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Best Weightlifting Shoes of 2024

By [Amanda Capritto](#)



Reviewed by [Marlo Jappen Porto](#)

Updated: April 5, 2024



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Weightlifting shoes are designed with a specific purpose: To support safe and efficient anatomical positioning during the Olympic lifts, which include the clean-and-jerk and the snatch. To fulfill that purpose, weightlifting shoes have a raised heel, often 18 millimeters or more, and a wide, flat base with a hard sole.

Then there are cross-training shoes, which many people wear for general strength training and powerlifting, which encompasses the squat, deadlift, and bench press. Cross-training shoes are flatter, with heel-to-toe drops ranging from 0 to 9 millimeters, and are more flexible and breathable than “true” weightlifting shoes.

In this guide to the best [weightlifting](#) shoes, author and certified personal trainer Amanda Capritto shares top picks for Olympic weightlifting, as well as ideal choices for cross-training and beginners.

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**PROS:**

- ✓ Well-known as the best weightlifting shoes for squatting and Olympic lifts
- ✓ Wide platform creates stable base for heavy-lifting
- ✓ Double-closure (laces and velcro hook-and-loop straps)
- ✓ 20-millimeter heel-to-toe drop supports lifting technique
- ✓ Exceptional size range

CONS:

- ✗ Expensive
- ✗ Some colorways are hard to get in certain sizes (often sold out)

[Buy From Nike](#)

These world-renowned weightlifting shoes can be seen on the feet of some of the best professional athletes in the world. Nike Romaleos exploded in popularity with the second model, lost steam when the third model

resembled a hybrid shoe, and skyrocketed once again when Nike released the Romaleos 4, which are clearly and purposefully designed for Olympic weightlifting.

Featuring a 20-millimeter heel-to-toe drop and double Velcro foot straps, the Romaleos help athletes sink deeper into a squat and retain an upright torso and strong spinal position throughout the entirety of the clean-and-jerk and snatch lifts. One strap secures the ankle, while the other tightens down over the metatarsals (a group of five bones in the midfoot) for an element of adjustability.

The thermoplastic polyurethane (TPU) heel wedge creates an ultra-dense platform for stability, and the 20-ounce shoe weight provides enough heft to maintain a strong ground feel but not so much that it hinders your footwork during these explosive lifts.

Finally, the Nike Romaleos 4 features a stiff but perforated textile upper, which lends itself to security without sacrificing too much ventilation. At \$200, these shoes aren't cheap by any means, but they're an investment that should stand up to multiple years of use.

Specs

List Price:	\$200
Available Sizes:	3.5-18 (men's); 5-19.5 (women's)
Materials:	Thermoplastic polyurethane (TPU), Velcro, mesh, textile upper
Shoe Weight:	20.14 ozs. (men's size 10)

EXPAND LIST ▾

[Buy From Nike »](#)

Best Budget

Adidas Powerlift 5 »



PROS:

- ✓ Affordable yet good quality
- ✓ Lightweight
- ✓ Grippy rubber outsole
- ✓ Velcro strap locks feet down
- ✓ Open-mesh inserts create ventilation for breathability
- ✓ Canvas upper allows wiggle room for the toes

CONS:

- ✗ More flexible/soft than other options, which heavy lifters may not like
- ✗ 16-millimeter drop is lower than standard 20-millimeter drop for Olympic lifting

[Buy From Adidas](#)

For a reliable but affordable weightlifting shoe, consider the Adidas Powerlift 5. Though they're more reasonable than pricier options, they retain many of

the critical features of a dependable weightlifting shoe.

They feature a substantial heel-to-toe drop of 16 millimeters that still supports good form and posture beneath a heavy barbell, albeit not as significantly as a higher 19- or 20-millimeter drop. They’re on the lighter side for weightlifting shoes at about 15.4 ounces, which can help with foot turnover for slower-footed lifters.

Even at their budget-friendly price point, the Adidas Powerlifts contain a solid plastic heel and stability wedge, making them as capable of supporting heavy loads as more expensive options.

The main downside to this pair compared to other weightlifting shoes is that the upper is softer and more flexible than is typical for lifting shoes, which leaves some room for instability. This may be a dealbreaker for serious athletes, but a welcome change for recreational lifters who desire more ventilation.

