

Modest Workout Gear: Tips & Ideas

Shalom Princesses. I pray everyone is doing well in the midst of the COVID-19.

Summer is here and our leadership in Israel United in Christ is on a mission and motivating the Nation of Israel to #BurnTheFat. This goes for the men, women, and children. When it comes to creating a new workout schedule for yourself, you must think of the gear you'd like to wear while working out. I'd Like to share some tips and ideas to ensure your gear is modest.

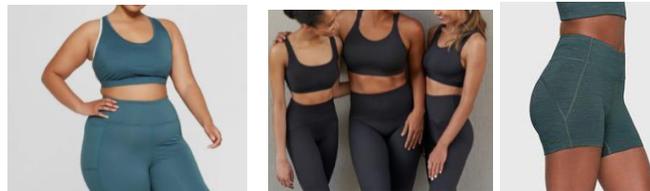
As repentant Israelite women and Daughters of Sarah, let's keep in mind not to follow the fashions of the world.

Romans 12:2 KJV: And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

1 Corinthians 7:31 KJV: And they that use this world, as not abusing it: for the fashion of this world passeth away.

Here are some examples of the fashions of the world.

- Tight fitting clothes exposing all your curves (breast, butts, thighs, etc.)
- Cleavage out
- Belly out
- Tight spandex shorts or leggings (underwear) worn



Let's Start with The Head

Who doesn't like to listen to music while working out? I typically listen to righteous music or an IUIC class. I like to have my head covered with a simple headscarf that is not too heavy, or become too hot. As you work out, you will be performing different poses. You want to make sure your head scarf is snug enough so it will not become loose or fall off your head.

To save money, you can take an old t-shirt and cut the bottom to make a workout head scarf out of it. You can use a regular bandana as well.



Midsection

Women come in different sizes and shapes. We must cover the breast area while securing the breast and not exposing the abdomen. Refrain from form-fitting clothing revealing your curves. It could bring attention to people around you if you are exercising outdoors or at a public gym.

Purchase fabrics that are flexible, moisture-wicking, temperature-specific or something that helps to keep you comfortable while exercising.

Sports Bras

You may think, “Hay, I can work out in my regular bra.” That is a No! An ordinary bra does a very good job of supporting your bust against gravity. But this is possible only when your body is not bouncing. During high impact activities like running, a normal bra cannot prevent your breasts from bouncing back and forth. ([Article](#)) Invest in workout bras to prevent breast pain and discomfort—including tissue damage that over time can cause stretch marks and sagging ([Article](#)).

	ENCAPSULATION	COMPRESSION	ENCAPSULATION/ COMPRESSION
TYPE			
FEATURE	Individual cups surround each breast	This bra compresses breasts against the chest to restrict movement.	This bra is a combination between an encapsulation and compression sports bra.
BEST FOR	LOW IMPACT	MEDIUM-HIGH IMPACT	HIGH IMPACT

Source: <https://www.sportsmanswarehouse.co.za/how-to-choose-the-perfect-sports-bra>

Workout Tops

I typically like to wear an old t-shirt that I have around the home to save money. It’s loose fitting, long enough and comfortable while working out. You can wear a long sleeve, short sleeve, sleeveless shirt, beater, or sweatshirt.

Be mindful that the shirt you wear isn’t too fitting and that it does not rise while exercising. Some shirts tend to fall when you bend over, exposing your breast. Choose a shirt that have a neck line does not expose cleavage while performing certain workout poses. If the neck line is cut too low, you can add a camisole shirt underneath for coverage.

If you're exercising indoors and away from the sun, preferably choose darker colors (black, navy, dark gray, or even maroon) to assist in masking sweat spots that is generated when exercising.

If you are exercising outdoors and will be in the sun, opt for lighter colors. Wearing darker colors on a hot day is just going to attract the heat. ([Article](#))



Source: <https://nymag.com/strategist/article/best-workout-tops-tees-tanks.html>

Bottoms

As the scriptures says, pants are for men. Women wear skirts and dresses. Please do not wear pants or leggings only for the sake of working out. Even if you're in the comfort of your own home. Man can't see you, but the Lord see's you.

Deuteronomy 22:5 KJV: The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the LORD thy God.

When choosing the bottoms for your workout gear, it must be below knee length or longer.

Choose a length and type of material that will allow you to effortlessly perform lunges, squats, and other leg exhorting exercises without restrictions.

Do no throw away old dresses and skirts. See if you can refurbish it to make a workout skirt out of it. I've done this before.

Check the sides and behind your outfit to see if the dress or skirt hugs your hips and butt. If this is the case, please go for a more loose-fitting dress/skirt.

Underneath your dress or skirt, wear comfy and breathable leggings or sports shorts. These can help to prevent chafing of the inner thighs as well.

Let your light shine and be sure to add fringes at the bottom of your work out gear.

Numbers 15:38 KJV: Speak unto the children of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, and that they put upon the fringe of the borders a ribband of blue:



Footwear

Complete your exercise outfit with comfy shoes that is fit for the type of workout you will be doing. Do not chose just any type of shoe just to match your outfit. If you're a runner, invest in some running shoes. If you are more on the cardio and strength training, invest in a pair of shoes that provide ample cushioning and support as well as grip ([Article](#)). Sometimes, I even workout with just socks or barefoot for low intense workouts.



Source: <https://www.gq.com/story/the-best-gym-shoes-for-every-workout>

Test your clothing before your public debut. When you're dressed, test your workout gear to ensure it is modest by lifting your arms. Perform a few test exercises in your room to ensure the no inappropriate parts of your body become exposed.

Happy working out sisters and #BurnTheFat. Don't forget your headphones and water bottle.

Low budget clothing ideas

Exercise clothes can be quite expensive. So, I look to taking the thrifty route to find trendy, modest and cute workout gear. Below are a few images some finds that I put together to exercise.



Lavender workout dress with pockets dressed with a black long sleeve top. Items purchased from a local thrift store for under \$13, together.



First image: Long sleeve yellow top (thrift store for \$4) with black cami underneath. I paired it with an old grey skirt of mine I got from Walmart years ago.

Second image: Pink beater with black skirt and colorful leggings that was purchased from Walmart.

The black skirt was longer. I just cut it to knee length and fringed it for a work out skirt.



Light blue mid-length dress, paired with black leggings. Dress from thrift store (\$6) and legging from Walmart



Colorful summer dress turned to workout dress, purchased from thrift store (\$6). Paired with black sweatshirt and grey leggings, both, from Walmart.