## MensHealth

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Fitness >> Cardio Activities >> Sports Gear

## **Go-Hard Gear:** Turbocharge your run, ride, or swim with this guide to high-tech toys

## Ride CamelBak Race Layer

A rider's body causes up to 80 percent of his total aerodynamic drag. A hydration hump doesn't help. Instead, slip on this Tour de France-tested back bladder. It fits under your jersey, so it doesn't impede streamlined form. \$70, camelbak.com

