

## 16) Summary: The Best Gym Bags

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Query:

I'm creating a list of the best gym bags, and I'd love to talk to people who heavily rely on theirs--personal trainers, serious athletes, and the like--on two topics:

- What should one look for when shopping for a gym bag?
- What gym bag do you use and love, and why? Personal anecdotes are welcome here to add a bit of color.

### **Answer 1**

- **What should one look for when shopping for a gym bag?**

Despite the fact that I'm a professional runner who spends most of my time on the track, the gym is an integral part of my training routine. Strength and other workouts contribute to improving my endurance and overall fitness. That's why I know for sure that a sports bag should be convenient and ergonomic, accommodating everything I typically carry with me.

### **What factors should be considered when purchasing a gym bag?**

To help you choose, I'll share what I wish someone shared with me when I was making the decision of buying a gym bag.

#### **1. Size and Capacity**

The first thing to consider is the size of the gym bag and how much stuff you can fit inside it, and how well all that inventory is organized. If you're one to go to the gym after work, school, or uni, then you'll have to think of the gym bag as also being a semi-backpack. It'll likely carry a change of clothes, shoes, toiletries, perhaps even things like makeup or a snack. Everyone loves a post-workout snack (healthy snacks only! 😊). And the size of the bag and carrying capacity will enable you to more easily pocket all the necessities!

#### **2. Material and Durability**

There's no point in buying a bag and it falls apart after a few months. It's not like you'll be carrying tools and rocks in the bag... I hope so. I've been caught using a bag to carry the odd items once or twice. But sufficient to say - gym bags are sometimes simply thrown around like a bag of potatoes. The locker room floor, the locker itself, the backseat of the car – it can be harsh. Look for a bag made of sturdy materials (preferably water-resistant or water-proof), and check if they have good quality stitching and robust zippers. These things will highly boost the quality of use and the gym bag's mileage.

### **3. Compartments and Pockets**

Look for extra compartments and pockets both on the inside and the outside of the gym bag. Having your small items in a separate compartment (preferably with a zipper) can be a day and night difference. Imagine digging through the bag just because you can't find your wallet or your mirror – how many times has that happened? A lot, right? Compartmentalization is very important when it comes to answering the question of how much you'll enjoy using the gym bag of your choice.

## What gym bag do you use and love, and why? My Top 3 Choices of Gym Bags

### **1. [Nike Brasilia 9.5 Training Duffel Bag](#)**



This is the one that you'll fall in love with very quickly. The bag's very spacious without being too bulky. It has all the criteria above checked off. The Nike Brassilia

even has a ventilated compartment for wet clothes or shoes – You know, if you forget to take it out in time. >\_> To top it all off, the design is sleek-lookin' and stylish!

## 2. [Adidas Defender Small Duffel](#)



This gym bag is compact, but (before you scream “Size??”) it is surprisingly roomy. If you carry a lot of heavy stuff inside the bag, the padded/cushioned shoulder strap will be something you’ll quickly learn to appreciate. It’s well-compartmentalized and is engineered to efficiently separate items. I didn’t really know what that meant until I spilled a water bottle inside the bag (don’t ask!), and it kept my clothes dry. Water test passed!

### 3. [Under Armour Undeniable 3.0 Small Duffle Bag](#)



This gym bag is likely the most durable out of the lot. It's abrasion-resistant at the bottom and sides. So if you go rough – it'll take the beating. It also has very large vented pockets for wet clothes and shoes. And, same as above, the padded shoulder strap is a colossal plus.