Top, Black Striped Fitted Active Shorts

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ADIDAS BY STELLA MCCARTNEY
Black Built-In Short Leggings, Black Ultra Boost Running Trainers

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Shelley DURKAN

The influential casting director has hand-picked faces for Adidas, Louis Vuitton and Issey Miyake and is a Bikram yoga devotee

'I aim for four workouts a week. I get bored very easily so mixing it up means there is more chance I will stick with it. Running provides me with time to think, yoga to shut off for a bit, and pilates works bits of your body that have probably never been worked out ever. Exercise makes me more productive – it's really important to keep my head clear and focused. I would feel really sluggish – and probably a bit squidgy – if I didn't do anything.

Early morning is the best so it's out of the way –a 30 minute run is better than nothing if time is short. I listen to a lot of hip hop, '90s house and garage when I run. And as for workout gear – Stella McCartney for Adidas has always been a favourite. I love mesh inserts on leggings, and anything in high shine black fabric. Princess Diana looked great in her workout gear, nowadays Beyoncé, Rihanna and Victoria Beckham nail it.'

SLIDER 