



rock hard

By Jenn Weede

Scaling sheer rock walls, ascending vertical limits and hanging in the air

where even birds dare not perch requires exceptional strength and flexibility. Similarly, equal measures of power and pliability are essential for achieving balanced fitness, as well as sculpting beautiful backs, biceps and bellies perfect for this season's sexy activewear tops and bottoms. To show off summer's hot new bodywear, hard-core climbers Lauren Chlebowski and Emily Stewart climbed some of Colorado's coolest crags.

Photography by Todd Langley

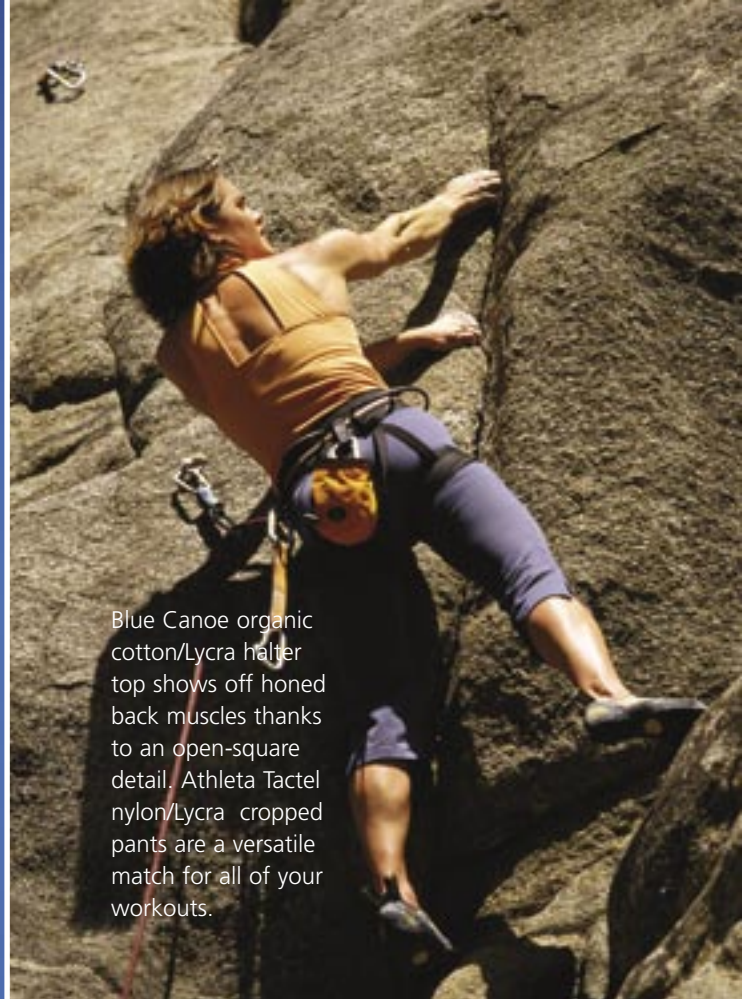
Hair & Style: Jenn Weede | Climbers: Emily Stewart and Lauren Chlebowski

Patagonia organic cotton halter top and floral-printed Capri pants let you feel good about wearing cotton, plus the Lycra affords stretch, fabric recovery and overall comfort.

