

**Cut the cord**   
If you like music with your workout but don't like the cord from your phone to your ears, check out Jaybird's BlueBuds X. These earbuds use Bluetooth to connect wirelessly, have a secure fit and offer a lifetime warranty against sweat. **\$169.95, jaybirdsport.com**



**Training timer**  
Want to hold that plank position for 60 seconds but don't want to twist your neck to look at the clock? Use a Gymboss timer and you'll know when it's time to push yourself and when you can catch your breath. **\$19.95, gymboss.com**

**Squeaky clean**  
The cheap soap available at the gym is likely to leave sensitive skin feeling dry. Long a favorite in Europe, the Sebamed Liquid Face & Body Wash is formulated to maintain your skin's natural moisture level. **\$12.99 for 13.5 ounces, sebamedusa.com or CVS**



**Make a statement**  
Fun and functional G-loves gloves are a real departure from the average black gym accessories. G-loves offers a whole line of colorful gloves, wrist straps and weight belts designed to protect you from injury and make a bold statement, too. **\$45, g-loves.com**



**Clear & refreshing**  
Nalgene's On the Fly BPA-free bottle makes staying hydrated simple: it's designed to fit into your cup holder or bottle cage, leakproof and easy to open with one hand. **\$11.99, nalgene.com or Target**

Make sure you take your water bottle out of your gym bag and wash it after every use. If you don't, it becomes a breeding ground for bacterial!



# Pack up!

 Get pumped for training with these great new workout essentials. *By Maura Weber*

**Top tote**  
The Fitmark Sport Tote has a roomy main compartment and a zippered side pocket, and it comes with a separate bag for your shoes or sweaty workout clothes. There's even an internal insulated liner for your water bottle. **\$99.99, fitmarkbags.com**