Specs

List Price:	\$130
Available Sizes:	4-16 (men’s); 5-17 (women’s)
Materials:	Canvas, mesh, rubber, plastic
Shoe Weight:	15.379 ozs. (size not specified)

EXPAND LIST ▾

[Buy From Adidas »](#)

Best for Wide Feet

Do-Win Weightlifting Shoes »

**PROS:**

- ✓ Wide profile and roomy toe box
- ✓ Affordable
- ✓ Dual metatarsal straps lock the feet down
- ✓ Synthetic leather and mesh design creates rigidity while maximizing ventilation

CONS:

- ✗ Faux leather takes time to break in
- ✗ Only one color option

[Buy From Rogue](#)

Do-Win Weightlifting Shoes are beloved by athletes with wider feet. They're known for their wide profile and roomy toe box, as well as their partial mesh upper, which increases ventilation compared to other weightlifting shoes. Yet, the synthetic leather portions of the upper maintain the necessary rigidity for explosive weightlifting exercises.

The Do-Win Weightlifting Shoes feature a 19-millimeter (0.75-inch) drop. It's sufficient for enhancing lifting technique and keeping your body in

anatomically safe positions, but not so deep that it feels awkward or clunky.

The TPU heel is a hard plastic, optimizing stability under heavy loads. A TPU heel will not compress like even the toughest, densest foam midsoles eventually will.

Weighing 17 ounces per shoe in a men’s size 10, the Do-Win Weightlifting Shoes are certifiably mid-range as far as that goes. They’re heavy enough to keep you sure-footed and create a strong connection with the ground, which is essential during heavy weightlifting; yet, they’re light enough not to get in the way of speed when you need it.

Specs

List Price:	\$105
Available Sizes:	4.5-14 (men’s); 6-15 (women’s)
Materials:	Synthetic leather, nylon mesh, TPU
Shoe Weight:	17 ozs. (men’s size 10)
EXPAND LIST ▾	

[Buy From Rogue »](#)

Best for Flat Feet

TYR L-1 Lifter »

**PROS:**

- ✓ More arch support than other weightlifting shoes
- ✓ Rigid outsole creates stability
- ✓ Wide platform keeps you sure-footed
- ✓ Dual metatarsal straps lock feet down
- ✓ 21-millimeter drop supports good barbell receiving positions

CONS:

- ✗ 21-millimeter drop may be excessive for some lifters
- ✗ Expensive

[Buy From Tyr](#)

TYR, a well-known swim and triathlon brand, burst onto the strength training scene in early 2023 with its CXT-1 cross-training shoe. TYR later released the TYR L-1 Lifter, which author Amanda Capritto had the pleasure of testing thoroughly.

These are on the expensive side for weightlifting shoes, but they’re a worthwhile investment for the right lifter. The author found that, in comparison to other weightlifting shoes that she tried, the TYR lifters seem to have greater arch support and midfoot security.

This could be due to TYR’s “anatomically designed” toe box, which is substantially wider around the toes and narrower around the midfoot. The dual metatarsal straps help with foot security and fit, too.

Designed with a perforated faux leather upper, these shoes require a break-in period but eventually become form-fitted to your feet. The flat, wide outsole is made of rubber to optimize both stability and traction.

Capritto’s only real complaint about the TYR lifters is that they could be more breathable, but so could most weightlifting shoes. Categorically, they sacrifice breathability for rigidity.

With a 21-millimeter drop, the depth will enhance squat form and technique during the Olympic lifts.

Specs

List Price:	\$200
Available Sizes:	M5/W6.5 to M14/W15.5
Materials:	Faux leather, TPU, nylon, mesh
Closure Type:	Laces and dual Velcro hook-and-loop straps

EXPAND LIST ▾

[Buy From Tyr »](#)

Best for Beginners

Nike Metcon 9 AMP »

**PROS:**

- ✓ Excellent for entry into weightlifting
- ✓ Wide, flat base creates stability
- ✓ Stellar option for cross-training
- ✓ Hyperlift plate provides feedback during explosive movements
- ✓ Flexible forefoot

CONS:

- ✗ Minimal heel-to-toe drop doesn't support good positioning under the barbell
- ✗ Will need to be replaced sooner than a "true" weightlifting shoe

[Buy From Nike](#)

Beloved by CrossFit athletes and enthusiasts, Nike Metcon training shoes have a number of features that make them great for [new weightlifters](#). For starters, this is a solid shoe all around, so you won't be out of your investment if you decide not to continue pursuing weightlifting: You can wear these just as well for most types of gym sessions.

