



LIFE'S A BEACH – LET'S WORK IT OUT



It's the height of summer, so naturally, we're heading to the beach. But there are way more benefits to the sand than just sitting on it. Let the world become your playground and the beach your gym, as stairs become cardio and sand becomes resistance.

NYC Boxing coach Julie "Jaws" Nelson agrees when the sun shines the possibilities are endless. So, what are you waiting for? Raise your fitness game with the sand beneath you.

Julie says: *"If you're lucky enough to live near the beach, then grab a buddy and get yourself down there. You know what they say – friends that sweat together, stay together! Sand is incredible for building strength, improving coordination and stabilizing muscles. Lateral movements are my favourite on sand, as well as broad jumps and plank variations Check out my [sandy HIIT workout](#) for inspo."*

Support each kick, flip and jump in the **Alphaskin Sport Tight**, designed to offer a close-body feel thanks to a compression fit that moulds to the body. Stretch and flex in complete comfort in the racerback **Don't Rest Alphaskin Bra**, offering medium support



up to a D cup, compression technology, anti-bounce straps and cooling ventilation mesh panel.

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