

# Men's Health

THE MAGAZINE MEN LIVE BY

Free Pull-Out Plan

## FIGHT



**TONE IT DOWN**  
A lightweight jacket in a solid color is versatile enough for street wear.



**BEAT THE BULK**  
A tapered fit will conform to your body without restricting your squat form.

**COMBINE FORCES**  
This gym bag, with its rugged leather accents, can double as a weekender.



## 1

## Reject Boxy Attire

Workout gear used to be all about utility with little regard for fit. But that's changed now—and it's time you caught up with the trend. "These days you have no excuse to not buy athletic clothes that fit well," says Nate Checketts, cofounder of the performance line Rhone. It's more than just aesthetics: The better the fit, the more closely you can monitor your form. "If your clothes don't fit, you can't see how your body is moving," he says. Aim for peak visibility with shorts that hit about 2 inches above the knee and shirts that have no more than 2 to 3 inches of slack around the waist.

## PICK A PATTERN

Camo in a neutral color is easy to match and conceals pesky pit stains.

## 2

## Turn Off the Flash

Some workout clothes scream for attention with bright colors and loud, dizzying patterns. While these pieces might be fun to rock occasionally, they're tricky to coordinate. They also age worse than moldy cheese and tend to steer eyeballs your way when you least desire them (like on your third set of squats). Instead, Taylor suggests losing the superhero look and stocking up on versatile shirts and shorts that more closely resemble what you'd wear on the street—neutral hues, simple patterns, subtle logos, and no motivational quotes. Leave those for the corkboard.

## DON'T SWEAT IT

Apparel made from a wicking fabric can nix postworkout moisture with ease.

LEFT: TRACKSMITH TANK, \$65. MARC JACOBS PANTS, \$530. JIMMY CHOO SHOES, \$765. ZADEH BRACELET, \$285. MIDDLE: FEATS OF STRENGTH JACKET, \$128. LES HOMMES SPORTSWEAR SHIRT, \$145. DOCKERS PANTS, \$78. BROOKS HERITAGE SHOES, \$90. TOMMY HILFINGER BAG, \$299. RIGHT: FEATS OF STRENGTH TANK, \$48. RESPECT YOUR UNIVERSE SHORTS, \$45. BROOKS HERITAGE SHOES, \$90. OPENING PAGE: Z ZEGNA COAT, \$645. LULULEMON SHIRT, \$64. THEORY PANTS, \$195. CLAE SHOES, \$110. BEATS BY DR. DRE HEADPHONES, \$380. MIANSAI BRACELET, \$80.

**PASS A SNIFF TEST**  
Antimicrobial silver threads mean this shirt will never absorb odor.



## E

### Ease the Transition

If you're the sort of guy who shows up ready to work out, be careful not to combine everyday attire with stuff designed to absorb perspiration. For instance, don't just throw that fancy peacoat over your running gear and head out the door. You'll not only funk it up with sweaty gnarliness but also take months off its life span, says Checketts. Instead, invest in a lightweight, long-sleeved jacket and some fast-drying, odor-resistant track pants in colors that match your tops to save prep time. You'll look more put-together than the dude wrapped in wool—and smell better too.

NAUTICA VEST, \$128. RHONE SHIRT, \$68  
PUMA SHORTS, \$40. NEW BALANCE SHOES, \$80  
NAUTICA WATCH, \$115



## 5 BRANDS GAINING THE UPPER HAND

TRY THESE LABELS TO STAND APART IN THE GYM.



### RHONE

Mesh venting panels help regulate your body temperature, and Rhone's four-way stretch fabric allows for easy movement. Flat-lock seams also mean an end to chafing.



### AETHER

Many of this California brand's garments are made from moisture-wicking, odor-resistant, quick-drying materials and incorporate smart details like thumb holes for wrist coverage.



### RESPECT YOUR UNIVERSE

Strategically placed seams on RYU's shirts allow for a full range of motion. The shorts have grips for a no-slip fit, and internal drawstrings so they won't sag when you're lifting.



### TRACKSMITH

This company's bold, striped tanks have tapered silhouettes, and its four-way stretch running shorts are water-resistant. Bonus: a rectangular rear pocket for your phone.



### FEATS OF STRENGTH

Eric Villency, designer of the SoulCycle and Peloton exercise bikes, launched this brand. The tailored silhouettes feature laser-cut vents and reflective accents for nighttime exercise.

