

The 16 Best Fitness Gifts For Anyone Who Misses The Gym

Melanie Rud · Nov 24, 2020







Need some motivation to shop for your fitness-obsessed friends and family this season? You've come to the right place. This [round-up of athletic apparel, gear, gadgets, and more](#) is sure to please even your most savvy workout buddy. Scroll through and shop the best fitness gifts below—all without breaking a sweat.



[yoga Zeal Blue Opal Printed yoga mat \(\\$78; niemanmarcus.com\)](#)

This brand makes some of the chicest, coolest yoga mats we've ever seen; this is only one of many different and unique prints and colors they offer. And they're just as functional as they are fashionable. This particular option acts as a two-in-one, with a sweat-absorbing suede cloth top that works as a yoga towel, great for hot yoga fans, and durable rubber backing. Plus, the whole thing is foldable, machine washable, and made of eco-friendly and biodegradable materials.



[Microformer The Micro #1 \(\\$890; shopmaximumfitness.com\)](#)

The Lagree method is a next-level-hard, full-body workout taught on a Megaformer machine—and until recently, something that could only be done in a studio. Not anymore, thanks to this new equipment. The aptly-dubbed Microformer is a much smaller, lighter, more compact iteration that can easily fit in any at-home workout space. Still, it can be used to do many of the same trademark Lagree moves and exercises. This base model is great on its own, or can be souped up with extra add-ons (purchased separately).



[SOUL S-Fit True Wireless Earbuds \(\\$80; amazon.com\)](#)

As anyone who loves listening to music while working out will tell you, there are few things far more annoying than earbuds that slip and slide out of ears. Enter these wireless headphones, which come in three different sizes, boast a patented wing tip, and

lock for an extra-secure fit. They're sweatproof, offer 33 hours of playtime, and also feature an audio transparency mode that lets you still hear what's happening around you, an excellent safety feature for nighttime or city runners.



[Felina Velvety Soft Leggings \(\\$32; amazon.com\)](#)

A pair of black leggings is pretty much a foolproof gift, and these are an Amazon fan favorite with over 4,000 global reviews. Super soft and stretchy, they're just as great for working out as they are for running errands as they are for lounging. "These are the softest leggings I have ever owned. Extremely Comfortable!" reads one review. Big props for size inclusivity, too; they come in sizes ranging from XS to 3X.



[Happy Masks Pro Series \(\\$24; happymasks.com\)](#)

Who would've ever thought that a mask would be good gift? Well, it's very apropos in 2020. This one is sure to delight fitness buffs because it's one that you can actually exercise in. Credit a nanofiber filter that's specially stretched out to ensure high air flow, making it feel much more breathable and less suffocating. Still, that doesn't compromise

the efficacy; it still blocks out over 99.9 percent of particulate matter, bacteria, pollution, and viruses included.



[Oura Ring \(\\$299; ouraring.com\)](#)

We've seen all kinds of wearable fitness- and wellness-trackers, but none quite like this one. The super sleek ring uses high-tech sensors to keep tabs on things such as steps, calories burned, and activity level during the day, and it factors such as resting heart rate, sleep quality, and body temp while you snooze. It takes into account all of those variables (and more) to give you a clear and guided picture of your activity, sleep, and recovery habits, plus easy ways and tips to improve on all of the above.



[Merrell Women's Alpine Tie Dye Sneaker Suede \(\\$79; merrell.com\)](#)

Forget tie dye sweatsuits, tie dye sneaks are where it's at this holiday season. Sporty and fashionable, they're still durable and offer enough traction (thanks to a rubber outsole) to work for outdoor walks and hikes. Also nice: They come in options for both men and women.



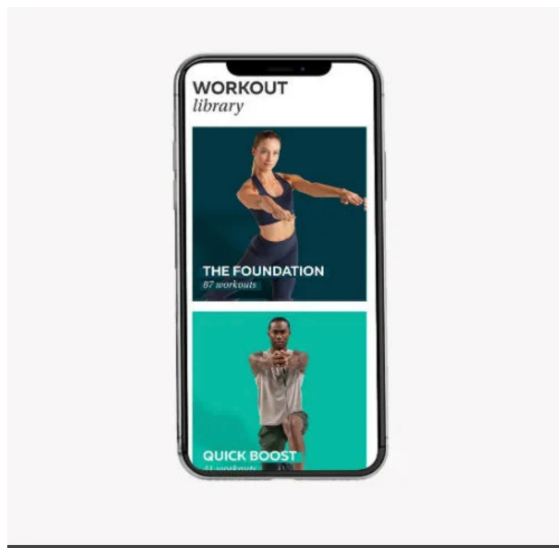
[Theragun Mini \(\\$200; target.com\)](#)

The perfect gift for anyone who loves a post-workout rubdown, the beloved recovery device now comes in a much more portable, much more affordable version. Despite its compact size, the handheld massage device still delivers plenty of muscle-relieving power and comes with three different speed settings, plus a unique technology that makes it quieter than ever.



[Odlo Women's Zeroweight Pro Warm Reflect Running Jacket \(\\$194; cotswoldoutdoor.com\)](#)

Choice for anyone who likes to exercise outdoors year-round, this super-versatile top layer is warm and windproof yet lightweight. It also touts all kinds of practical features, like reflective detailing, an adjustable hem, an inner phone pocket, and a built-in watch window.