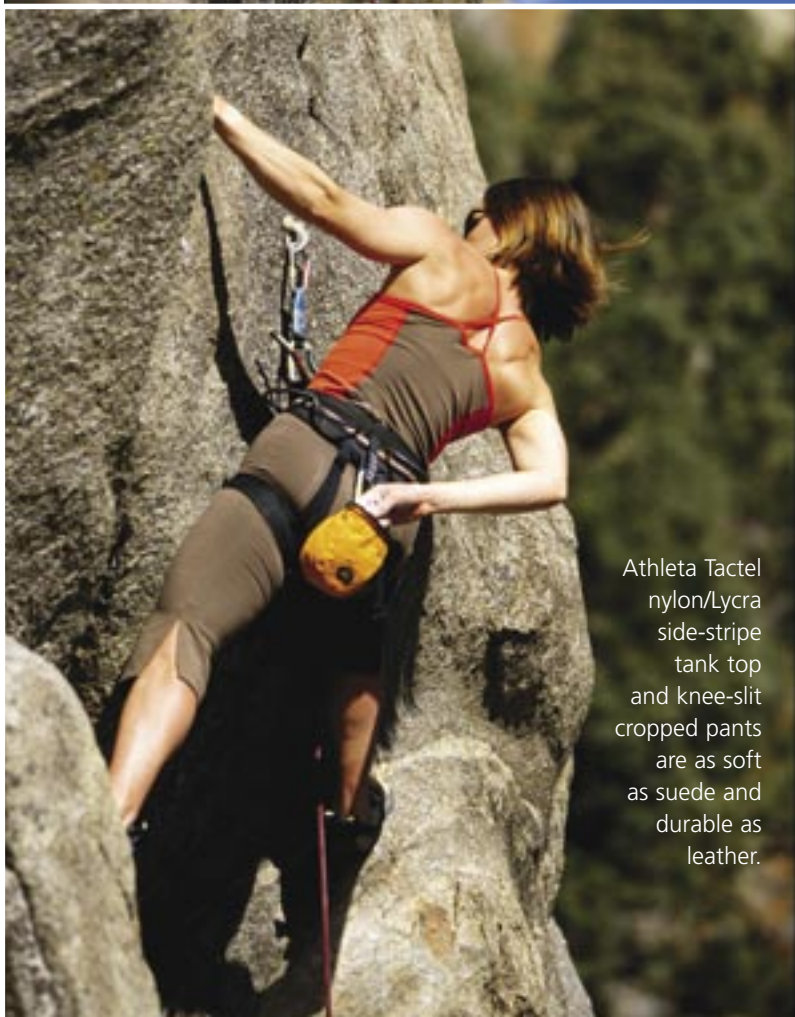
Please see our Buyer's Guide for more information.



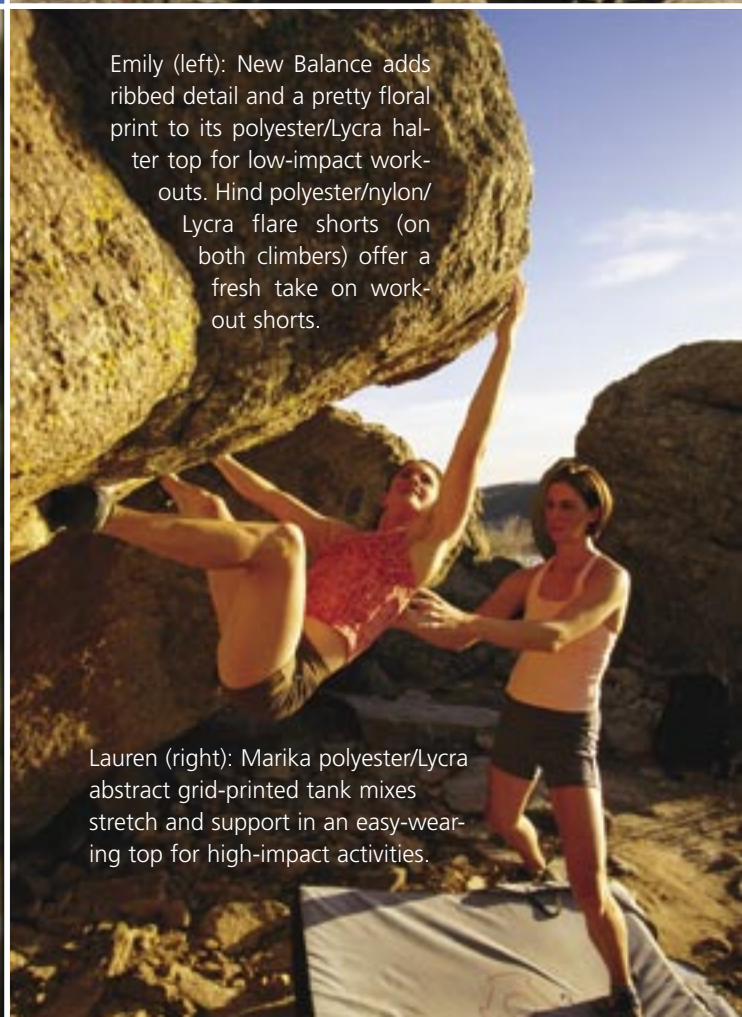
Everlast CoolMax-lined polyester/Lycra spaghetti-strap tank top wicks away your sweat while cotton/polyester/spandex velour cropped pants move effortlessly from the gym to the street.



Blue Canoe organic cotton/Lycra halter top shows off honed back muscles thanks to an open-square detail. Athleta Tactel nylon/Lycra cropped pants are a versatile match for all of your workouts.

