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9 Best Workout Shirts for Men of 2024

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While what you do during a workout is important, so is what you wear. Workout shirts should allow for a wide range of motion, wick away sweat, dry quickly, and, most importantly, feel comfortable. You don't want your shirt to distract you from getting those reps in.

As someone who has been working out for decades and has written numerous reviews about activewear, I can appreciate a good workout shirt that's both lightweight and feels good. To come up with this list of the best workout shirts for men, I relied on my own research and experience, in addition to speaking with fitness experts for additional insights. The Lululemon Metal Vent Tech Short-Sleeve shirt earns our top recommendation. But, since athletes come in all sizes, we cover options to suit different body types and preferences.

Table of Contents

[Best Workout Shirts for Men](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [Lululemon Metal Vent Tech Short-Sleeve](#) »

[Jump to Review](#) ↓

Best Budget: [Old Navy Performance Vent T-Shirt](#) »

[Jump to Review](#) ↓

Best Sweat-wicking: [Ten Thousand Versatile Shirt](#) »

[Jump to Review](#) ↓

Best Tank Top: [Alo Yoga The Triumph Muscle Tank](#) »

[Jump to Review](#) ↓

Best Long-Sleeve: [Rhone Reign Long Sleeve](#) »

[Jump to Review](#) ↓

Best for Taller Men: [Nike Primary Dri-FIT Short-Sleeve Versatile Top](#) »

[Jump to Review](#) ↓

Best for Plus-Size Men: [Under Armour Tactical Tech Short-Sleeve T-Shirt](#) »

[Jump to Review](#) ↓

Best Rash Guard: [O'Neill Basic Skins 50+ S/S Rash Guard](#) »

[Jump to Review](#) ↓

Best for Running: [Janji Sunchaser 50 Hooded Long-Sleeve Shirt](#) »

[Jump to Review](#) ↓

Best Overall

Lululemon Metal Vent Tech Short-Sleeve »

**PROS:**

- ✓ Top quality
- ✓ Keeps you dry
- ✓ No side seams to prevent chafing
- ✓ Lightweight, stretchy, and breathable
- ✓ Odor-fighting
- ✓ One-year warranty

CONS:

- ✗ Expensive
- ✗ Woven material can pill

[Buy From Lululemon](#)

Lululemon's athletic clothing has gone well beyond its yoga origins and has become a go-to for many men because of its quality. For Marshall Weber, a certified personal trainer and owner of Jack City Fitness in Boise, Idaho, the Lululemon Metal Vent Tech is worth the price tag. Weber considers it to be the best workout shirt he has ever worn. "I always have a hard time putting on a different shirt to work out in," he said.

This shirt is lightweight and does an impeccable job of keeping you dry by wicking away sweat. Made with 4% elastane – the material that Lululemon is known for – along with nylon and polyester, this shirt is stretchy and breathable, keeping you cool while you train.

An important feature is the fact that it doesn't have seams on the sides, which is intended to prevent chafing. It also deploys Lululemon's Silverescent odor-fighting technology, which helps fight off stink. The shirt features a small reflective logo, which comes in handy if you're running at night. If you like the Metal Vent Tech style, Lululemon also sells it in a [long-sleeve](#) and [sleeveless tank version](#).

Specs

List Price:	\$78
Materials:	53% nylon, 40% recycled polyester, 4% elastane, 3% x-static nylon
Sizes:	XS-XXL

[Buy From Lululemon »](#)

Best Budget

Old Navy Performance Vent T-Shirt »

**PROS:**

- ✓ Affordable price
- ✓ Vented sides
- ✓ Moisture-wicking
- ✓ Stretchy
- ✓ Comes in many colors
- ✓ Larger sizes available

CONS:

- ✗ Not as durable as other workout shirts on our list
- ✗ Some may not like its form-fitting design

[Buy From Old Navy](#)

Costing around \$20 and often on sale for even less, this men's workout shirt is a steal. Made with a mix of polyester and spandex, it's stretchy and wicks away moisture. Vents on the sides make it airy and breathable, and it has a flattering fit thanks to the seams over the chest. Unlike other workout shirts, Old Navy's Performance Vent doesn't show off a brand logo on the front or back, which is a refreshing change.

This stylish shirt comes in nine fun colors including Warm Sunset (reddish-orange) and Jet Stream (teal). It's also available in a range of sizes from XS to XXXXL.