[Pvolve Digital Membership \(\\$20 per month; pvolve.com\)](https://pvolve.com)

This celeb-favorite workout method is all about high-intensity, low-impact, resistance-based movements that target the entire body, sculpting and toning muscles you didn't even know existed. While they have in-person studios in New York, Chicago, and Los Angeles, the streaming classes are choice for anyone, anywhere, with a whole library of at-home workouts that are easy to fit in on even the busiest of days.



[Adidas by Stella McCartney Two-in-One Gym Sack \(\\$114; nordstrom.com\)](https://nordstrom.com)

This versatile gym bag can be used as a backpack, with a roomy interior that holds gym gear, clothes, and shoes, or folded down into a belt bag to carry smaller essentials on outdoor walks and runs. But regardless of which way it's carried, the stylish leopard print makes an impression.



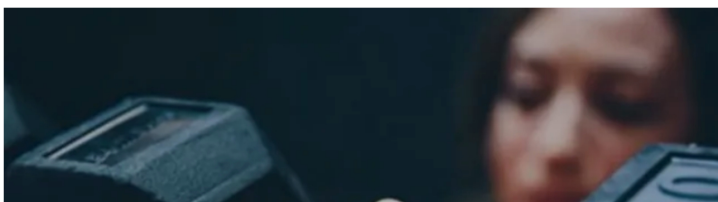
Jaxjox DumbbellConnect (\$449; [bestbuy.com](https://www.bestbuy.com))

A little pricey, yes, but consider this: This one set of dumbbells replaces an entire rack of weights. They're, wait for it, digitally adjustable, so with the press of a button you can increase the weight of each dumbbell from eight to all the way up to 50 pounds. It's a *serious* space saver and also comes with an accompanying app that gives you access to on-demand and interactive personal training and tracks your progress.



Everlast Weighted & Adjustable Jump Rope (\$17; [amazon.com](https://www.amazon.com))

If only we had a dollar for every time a fitness expert told us a jump rope is the single best piece of equipment you could own...Well, you get the point. This one ups the ante, with .4 pound removable weights in the handles that'll make any jump rope exercises that much harder.





[LIFT Society Virtual](https://lift-society.com) (\$99 per month; lift-society.com)

While we love a good streaming yoga or Pilates option, there are plenty of options out there, which makes this online workout all the more unique. Focusing exclusively on weightlifting (using only dumbbells), the digital classes are meant to build and tone both lower and upper body muscle groups. The unlimited monthly is a great option, though you can also purchase (and gift) single classes for \$12.



[Cure Hydration Sample Pack](https://curehydration.com) (\$10; curehydration.com)

Totally natural and organic, this drink mix contains four times the amount of electrolytes than a sports drink, with no added sugar or artificial sweeteners. It proven to hydrate as well as an IV drip (!) and comes in yummy flavors like ginger turmeric and berry pomegranate. Include this sampler in a gift basket or use it as a stocking stuffer for fitness fanatics.



[Anecdote Comfort Glass Candle Athleisure \(\\$24; anthropologie.com\)](#)

The perfect candle to light during a yoga practice, it boasts a calming, fresh scent of lemongrass, black currant, patchouli, and jasmine. This gift is sure to spark as much joy as their favorite sun salutation.

You might also like: [20 Beauty Gift Sets Under \\$50 That Are A Serious Steal](#)

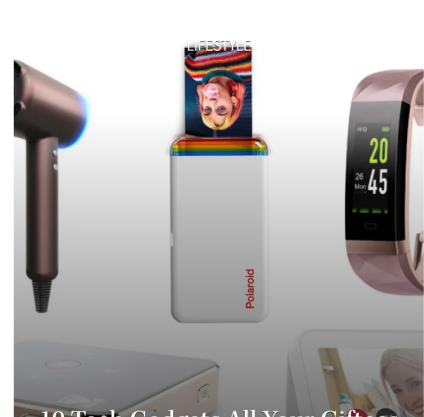
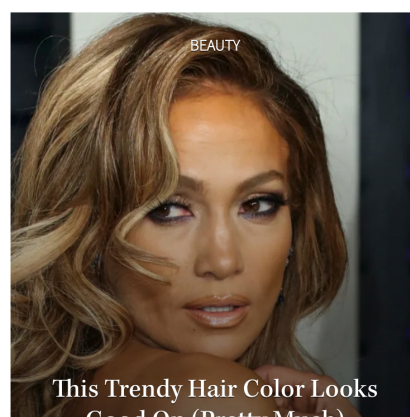
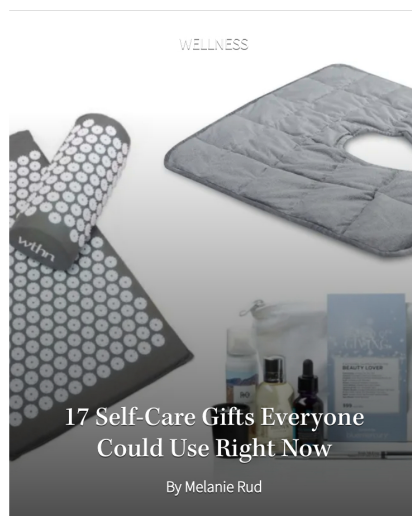
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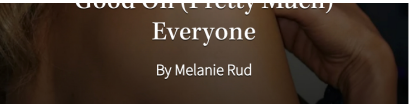
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