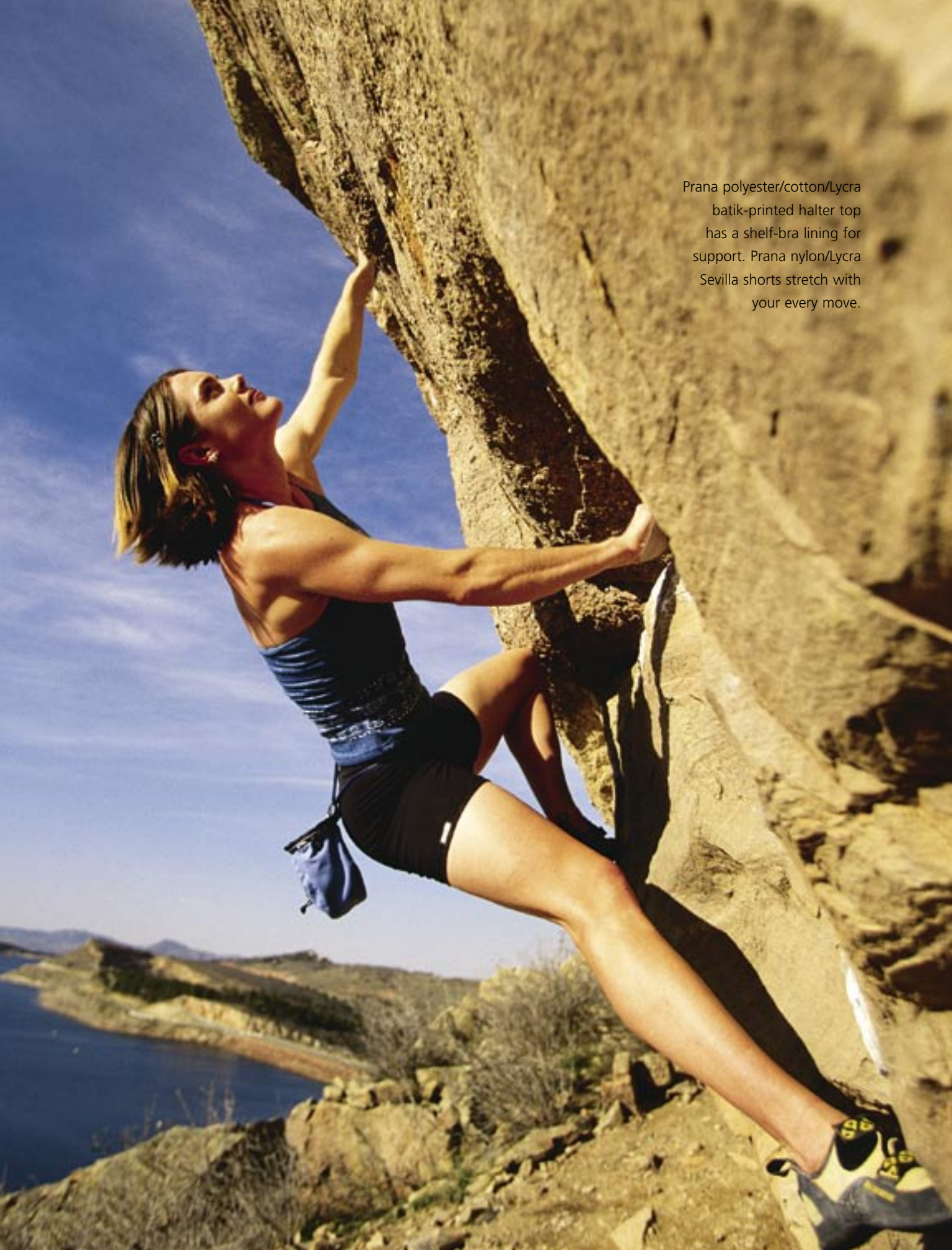


Athleta Tactel nylon/Lycra side-stripe tank top and knee-slit cropped pants are as soft as suede and durable as leather.



Emily (left): New Balance adds ribbed detail and a pretty floral print to its polyester/Lycra halter top for low-impact workouts. Hind polyester/nylon/Lycra flare shorts (on both climbers) offer a fresh take on workout shorts.

Lauren (right): Marika polyester/Lycra abstract grid-printed tank mixes stretch and support in an easy-wearing top for high-impact activities.



Prana polyester/cotton/Lycra batik-printed halter top has a shelf-bra lining for support. Prana nylon/Lycra Sevilla shorts stretch with your every move.