Second, the wide, flat base creates an element of stability while Nike’s Hyperlift plate adds rigidity to the heel and further stabilizes the weight of your body and the weight you’re lifting. Additionally, the lace-lock system keeps the tongue of the shoe attached to the body, so you shouldn’t have any concerns about your shoes coming untied while lifting.

The crash pad extends slightly beyond the heel counter, which helps with balance during explosive movements like clean-and-jerks. Unfortunately, the minimal 4-millimeter heel-to-toe drop doesn’t offer the same benefits for lifting form as a shoe with a higher heel. If you struggle with ankle dorsiflexion (drawing your toes back to your shins), the Metcon probably isn’t the shoe for you.

That said, these shoes are perfectly capable of supporting the beginner lifter through most drills and general strength training sessions. If you don’t plan to be doing a lot of Olympic lifting, there’s no need to worry about the heel-to-toe drop being low.

Finally, the mesh upper makes the Nike Metcon 9s more flexible and breathable than a traditional weightlifting shoe, which is preferable for many gym-goers.

Specs

List Price:	\$160
\$160	6-15 (men’s); 7.5-16.5 (women’s)
Materials:	Mesh, rubber, foam (midsole)
Shoe Weight:	13.5 ozs.

EXPAND LIST ▾

[Buy From Nike »](#)

Best for Heavy Lifters

Reebok Legacy Lifter III »



PROS:

- ✓ Deep heel-to-toe drop
- ✓ Inflatable heel pump to customize rigidity and fit
- ✓ Heavy shoe weight keeps feet planted firmly
- ✓ Wide TPU base creates stability under a heavy load
- ✓ Midfoot straps keep feet locked down

CONS:

- ✗ Expensive
- ✗ Limited sizing compared to other options

[Buy From Reebok](#)

The Reebok Legacy Lifter III is a behemoth of a weightlifting shoe: It's heavy, weighing 1 pound and 5.3 ounces; sturdy, featuring faux leather construction; and supportive, with an impressive 22-millimeter heel-to-toe drop, the highest of any shoe on this list.

The pricing alone is likely to limit this shoe to the most serious weightlifters. But those willing to pay the price will enjoy a performance-oriented pair of shoes that should last through several years of multi-weekly weightlifting sessions.

The heel-to-toe drop of 22 millimeters (0.86 inches) might feel awkward at first to lifters who are accustomed to a lower heel. However, athletes will soon realize that the deep drop helps them keep their torso upright under their heaviest squats and optimizes spinal positioning for both the Snatch – when lifters pick up a barbell, lifting it above the head in a singular motion – and the Clean and Jerk, which is when lifters pick up a barbell and bring it to their chest, pause, and then extend their arms and legs to lift it above the head with a straight elbow, holding it there.

Featuring a midfoot Velcro strap and laces, your foot will stay locked down during even the most explosive lifts. The shoe weight of more than 1 pound may feel clunky initially, but lifters may find that the additional weight assists with surefootedness after becoming used to it.

The weight and intense heel drop of the Legacy Lifters means they’re not ideal for workouts that include both strength sets and other types of training, such as plyometrics or conditioning work. However, for a pure Olympic weightlifting session, their specs are, in a lot of ways, unbeatable.

Specs

List Price:	\$220
Available Sizes:	7-14 (men’s); 6-11 (women’s)
Materials:	faux leather, mesh, TPU, rubber, nylon
Shoe Weight:	1 lb. 5.3 ozs.

EXPAND LIST ▾

Buy From Reebok »

Best for Cross-training

NOBULL Impact Trainers »



PROS:

- ✓ Ideal for many different activities
- ✓ Tons of colorways available
- ✓ Thick foam midsoles absorb shock well
- ✓ Durable upper fabric
- ✓ Water-resistant fabric
- ✓ Flat, stable sole assists with balance

CONS:

- ✗ Minimal heel-to-toe drop doesn't support barbell receiving positions
- ✗ Foam midsole will compress over time

Buy From No Bull

Capritto, a certified personal trainer, has been wearing NOBULL training shoes since 2018. She has had several pairs, including the original NOBULL Trainers (now NOBULL Outwork), the Trainer+ (now NOBULL Impact), and the high-top versions of both. After several years of wearing both types of training shoes – along with cross-training shoes from other brands – she recommends the NOBULL Impact trainer as the best cross-training shoe for weightlifting.

