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Gym style no sweat

By Dina Fierro
Special to amNewYork

During the summer, less clothing is de rigueur and staying fit is essential. Thankfully, workout gear can marry stylish form and function this season with fabrics that keep you cool, dry and chic.



Square-neck tank by Adea

\$109, myadea.com

"It's important, especially when exercising outside, to wear light colors as opposed to dark. Lighter colors will reflect the sun rather than absorb it," says Bethany Lyons, Crunch's fitness coordinator. Try Adea's Sea Cell line — the soft tanks and capris come in a variety of pastel colors and use a seaweed-based fabric, which wicks perspiration from the skin.

Gladiator sandals by FitFlops

\$150, Kirna Zabete

**96 Greene St.
212-941-9656**

This season's hottest shoe is undoubtedly the gladiator, but the FitFlops version takes toning to a new level. Developed by bliss spa founder Marcia Kilgore, these sandals challenge lesser-used muscles while you walk, leaving legs toned.



iPod dress by Omala

\$90, omala.com

"Well thought-out fitness gear that easily translates to cute street wear is huge in encouraging people to work out more," says Stacy Berman, founder of Stacy's Boot Camp fitness program. Brooklyn brand Omala follows that mantra. Try the iPod Dress (\$90) or iPod capris (\$65). Both boast 3G-friendly pockets and use lightweight bamboo fibers that are perfect for hot weather.

Katharine bra by Zobha

\$38, Equinox stores

Zobha offers up bold, stylish workout apparel that's flexible enough for the fluid movements in yoga and Pilates practice. Best of all, the carefully constructed fabrics offer support and flatter figures of all shapes and sizes. Try the chic Katharine bra under a tee or wear it alone to show off those hard-earned abs.



Athletic socks by Aetrex

\$10, Eneslow

**470 Park Ave. South
212-477-2300**

Copper may not be as precious as platinum, but its anti-fungal and anti-bacterial properties are worth their weight in gold. Aetrex Athletic Socks use imbedded copper ions to keep feet healthy and smelling fresh.



Trance 8 sneakers by Brooks

\$140, brooksrunning.com for locations

For those who prefer more traditional footwear, Brooks has you covered. Launched last week, the Trance 8 boasts BioMoGo, the first environmentally friendly, biodegradable midsole. Meanwhile, the upper sole is constructed of moisture-managing Element Mesh and linings, which means the Trance 8 keeps feet cool while offering cushioning and support.

