

DRY Neat Stuff

VANQUISHER GOGGLES FROM SPEEDO ONLY \$20

SILICONE SWIM CAPS FROM \$2.50

FLIP TO PAGE 116 FOR "BURN CALORIES THE EASY WAY" AND GET INSPIRED!

1. WATER BABY
The High Neck with Core Stabilizer bathing suit by Speedo features fabric that provides optimum shape and core stability, plus a built in Hydro Bra for added support and lasting comfort. \$98; speedo.com

2. MARATHON MAMA
The Sprint Tank from Moving Comfort features silver technology to help remove moisture quickly, keep skin cool and dry and reduce odor. Perfect for marathon training! Available in guava, aqua and white. \$36; movingcomfort.com

3. HEAD FIRST
Biking helmets from Giro are perfect biking companions because they're lightweight, stylish and incredibly durable so you can go ahead and break that personal best with confidence. From \$30; giro.com

4. ZIG AND ZAG
The latest from Reebok, the ZigTech shoe is lightweight, flexible and causes up to 20 percent less wear and tear on key leg muscles, especially the shins and hamstrings. An ideal hiking companion or run buddy. \$100; reebok.com

5. BIKER CHICK
Featuring an SPF protection of 50, the rashguard shirt with booty shorts from Girls 4 Sport are perfect for long biking adventures in the sun. Keeps you cool and dry while protecting your skin from the elements. Tank \$52, shorts \$37; girls4sport.com

Take your fitness outdoors

Say hello to summer with *Oxygen*'s top picks for outdoor adventure in the sun this season.

BY SANDY BRAZ | PHOTOGRAPHY GEOFFREY ROSS

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Oxygen Take Your Fitness Outdoors

The June 2010 issue of *Oxygen* magazine featured Girls4Sport's half sleeve rash-guard and matching boy briefs in Riviera for an article on top gear picks for outdoor summer adventures.

THREE FUN-IN-THE-SUN WAYS TO IMPROVE YOUR HEALTH!

oxygen

WOMEN'S FITNESS

LOSE ARM JIGGLE PLUS YOUR MUST-TRY UNIQUE MOVE

YES! YOUR BEACH BODY BY JULY 4TH

10 Fat-burning power foods + 4 MOUTH-WATERING RECIPES

YOUR ALL-NEW Cardio plan to melt fat

5 INSTANT ENERGY BOOSTERS

TONS OF EXCLUSIVE ARNOLD EXPO COVERAGE PLUS

NICOLE COSTA'S HOT ABS SECRET PLUS

Sexy Glutes In 4 easy moves