Some customers who’ve tried this shirt said they found it fits tight, so consider sizing up if you prefer a looser fit.

Specs

List Price:

\$19.99

Materials:

88% polyester and 12% spandex

Sizes:

XS-XXXXL

[Buy From Old Navy »](#)

Best Sweat-wicking

Ten Thousand Versatile Shirt »



- PROS:

✓

Excels at wicking
- CONS:

✗

Not the most

away sweat

affordable option

- ✓

Anti-odor technology
- ✗

Limited colors
- ✓

Stretchy and durable
- ✓

Perforated mesh for breathability
- ✓

Versatile design

Buy From Ten Thousand

This shirt excels at wicking away sweat. Plus, when you sweat in this shirt, Ten Thousand’s proprietary Odorblock technology uses silver ions to fend off unpleasant odors.

The quality and feel of Ten Thousand’s performance wear is something that I’ve grown to appreciate – I own a couple of Ten Thousand shirts and they’re my go-to workout tops. Ten Thousand tests each shirt with over 20,000 abrasion rubs as well as more than 100 pounds of pressure per square inch to make sure it’ll last.

The brand’s Versatile Shirt is just that, versatile – it can be worn in the gym, on a run, or even out on the town. The blend of polyester and spandex is stretchy while being extraordinarily soft and comfy. Small perforations permit excellent breathability. It dries quickly, too.

Specs

List Price:

\$58

Materials:

84% polyester and 16% spandex

Sizes:

XS-XXL

Buy From Ten Thousand »

Best Tank Top

Alo Yoga The Triumph Muscle Tank »



PROS:

- ✓ Relaxed dropped armholes
- ✓ Breathable and lightweight
- ✓ Soft feel
- ✓ Available in several colors

CONS:

- ✗ On the pricey side
- ✗ May show sweat

[Buy From Alo](#)

While many performance shirts are made with synthetic materials like polyester, nylon, and spandex, having a blend that includes cotton is ideal for comfort and performance, according to Brad Leshinske, health sciences director at Saint Xavier University in Chicago.

This tank from Alo Yoga is made with 25% cotton, along with 50% polyester for moisture-wicking benefits and 25% rayon for a smooth feel. This shirt

feels comfortable, soft, and breathable.

Notably, it features relaxed dropped armholes, giving you a wide range of motion. Choose from more than six colors to find a look that fits your style.

Specs

List Price:	\$48
Materials:	50% polyester, 25% cotton and 25% rayon
Sizes:	S-2XL

[Buy From Alo »](#)

Best Long-Sleeve

Rhone Reign Long Sleeve »



PROS:	CONS:
✓ Raglan sleeves allow full	✗ Pricey

range of movement

✗ Fits small

- ✓ UPF 50+
- ✓ Anti-odor
- ✓ Breathable

Buy From Rhone

If you’re looking for a men’s workout shirt with full coverage, the Reign Long Sleeve top is ideal for its impressive breathability and odor-crushing capabilities. This shirt’s raglan sleeves – a style with a wider underarm area – don’t restrict movement when working out. Additionally, it offers sun-blocking protection with a UPF (ultraviolet protection factor) of 50+. For reference, the most effective [sun shirts](#) have a UPF of 30 or greater, so this option from Rhone fits the bill.

The Reign comes in stylish heather colorways, which is a refreshing change from the typical muted colors. Keep in mind that Rhone’s Reign shirts fit small, so be sure to consult the brand’s sizing chart before deciding on a size. For instance, someone who typically wears a medium will likely need to go up to a large.

Specs

List Price:	\$78
Materials:	50% nylon, 44% polyester, and 6% spandex
Sizes:	S-XXL

Buy From Rhone »

Best for Taller Men

Nike Primary Dri-FIT Short-Sleeve Versatile Top...

**PROS:**

- ✓ Available in big and tall sizes
- ✓ Armpit ventilation
- ✓ Sweat-wicking
- ✓ Soft knit fabric
- ✓ Versatile design

CONS:

- ✗ A bit expensive
- ✗ Some colors are sold out in certain sizes

[Buy From DICK'S](#)

This workout shirt from Nike is built to fit most men, with a large range of sizes ranging from XS to 4XL. Plus, all sizes except XS come in a longer Tall option.

