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March 25, 2013

Men's Workout Essentials

Spring is almost here, and you know what that means? It's time to get into shape for the summer! This ritual isn't just reserved for women, trust me, men go through their Spring Shame where we're forced to lose our winter weight. To help, I thought I'd share some of my workout essentials that can help you get your man on track in time for beach season!





Under Armour Storm Fleece: I love the Under Armour Storm Fleece because it doesn't feel like I'm wearing a hoodie and I don't overheat when I workout. Since I like to take my dog on runs with me, the hood is great for when I'm outdoors.

Motorola S11 Flex HD Headphones: I don't like talking to people at the gym, so these Bluetooth headphones are the way to go for both people-blocking and for making sure I don't make a fool of myself getting tangled in cords.

Mio Alpha: The Mio Alpha is great because it allows me to keep track of my heart rate during a run without making me grab the handles of the treadmill. I don't know about you, but I've tried to grab the telemetry bar at a high-speed run, and nearly wiped out on the treadmill. Another gadget to save me from looking stupid during my workouts.

HTC Windows Phone 8x: What? Why am I including a phone? Haven't we already discussed the fact that I don't like talking to people? Plus, this phone has Beats audio built-in, so Windows Phone 8 and Dr. Dre make this a winning combination.

Jordan Melo 9 Short: Again, I like this pair of shorts from Foot Locker because they're lightweight and made of Dri-Fit fabric, which means I won't have to worry about any unsightly sweat marks after my exercise.

Aetrex Copper Sole Socks: My feet sweat... a lot. There, I feel like I got a weight off of my chest. Anyway, I need a pair of socks that will wick away moisture and prevent any foul odors my piggly-wiggles might send emit. These socks do that and more by providing some of the best shock absorption I've ever felt in a sock.

Ecco Njord Speedlace Shoes: I'm not afraid to admit I'm one of the people who wears water shoes in the pool. Something about flopping about in a pool of other people's filth makes me want to at least protect my feet. Ecco makes some of my favorite shoes, because their lightweight, durable, and stylish.

Jordan Melo M9: I don't play basketball often, but when I do, the 13 year old in me comes out and I have to wear Jordans. These new version looks like something from outer space, and I love that. Plus, they breathe really well, break in quickly, and protect my ankles.

Asics GEL-Nimbus 14: There is no brand of shoe I'd rather run in than an Asics shoe. Seriously, when I got my first pair, I literally felt like I was walking on a cloud. What I love about these is that it creates a natural bounce in my step, so running, for the first time in my life, actually feels like something my body is SUPPOSED to do.

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