

AMY'S EXCLUSIVE CHECKLIST

Top 5 Items Every Gal Needs for Fab Workout Style

No matter your body type, budget or lifestyle.

- ✓ Yoga pants can be crazy expensive, but are they worth it? If they are Ultracor then the answer is yes. \$200 gets you reversible, long lasting (up to 4 years), high-waisted, dope pants!
- ✓ Finding the perfect black yoga pants can be a lifelong quest. Search no more, Nancy Rose Performance delivers on this very difficult search. Done and done.
- ✓ Do you hate every sports bra you own because they don't actually hold "the girls" in? I get it. Nike offers 3 ranges of support including this basic black high-supportsports bra. Hooray!
- ✓ Not ready to jump into the expensive yoga pants pool? No worries, there are plenty of awesome, reasonably priced options. Z by Zella is the jam. Great basics and fun prints for under \$100.
- ✓ Want support AND fun designs? Old Navy has a great, inexpensive activewear line that is comfortable and holds it all in. Buy one size smaller because they run a little big.