The shirt is made with a blend of organic cotton and recycled polyester, which delivers a comfortable, soft, and thick feel. It features Nike's Dri-FIT technology, which helps wick away moisture.

Wear this Nike shirt to the gym, on a run, or as your go-to shirt – it really is that versatile. And when you do, you can feel good that this shirt is made with recycled polyester instead of virgin polyester, which reduces carbon

emissions by 30% according to Nike. The Primary shirt comes in many bold colors, though some options are out of stock in certain sizes.

Specs

List Price:	\$55
Materials:	60-62% cotton and 38-40% polyester
Sizes:	XS-4XL; S Tall-4XL Tall

[Buy From DICK'S »](#)

Best for Plus-Size Men

Under Armour Tactical Tech Short-Sleeve T-Shi...



PROS:	CONS:
✔ Available in 5XL	✗ Not very stretchy

- ✔ Loose fit
- ✔ Affordable
- ✔ Made of mostly recycled polyester

✗ Only available in muted colors

Buy From Under Armour

This shirt from Under Armour has a comfortable, loose fit, and is an excellent pick for heavier guys, as it comes in a wide range of sizes, including 5XL– a rarity among workout shirts.

Made with polyester, 90% of which is recycled, this shirt wicks away moisture and dries quickly. It’s thicker than other shirts on this list, and it’s not as see-through. It also has special flatlock seams meant to eliminate chafing. Flatlock seams don’t have the cordlike appearance of traditional seams and are often used in sportswear because they’re smoother and less irritating.

Since this shirt isn’t constructed with spandex, it won’t be as stretchy as other options. That said, the Under Armour Tactical Tech Short-Sleeve T-Shirt costs less than \$25, making it hard to turn down even if it’s in addition to another, pricier option.

Specs

List Price:	\$24.99
Materials:	Polyester
Sizes:	XS-5XL

Buy From Under Armour »

Best Rash Guard

O’Neill Basic Skins 50+ S/S Rash Guard »

**PROS:**

- ✓ Prevents friction and chafing
- ✓ Protects from the sun
- ✓ Skin-tight
- ✓ Longer sleeves

CONS:

- ✗ Too tight for some
- ✗ Logo cracks after minimal use

[Buy From O'Neill](#)

Surfing might be a fun way to spend a day at the beach, but if you haven't tried the sport before, know that surfboards can cause serious rashes on your stomach and chest. This is why it's recommended for surfers to wear a shirt with a rash guard. This one from O'Neill does the trick.

Simply put, rash guards are designed to have a snug fit to reduce friction and resistance. The O'Neill Basic Skins 50+ Short Sleeve Shirt is skin-tight and stretches down past the waist and to the elbows for maximum coverage. It also provides further protection with a strategic seam placement that avoids contact with the board.

This shirt has UPF 50+ sunblock capability, which is key when out on the water. It’s available in six colors, including bright red and white. Brighter colors are a good idea for safety as you’ll be easily spotted if caught out at sea. It also comes in a [long-sleeve](#) option.

Specs

List Price:	\$35.95
Materials:	87% polyester and 13% elastane
Sizes:	S-XXL

[Buy From O'Neill »](#)

Best for Running

Janji Sunchaser 50 Hooded Long-Sleeve Shirt »



PROS:	CONS:
✔ Lightweight and thin	✗ Expensive

- ✔ Offers sun protection
- ✔ Breathable, cool-to-the-touch fabric

✘ Limited sizes

Buy From REI

I own this Janji shirt and – despite having long sleeves – it’s surprisingly light and thin, making it comfortable for a run on a hot day or cool morning. The shirt goes down past the arms with comfy thumbholes, although sometimes I choose to roll the sleeves up to my elbow. When I do, the sleeves have no problem staying in place.

On hot days, the polyester and spandex blend has a cooling effect and, importantly, it offers runner protection from the sun with a UPF 50+. There’s also a hood to further protect yourself from the sun.

Furthermore, Janji is a brand that gives back. It donates 2% of sales to clean water projects with every purchase.

Specs

List Price:	\$78
Materials:	84% recycled polyester and 16% spandex
Sizes:	S-XL

Buy From REI »

The Bottom Line

When it comes to the best workout shirts for men, look for options that wick away moisture and dry quickly. The rest is about personal preference. That said, we chose

the Lululemon Metal Vent Tech Short Sleeve Shirt as our best overall recommendation. It's lightweight, breathable, odor-fighting, and durable. And let's face it: it looks stylish.

