

Best Training Shoes For Lifting

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The 8 Best Shoes For Lifting Heavy

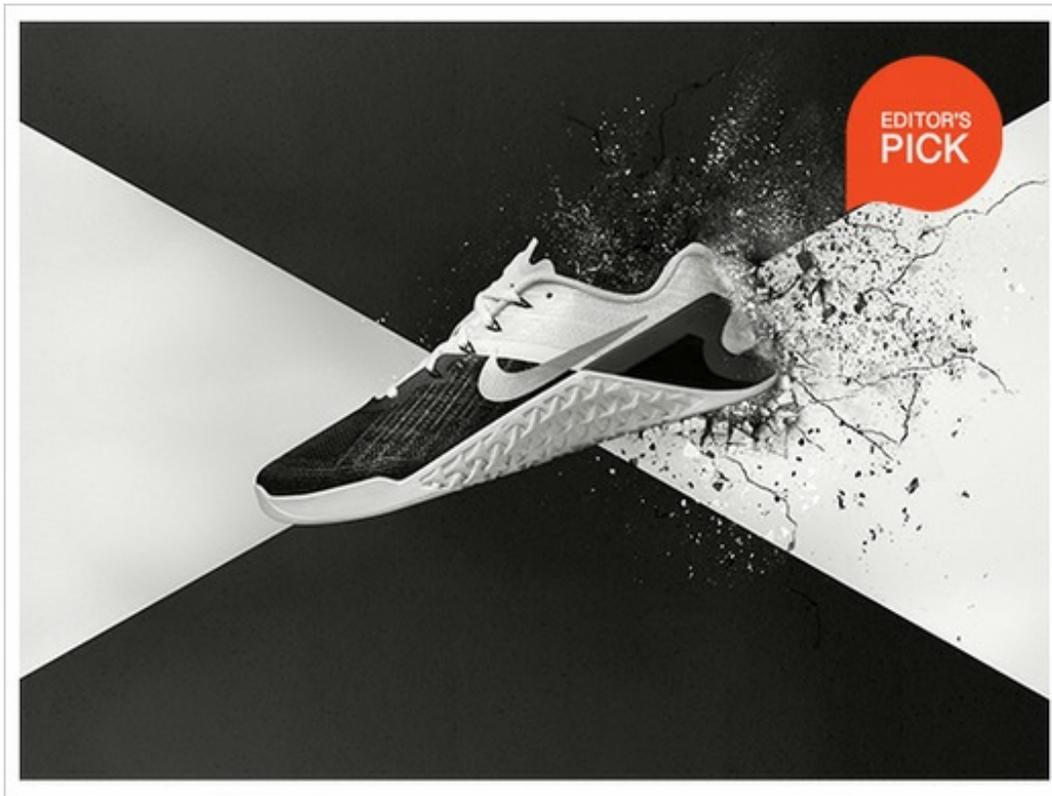


Amy Schlinger

There are so many type of sneakers but when it comes to a lifting shoe, there are certain qualities that you should be looking for. “The two most important things when it comes to a lifting shoe are a raised heel and a firm bottom,” says [Keith Wittenstein](#), Level 4 CrossFit coach at [Guerrilla Fitness](#) in Morristown, NJ. “The raised heel allows the lifter to be more upright when they squat, which allows for both a better pull and a better receiving position. A firm sole allows you to transfer more force into the ground, which is both stronger and more stable.”

Chances are you’ve probably seen a lifting shoe before, as they stand out from other shoes thanks to their raised heel, and sometimes an upper strap to help keep the foot feeling locked and secure. If you’re looking for the best shoes for lifters, we’ve rounded up some of the latest and greatest out there. Note, some of these aren’t made specifically for lifting (though many are), but allow for a workout that involved both lifts and other elements, too (think: CrossFit). Check out our picks below.

Nike Metcon 3



Best For: CrossFitters

Nike's newly released Metcon shoe can support lifting as well as high intensity training, making it great for a class like CrossFit. It has a flat bottom and a 4mm offset platform to support everything from squats, to clean and jerks, to box jumps.

[\\$170.00 at Nike.com](#)

Reebok Legacy Lifter



Best For: Olympic Lifting

This shoe was built for lifting, and that's just what should you do in it. Thanks to a 3/4-inch heel and an adjustable outer straps, you'll feel locked into your shoe and supported no matter how much weight you put on the bar. The upper has ventilation, too, so things don't get too sweaty.

[\\$200 at Reebok.com](#)

Asics Met Conviction



Best For: Cross-training

A cushioned midsole and flat, durable rubber outsole make this a perfect shoe for cross training or any class that involves running, jumping, and lifting. The sockliner provides moisture management, too.

[\\$110 at Asics.com](https://www.asics.com)

Converse Chuck All Star High Top Sneakers



Best For: Weightlifting (or hanging out too)

Though these shoes weren't designed to be used for lifting, because of their flat bottom construction and close-to-ground feel they provide the wearer, they've gotten a following in the weight lifting scene.

[\\$55.00 at Nike.com](#)

Reebok Nano 6



Best For: CrossFit

Joining the Nano family, the sixth version of this shoe was designed with CrossFitters in mind. Reebok reengineered the design of the Kevlar in the upper (which bothered some wearers in the previous version) to keep the shoe durable for things like rope climbs, yet comfortable to wear when sprinting or jumping. The reinforced toe and raised lug pattern on the outer of the shoe also make the shoe more durable to stand up to whatever a WOD throws its way.

[\\$130.00 at Reebok.com](https://www.reebok.com)

Inov-8 Fastlift 370 BOA



Best For: Olympic Lifting

If you want max support when you're going for a one-rep max, throw on this pair. The 16.5mm raised heel provides the stability you need to put up heavy weight, while the flexible forefront allows for better functionality. Plus, the dual-BOA dial system makes it easier to find a personalized, secure fit.

[\\$200.00 at Inov-8.com](https://www.inov-8.com)

New Balance Minimus 40 Trainer



Best For: CrossFit-style training

If you're not strictly lifting, but may find that part of your WOD includes front squats paired with kettlebells swings and a sprint, this shoe is your match. The slightly raised heel, external heel cup, and Vibram outsole provide the stability you need, while the mesh upper is flexible enough for running and allows for breathability.

[\\$120.00 at NewBalance.com](https://www.newbalance.com)

Vibram Five Finger V-Train



Best For: Cross-training minimalists

If you're all about that minimal, barefoot lifting and training, the V-Train has enough structure for you to use heavy weights, while still feeling connected to the ground. The shoe even has lugs in the arch to provide traction when you're doing things like rope climbs. They're machine washable, too.

[\\$115.00 at Vibram.com](https://www.vibram.com)

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