

Choose The Right Shoe For Your Workout

Shopping for a new pair of training shoes can be fun, but also confusing. The right shoe can help you make the most of your training, but with so many options, how do you choose? Whether you're into yoga, cardio or high-intensity training, Nike has a shoe designed for your workout.

Shoes are the last thing you want to think about when you're in the gym doing Nike Training Club, group fitness, cardio or strength training. Thanks to the plush, comfortable fit of the versatile Nike Free TR Breathe Women's Training Shoe (\$95) you won't have to. From stair climbing to lateral, side-to-side bounds and forward lunges, this trainer features multidirectional support, flexibility and traction for your every move. And the ultra-lightweight upper is super breathable, just in time for hot summer workouts.

The Nike Studio Wrap Pack Three-Part Footwear System (\$110) was created for studio classes that are typically done in bare feet, including yoga, Pilates and barre, among others. Wear the wrap on

its own for protection and traction in the studio, or add the ribbon for customizable support. The flat slips on easily over both the wrap and ribbon to take you from studio to street.

The ultra-lightweight, breathable Nike Free Bionic Women's Training Shoe (\$95) gives you everything you need for high-intensity workouts like cross training, intervals, boot camp and kickboxing. It offers an ideal blend of lightweight support and major flexibility for a barefoot-like feel and multidirectional movement. And the low-profile, rubber outsole delivers excellent stability plus full range of motion for explosive moves like box jumps, burpees and mountain climbers.

With the right information, choosing your perfect shoe is easy. Now the challenge is meeting those fitness goals you've set.

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Nike Pro Hyperwarm Hybrid Women's Training Top

With summer comes lots of daylight and warm weather, and chances are you're not having much trouble sticking to your workout routine. Fall is just around the corner though, and the darker, cooler weather can make it more of a challenge—but that's no excuse to hit the snooze button and put your workout off until tomorrow.

The Nike Pro Hyperwarm Hybrid Women's Training Top (\$70) is designed to help you keep the momentum going. Dri-FIT fabric with a soft-brushed interior helps insulate you from the cold and a longer, fitted design provides coverage in flattering style. The loose-fitting turtleneck comes with drawcords for an adjustable fit and feminine look while thumbholes help keep cuffs in place and hands warm.

This base layer is ideal by itself on the way to the gym or layered under a hoodie, jacket or shell when training in colder weather. After all, what's a little drop in temperature when it comes to achieving your goals?

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Nike Sphere Collection

When it comes to working out in the cold, you shouldn't have to choose between staying warm and staying light. Leave it to Nike to come up with a fabric technology that gives you the best of both worlds.

Lightweight Nike Sphere Thermal fabric features a 3D structure that creates space between your body and the garment, so air heated by your body can circulate freely to help keep you warm. And, when you work up a sweat, microfibers in the fabric pull sweat away from skin to the fabric's surface, where it evaporates so you stay dry. No more soggy, heavy layers or post-workout chills.

The Nike Sphere Bomber Women's Running Jacket combines style and performance, featuring water-resistant taffeta fabric to help you stay dry on rainy days and Nike Sphere for warmth that won't weigh you down. A Dri-FIT zoned liner wicks sweat to help keep you dry on the inside, and mesh panels on the sides and back keep air flowing.

The Nike Sphere KO Full-Zip Men's Hoodie delivers lightweight warmth that's tailor-made for cold-

weather training sessions or going to and from the gym. Thanks to the full-zip, it's easy to throw on anytime. Large front pockets offer handy storage and extra warmth for hands.

The Nike All-Time Sphere Full-Zip Women's Training Hoodie not only feels great, but also looks great with a feminine cut that flatters. Thermal fabric, a three-panel hood that zips up to the chin and thumbholes help keep you warm whether you're going to and from the gym or training outdoors.

When it comes to training, there's no excuse to skip your workout, and that includes rough weather. The Nike M10 Woven Sphere Lined Men's Training Jacket has you covered with water-resistant thermal fabric that helps keep you warm and comfortable in cold, wet weather. Elastic drawcords and cord locks let you customize the fit while hook-and-loop closures at the cuffs lock in heat for minimal distractions during outdoor training.

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Nike AW7 DWR Full-Zip Hoodie

Is it possible to make the perfect hoodie even better? Nike designers thought so. Because winter brings colder, wetter weather, they added a water-repellent coating to the iconic Nike AW77 Hoodie. The Nike AW77 DWR Full-Zip Hoodie literally sheds water to help keep a little rain from spoiling all the fun, and rubber-coated zippers deliver extra protection.

The legendary AW77 Hoodie, introduced in 1977, has stood the test of time with its gritty, hardcore toughness, super-soft premium cotton and multi-panel scuba hood. Now, this version of a timeless classic will help keep you drier and more comfortable on every adventure.

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