

MY STUDIO STYLE: ELVIRA YAMBOT

JAMIE MCKILLOP, SEPTEMBER 22, 2014

Elvira Yambot is not the kind of girl that just throws on a t-shirt to work out.

The 33-year-old [Tone House](#) COO is known for her perfectly curated fitness outfits, which she shares on her [@LittleMissToneHouse](#) Instagram account in the form of “Fit Fashion Friday” lay-downs, none of which ever seem to feature the same tank or sports bra twice.

Before opening the killer workout destination with Alonzo Wilson in Manhattan’s Union Square this March, Yambot studied fashion design and then worked at Equinox. And her style picks now take into account the kind of apparel that works best for the [majorly athletic](#) workout (which [uses all kinds of cool tools](#) to train your body).

“The less clothes the better,” Yambot says. “It’s because we move in so many different directions—not about showing off your body. Twenty minutes into the workout no one’s looking at you, they’re just trying to see straight.” (Especially if they’re sprinting forward with a harness and weighted spring attached to their torso.)

Loose, cotton clothing is a no-go, she says, and aesthetically, she tends to reach for dark colors and urban styles. “It’s edgier types of apparel that help you stand out,” she says. “It’s cool to take some risks in terms of fashion. Go with what gets some emotion out of you. There’s no reason to be basic when there are so many options out there.”

Get her look by checking out what she’s wearing to lift, squat, and sprint, below. Of course, if you’re interested in her insanely sculpted abs and arms, you’ll have to get moving, too. —*Jamie McKillop*



(Photo: Nike)

1. **Nike 'Pro Rival' Dri-FIT Racerback Bra** (\$65) I may share the same name as the Mistress of The Dark, but unfortunately I'm not as well-endowed. Ha! One of the newer kids on the sports bra block, the Nike Pro Rival (in my favorite color, Volt) helps me work with what I have, without sacrificing support, comfort, design, or femininity. You'll have no distractions during those bad-ass bear crawls.

2. **CW-X Stabilyx Compression Tights in Black/Multi-Square Print**(\$122) Providing core and knee support, facilitating circulation, and minimizing lactic acid build-up, these high quality athletic compression tights allow me to be active longer and recover even faster—whether I'm racing down the AstroTurf or through the concrete streets of New York City. Combine functionality with a cool print and a natural booty lift, and it's a fit fashion trifecta. Worth. Every. Penny.



(Photo: Pilot Athletic)

3. **Pilot Athletic Connie Sport Trench** (\$220) We'd all love to have our guns out and buns out in the sun year-round, but seasons force us to cover up those precious assets. Pilot Athletic's Sport Trench keeps me wrapped up in style, and they've paid attention to detail with a breathable mesh lining, a drawstring waistcord, exposed zippers, and a luxe Batman Black fabric. Whether you're wearing Spandex shorts or a Spandex dress underneath, this piece is versatile, transitional, and looks hot from sunrise to sunset.

4. **Lululemon Cruiser Backpack in Black or Camo** (\$118) Technically designed for a man, but definitely strong enough for a woman. Containing more nooks and crannies than an English muffin, Lululemon really hit it on the mark with the Cruiser Backpack, perfect for that always on-the-go New York City lifestyle we love and live. They

included strategically placed pockets for all the necessities—water bottle, MTA pass, cab fare, celly, supplements and/or prescriptions (no judgement!), a molded sunglass case for your Ray-Bans or street vendor sunnies (again, no judgement!), a separate laptop compartment to protect the tech, and a section for my sweat-drenched workout clothes.



(Photo: Athleta)

5. Tone House Flexfit or Snapback Hat (\$30, order in studio or call Tone House at [646-453-6633](tel:646-453-6633)) Wait for it, wait for it, okay, here comes the plug! I'm almost always rocking a custom embroidered Tone House Flexfit cap during a sweat session at the studio or the trendier Snapback version on the streets of the Big Apple. Both fit great, are sweat-wicking, keep my locks in check, and add that incognito factor that we all want sometimes as we grind through the day. Plus, when you survive and accomplish such an intense, athletic workout, you deserve to represent the brand.

6. Athleta Crackle Chaturanga Tight (\$89) These are so obviously flattering—the length is good since I'm petite. I love how Athleta is starting to get more adventurous with its patterns. The crackle print is a little edgier. And these leggings can hold up well in a Tone House class—the sweatiest type of workout that I do.

For more information, visit www.tonehousenewyork.com or [experience the Tone House workout with Yambot at the Sweat Series on October 5](#)