Constructed with NOBULL's patented SuperFabric material for the upper and dense Phylon foam for the midsole, these shoes are extremely durable. In truth, the only reason the author ever bought a second pair is because her first pair was an all-white colorway, and she wanted an alternative that wouldn't get so visibly dirty. (Speaking of colorways, there are dozens to choose from.)

The SuperFabric upper is highly abrasion- and water-resistant, making it excellent for cross-training activities, including rope climbs, burpees, and turf training. The flat, hard sole with a minimal heel-to-toe drop of 4 millimeters is what makes them stand out for lifting weights. Many other cross-training shoes feature a softer midsole, which compresses under heavy weights.

The Phylon (a material known for being lightweight and responsive) foam sole of the Impact trainers will compress over time, but the author has noticed that these shoes don't feel as squishy under heavy loads as other cross-training options. Individuals who rely on a high heel-to-toe drop for squatting and Olympic lifting should know that the Impact trainers have a minimal drop of 4 millimeters. As such, they're not ideal for assisting with ankle dorsiflexion or torso positioning during weightlifting.

All features considered, the NOBULL Impact trainers are the best all-around cross-training shoe for activities with an emphasis on weightlifting thanks to their stable, flat base and durable construction.

Specs

List Price:

\$139

Available Sizes:

8-16 (men’s); 5-11 (women’s)

Materials:

EVA (ethylene-vinyl acetate) foam, SuperFabric upper, rubber outsole

Shoe Weight:

13.13 ozs. (men’s size 9)

[EXPAND LIST](#)

[Buy From No Bull »](#)

Best for Comfort

Reebok Nano Training X4 Training Shoes »



- PROS:

✓ Flexible, breathable upper

✓ Chassis system is designed for comfort during running and lifting
- CONS:

✗ Not ideal for very heavy lifting

✗ Not the best option for Olympic lifting

- ✓ Floatride Energy Foam absorbs shock and provides energy return
- ✓ Wide, roomy toe box
- ✓ Excellent for cross-training

[Buy From Reebok](#)

Reebok calls the Nano X4 training shoes the “Official Shoes of Fitness” and Capritto, the author of this piece, agrees with that. Nanos, in her opinion, provide comfort and support for a range of workouts. Capritto has owned almost every iteration of the Reebok Nanos and extensively tested the Nano X3 in 2023. The newest model, the X4, is quite similar with no major changes.

This cross-training shoe features Reebok’s Lift and Run Chassis, which was designed, as the name implies, to support both lifting and running. It’s neither a perfect running shoe nor a perfect lifting shoe, but the additional cushioning may be just what some recreational lifters need to consistently get under the barbell.

The 7-millimeter drop is minimal for a weightlifting shoe, but still assists with ankle dorsiflexion to help with squat positioning and maintaining an upright chest under heavy loads. Plus, the TPU heel clip creates stability at the base of the foot and the crash pad helps with balance.

Ultimately, the Nano X4s are best for recreational lifters who want a slight assist with ankle mobility, adequate cushioning for shock absorption and energy return, and enough stability to lift near-maximal loads.

Specs

List Price:

\$150

**Available
Sizes:**

7-14 (men’s); 8.5-15.5 (women’s)

Materials: Flexweave woven textile upper, EVA foam midsole, rubber outsole, TPU heel clip

Shoe Weight: 12.10 ozs.

[EXPAND LIST](#) ▾

[Buy From Reebok »](#)

The Bottom Line

After wearing several pairs of weightlifting shoes for various types of workouts, consulting with expert strength coaches, and researching consumer insight in this product category, the Nike Romaleos 4 is our pick for the best weightlifting shoes. Athletes appreciate the deep heel-to-toe drop, locked-in feel, and wide, stable base.

Things To Consider When Buying Weightlifting Shoes

Nichele Cihlar, certified strength and conditioning coach and director of training and ambassadors at GORUCK, says the most important thing to know before buying weightlifting shoes is what activities you plan to wear them for.

