



## StreetGym® Clothing/Kit Guide

First and foremost always check the weather forecast the night before your StreetGym® training session and be prepared to dress in an appropriate manner. Ideally you also want bright, hi-vis clothing when working out in urban terrain. Your clothes should also allow for good range of movement.

We tend not to have bag drops so be prepared to run, carrying what you come with. If you really have to bring things with you consider a small waist bag or belt, go check out Sports Direct (give a discount through Defence or Blue Light Discount Card) or TK Maxx. Please do not bring anything valuable or breakable to the sessions, that includes expensive jewellery and watches. StreetGym® coaches will not be held liable for loss or damage to personal items. Feel free to bring a water bottle but please ensure they have a tight fitting lid and do not leak.

Gloves. They are always a controversial subject for this sort of activity, you can actually lose grip and your bare hands are often better. In addition we're always mindful of snagging clothing and gloves can sometimes catch on items of street furniture. That said we respect your wishes so if you really want to wear gloves look for the *contact* or lightweight cycling/weight training variety. Regardless, you want gloves that give maximum feedback. Again TK Maxx or Sports Direct is always a good source.

Training shoes. You needn't go out and buy shoes purely for your first session. Gold standard though, you ideally want a one piece rubber sole, no hard plastic pieces in the arch. The sole shouldn't be too cushioned as that effects the sensitivity of your feet particularly when doing balance work or similar. Avoid wearing shoes designed for off-road/trail use as the heavy tread won't serve you well on concrete and metal surfaces. You don't need to spend a lot of money, we've used Skechers and they gave good service. If you want to wear a Vivobarefoot or Vibram Fivefingers minimalist style shoe please do but make sure that your feet and running style are ready for it.

### In bad weather/winter:

StreetGym® never closes unless there is an earthquake or tornado. Training in the elements is good for building your resilience. We recommend wearing man-made fibre, wicking layers, when the weather is poor. Never wear cotton as it soaks up the sweat and you get cold very quickly. A hat made from man-made fibre is also recommended when the temperatures really plummet.

If it looks like rain or high winds is forecast we'd recommend wearing a windproof, ripstop outer shell. We've been using Tacgear Windshirts for years, they last forever and keep you warm and dry. In addition they don't cost the earth and fold up into an incredibly small bundle. The only downside is they're not hi-vis. Muddyfox make an excellent hi-vis cycling jacket, cheap and perfect for StreetGym®

### In summer:

Cool clothing, again man-made fibres and wicking ideally. Cotton gets drenched with sweat, gets heavy and stays wet so when you've finished your session your going to stay damp and cold on the way home!

*"There is no such thing as bad weather, only bad clothing." Sir Ranulph Fiennes*

If in any doubt please email us: [enquiries@streetgym.com](mailto:enquiries@streetgym.com)