Things To Consider When Buying Workout Shirts for Men

Comfort and Fit: Comfort and fit aren't mutually exclusive. According to Brad Leshinske, health sciences director at Saint Xavier University in Chicago, the biggest key for comfort is how the shirt fits. If it's too tight, it's not going to be an enjoyable shirt to work out in. "Generally speaking, performance shirts should be more snug around the arms and have more room in the midsection," Leshinske explains.

Sleeves that are snug to the arms are called raglan sleeves, so look for this type as it offers a better range of motion than a typical set-in sleeve. As for room in the midsection, seek shirts that fit loosely – you probably don't want to keep pulling your shirt down after every set.

Comfort and fit also depend on how you plan to wear your shirt. Is it just for the gym, or are you going to want to wear it around town as well? If the latter is the case, look for something more versatile with a thicker, more weave-like material.

Durability: Choose a workout shirt that'll last. Usually, this means picking one that'll cost more than the bare minimum since you know it's using higher quality materials (at least it should). For instance, brands like Lululemon, Rhone, Vuori, and Ten Thousand all make reliable clothing. Sometimes, they'll even say how they tested the material to last against rips and abrasions.

Once you've purchased your shirt, a way to make sure it lasts is through proper care. Leshinske recommends washing your performance shirt and then hanging it to dry rather than throwing it in the dryer. "This is very effective in keeping the shirt from shrinking and maintaining the technology for the wicking capabilities of the shirt," he said.

It's also a good idea to avoid using fabric softener when washing your workout shirts.

Breathability: While mesh might seem like a good idea since it has a lot of holes for breathability, it's not always the best for working out. You don't want to end up with chafing or rashes at the end of the day. Instead, look for shirts with soft mesh built for working out or that use breathable materials.

Cotton, for instance, is breathable and durable. Merino wool is also a breathable material, but it isn't ideal for the gym as it can get caught on equipment.

If breathability is your priority, some shirts have venting at the sides. Another way some shirts add breathability is with vent holes in the armpits.

Additional Features: Some men's workout shirts feature technology that extends beyond moisture-wicking and quick-dry materials. Many higher-end shirts have anti-odor treatments that reduce body odor smells. This is especially key as stink can stick to some shirts for days, even after a wash. Ionized silver is a key ingredient that some companies use to reduce odors.

Another important feature is sun protection. The sun, as we know, isn't getting any cooler, so it's important to protect yourself against cancer-causing ultraviolet (UV) rays. If you're especially concerned about sun protection, look for shirts with longer sleeves or a hood.

Another component to look out for is reflective logos, which can be found in the back or front of a shirt to help you remain visible if you're working out at night.

How We Chose the Best Workout Shirts for Men

To choose the best workout shirts for men, we considered trusted brands and consulted experts with years of experience using different shirts and materials. We spoke to Marshall Weber, a certified personal trainer and owner of [Jack City Fitness](#) in Boise, Idaho, who gave us helpful insights on what's most important to look for in a workout shirt. We also interviewed [Brad Leshinske](#), the divisional director of health sciences at Saint Xavier University in Chicago, Illinois, to share his advice and recommendations. With the help of these experts as well as additional research, we narrowed down our search to arrive at this list.

WHY SHOULD YOU TRUST US?

[Joel Balsam](#), the author of this piece, has been researching and writing about fitness clothing and gear for nearly a decade. He has been wearing workout shirts even longer. For U.S. News 360 Reviews, Joel has written about [men's](#) and [women's running shorts](#). He's also written about workout shoes, jackets, bags, and much more for other publications. As someone who does CrossFit and loves to run, hike, and play sports, Balsam understands the importance of workout shirts. He's passionate about sharing his knowledge and personal experience with readers to help them find the best products for their needs. [Marlo Jappen Porto](#), the editor of this piece, is a Home Goods editor focused on Fitness at 360 Reviews.

FAQ

What shirt material is best for working out?



What are popular activewear brands for men?



What type of men's workout shirts are in style right now?



About Our Team



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Joel Balsam is a freelance journalist, travel guidebook author, and gear specialist. His work has appeared in various publications, including TIME, National Geographic, Lonely Planet, The Guardian, among others.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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