

Undress for a sexy new year!

[Michael Kleinmann](#)

With the holidays and all their accompanying frenzy behind you, now is the perfect time to exhale and relax, right? Wrong. Now is the time to make sure you're sticking to those crazy resolutions you made! Do you know what ranks in the top three for resolutions in 2008? That's right, it's on your list, too: getting fit. Get back to your high school all-star race weight or just get your body ready for the swimsuit days of summer.

Never fear, the Underwear King is here to make sure you're dressed right when you walk into the gym. I'll have you in the perfect underwear for your workout and the rest is up to you.

Several different types of [athletic underwear](#) may be ideal for you. Your choice depends mostly on the type of workout you do, and your personal preference. Click the photos at right to see four distinct athletic styles in gorgeous detail.



Jocks are for jocks

A jock strap is going to be the most supportive yet minimal piece you can wear. Any jock strap is great for running, playing soccer or other team sports, and high-intensity gym workouts. What makes this [C-IN2 Bamboo Mesh Street Jock](#) so special is that it's made from a super soft bamboo fiber that's naturally anti-microbial and moisture-wicking. (Hello, non-stinky gym bag!) Plus, the mesh construction makes it breathable and the cool colors make it fun.

Photos courtesy of [Freshpair.com](#).