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

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 Cheekets, co-founder 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.

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.

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

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

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 garbiness but also take months off its life span, says Checkets. 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, $129; RHONE SHIRT, $68
PUMA SHORTS, $40; NEW BALANCE SHOES, $80
NAUTICA WATCH, $115