Tips for Proper Womenâ€™s Sportswear

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Are you planning to join gym? If yes, then make sure to take proper steps for choosing womenâ€™s sportswear for your gym sessions. Appropriate gym etiquette is an important part of gym and one should be comfortable as well as happy in these clothes. Most of the people think that they can wear anything as yoga pants and consider gym clothes as a total no brainer. It is important to have athletic attire in gym; shorts, running shoes and t-shirts are best suited for exercising. This article will discuss some of the important tips for choosing proper womens sportswear.

Lower body clothes: Shorts are the most comfortable piece of clothes in gym. One can easily perform a variety of exercises including squats and lunges. It is advised to avoid wearing Spandex type shorts as they are bound to attract males during your workout. But if you do not mind male attention then you can wear anything.

Upper body clothes: T-shirts are the obvious choice for upper body clothing. Try to look out for moisture wicking clothes or dry-fit that will keep you comfortable while exercising. One can choose from a variety of options such as cut of sleeves, athletic tank tops and basketball jerseys.

Footwear: Athletic shoes that keep you comfortable including golf shoes or even soccer cleats. Other than basketball and squash, normal running shoes suits every occasion including gym exercise and will be best wore with yoga pants.

Some other gears that you may have in your athletic bag includes a hand towel, water bottle or glucose bottle, head bands for ladies with longer hair and if you are looking to avoid callous formation then go ahead with weight lifting gloves for your workout. But make sure to avoid anything catchy, showy or male attracting!

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