“If you are strictly working on Olympic lifting and squatting, weightlifting shoes [with a raised heel] are a great option,” she says. “However, if you are doing strength training that includes deadlifts, lunges, thrusters, and more, you are going to want a cross-training type of shoe, which has a supportive rubber bottom and not too much cushion”

Available Sizes: The vast majority of weightlifting shoes are sold in unisex sizing. In essence, they’re all the same. Cross-training shoes, however, do usually come in separate sizes for men and women.

Heel Height and Type: “In general, weightlifting shoes provide a stable base of support and allow more efficient force transfer between the ground and the athlete,” says Aimee Nicotera, certified exercise physiologist and Level 3 Applied Health & Human Performance Specialist. “A flatter shoe may recruit more posterior chain muscle fibers, which means one may be able to lift heavier. In addition, these muscle groups play a significant role in maintaining posture and form in and out of the weight room.”

“On the other hand,” she explains, “a weightlifting shoe with a slightly raised heel may help athletes with limited ankle mobility perform traditional squats more safely and load the glutes more directly.”

The raised heel is also what supports an upright torso and safe spinal positioning when receiving a heavy barbell in the Snatch and the Clean and Jerk (both Olympic lifts).

Sole: Arguably the most important part of a weightlifting shoe is the sole. This is the part of the shoe that provides stability while lifting heavy, which Nicotera says is critical. “It is important to feel the ground beneath you,” she says. “A strong foundation allows for increased force production.”

There are two ways you can achieve a strong ground feel while lifting heavy: By choosing a weightlifting shoe with a solid, dense sole made of hard plastic, or by choosing a flatter shoe with minimal cushioning.

Upper: The upper of a weightlifting shoe should be rigid while still allowing for some breathability. Rigidity is important so that your feet don’t slide around in the shoe during explosive movements or under heavy loads. “Turning an ankle because of the foot sliding inside the shoe isn’t ideal when dealing with just body weight,” Nicotera points out. “Add external load, and the added force could cause even more serious damage.”

Closure System: The majority of weightlifting shoes feature dual closure: laces and straps. Some have one midfoot strap, while others have two metatarsal straps for added security. Cross-training shoes or general strength training shoes, on the other hand, typically only have laces. Generally, the more closure options a shoe has, the more foot security you can achieve.

Comfort and Support: When considering comfort, Nicotera says, “The shoes should allow ample space for your toes, so look for weightlifting shoes with a wide toe box. You should not feel your toes touch the end of the shoes while you are engaged in movement or exercise.”

“Instead, being able to wiggle your toes slightly without the rest of your foot sliding around is a good indicator of fit,” she continues. “Shoes that are too narrow may cause soreness or pain across the top of the foot. If adjusting the laces doesn’t help, your shoes probably need to be wider.”

Additionally, your shoes should stay securely on your feet and not slide off your heels with each step.

How We Chose the Best Weightlifting Shoes

To create this guide to the best weightlifting shoes, author and fitness coach Amanda Capritto began with her personal experience. A long-time fitness enthusiast and certified personal trainer of more than seven years, she has spent countless hours wearing weightlifting shoes and cross-training shoes. She has tested dozens of pairs of shoes for in-depth reviews and buying guides.

Capritto also consulted with two experts for this guide: [Aimee Nicotera](#), certified exercise physiologist and Level 3 Applied Health & Human Performance Specialist, and [Nichele Cihlar](#), certified strength and conditioning coach and director of training and ambassadors at GORUCK.

The products on this list were finalized after considering personal experience, expert insights, customer reviews, and company policies such as returns and exchanges.

WHY SHOULD YOU TRUST US?

The author of this guide, [Amanda Capritto](#), is a professional gear tester and fitness writer who holds several credentials in the fitness industry. She is a certified personal trainer, certified functional training specialist, CrossFit Level 1 coach, and certified corrective exercise specialist.

In addition to contributing to U.S. News & World Report (including [best running gloves](#) and [best hiking boots](#)), Capritto has written for numerous global outlets in the fitness industry, including CNET, Verywell Fit, Shape, Health, BarBend, and more. She has also served as an expert source and reviewer for Reebok, Prevention, LIVESTRONG, and other outlets.

FAQ

What are the benefits of weightlifting shoes?

+

What type of weightlifting shoes are the most breathable?

+

Can you run in weightlifting shoes?

+

About Our Team



Amanda Capritto

Contributor



Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

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