



LET SUMMER FUEL YOUR OPTIMISM



With summer right around the corner, get ready to embrace the good vibes by channelling your energy into new experiences, grabbing your sports bra and tights, and getting pumped to do your thing.

This month, we caught up with LA-based dancer and fitness addict **Meagan Kong**, and London based, former professional dancer and runner, **Adrienne LDN** to chat about the perks of getting a sweat on in the great outdoors.

Meagan comments: *"There is a different energy when you workout in the open air. As the weather heats up so do you. I love to hit a park and surrender to the heat with head to toe sweat via a HIIT workout or a yoga flow."*

Adrienne adds: *"When the days start getting longer, you have to make the most of it. Training with friends is always the most fun way to work up a sweat."*

Channel summer vibes and optimise performance levels in the **Stronger For It Bra**, the perfect support system for bigger cup sizes, thanks to moulded cups, adjustable straps and a fitted under bust band. Push through new moves in ultimate comfort in the high-rise, flattering **Believe This Tight**.

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