

# Celebrity Workout: Get Motivated by 'GLOW' Inspired Workout Looks



By [Ma](#)

[rissa Donovan](#)

*GLOW* is one of the trending shows that is currently available on Netflix! The show stars Allison Brie, Betty Gilpin, Kate Nash, and is produced by *Orange Is The New Black* creator Jenji Kohan. Not only has the show been hyped up for its girl power qualities, but it has also showcased some iconic 80's looks that will make some viewers nostalgic!

Looking to spice up your [fitness](#)

# wardrobe? Check out these GLOW inspired celebrity workout looks for your next visit to the gym!

**Striped Rainbow Leggings:** Although the 80's stuck with tights underneath workout leotards, find rainbow striped leggings that give off a retro look that's reminiscent of the Netflix show. This modernized look will make your butt and calves look super cute while doing squats!



Retro 80's Purple  
with Stripes  
Leggings from  
Voodoo Athletic.  
Photo:  
VoodooAthletic/Ets  
y.com

**Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

**Vintage and Florescent Crop Top:** You are bound to break a sweat while running on the treadmill or doing ab exercises. Be proud of your progress! Show off your figure in a vintage and florescent crop top. Make sure the top is a little baggy under

the arms and above your stomach to achieve the look. You can also transform a large 80's T-shirt into a crop top by cutting it yourself!



Vintage Physical  
Crop Top from  
Dazed And Vintage.  
Photo:  
DazedAndVintage/Et  
sy.com

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

**High Cut Swimsuits:** If doing aerobics in the pool is apart of your daily workout routine, you'll have no problem finding a high cut swimsuit! This bathing suit is currently a [fashion trend](#) and can be found on online retail stores. To complete this *GLOW* inspired look, try to find a swimsuit with an 80's style print like the one below!



80s Sprinkles  
Print Swimsuit by  
ASOS. Photo:  
asos.com

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be for You](#)

**Scrunchies:** Nobody likes to have their sweaty hair down during a workout! You can easily find scrunchies at your nearest drug store or fashion outlet. The perk of this hair accessory is that you can avoid hair breakage compared to a regular hair elastic.



Hair Scrunchies from  
lemonyjen. Photo:  
lemonyjen/Etsy.com

**Related Link:** [Fitness Trend: Wearable Technology](#)

**White Aerobic Shoes:** Grab a pair of white socks and slip into these shoes for a weight lifting session. Make sure your shoes have minimal color and are comfortable to wear. You can add insoles for extra support and look *GLOW* worthy at the same time!



Vintage 80s Reebok Classic Womens White Leather Sneakers Princess Aerobic Athletic Tennis Shoes from Rip City Retro. Photo RipCityRetro/Etsy.com

**Will you be wearing these GLOW inspired looks to your next visit? Which one is your favorite from this list? Let us know in the comments!**