

# Quarantined Russians Take Up the No-Sweatpants Instagram Challenge

April 29, 2020



Instagram / [kativarnava](#), [anndios](#)

When the coronavirus pandemic pushed millions of people into government-mandated home isolation, the internet flooded with memes about our new collective reality of wearing the same pair of sweatpants for weeks at a time, hopping on video conference calls with no makeup and generally metamorphosing into couch potatoes.

These Russian Instagrammers have had enough.

With the "stop *treniki* [a Russian word for tracksuits that can also refer to sweatpants] challenge," people are putting their best faces — and outfits — forward.

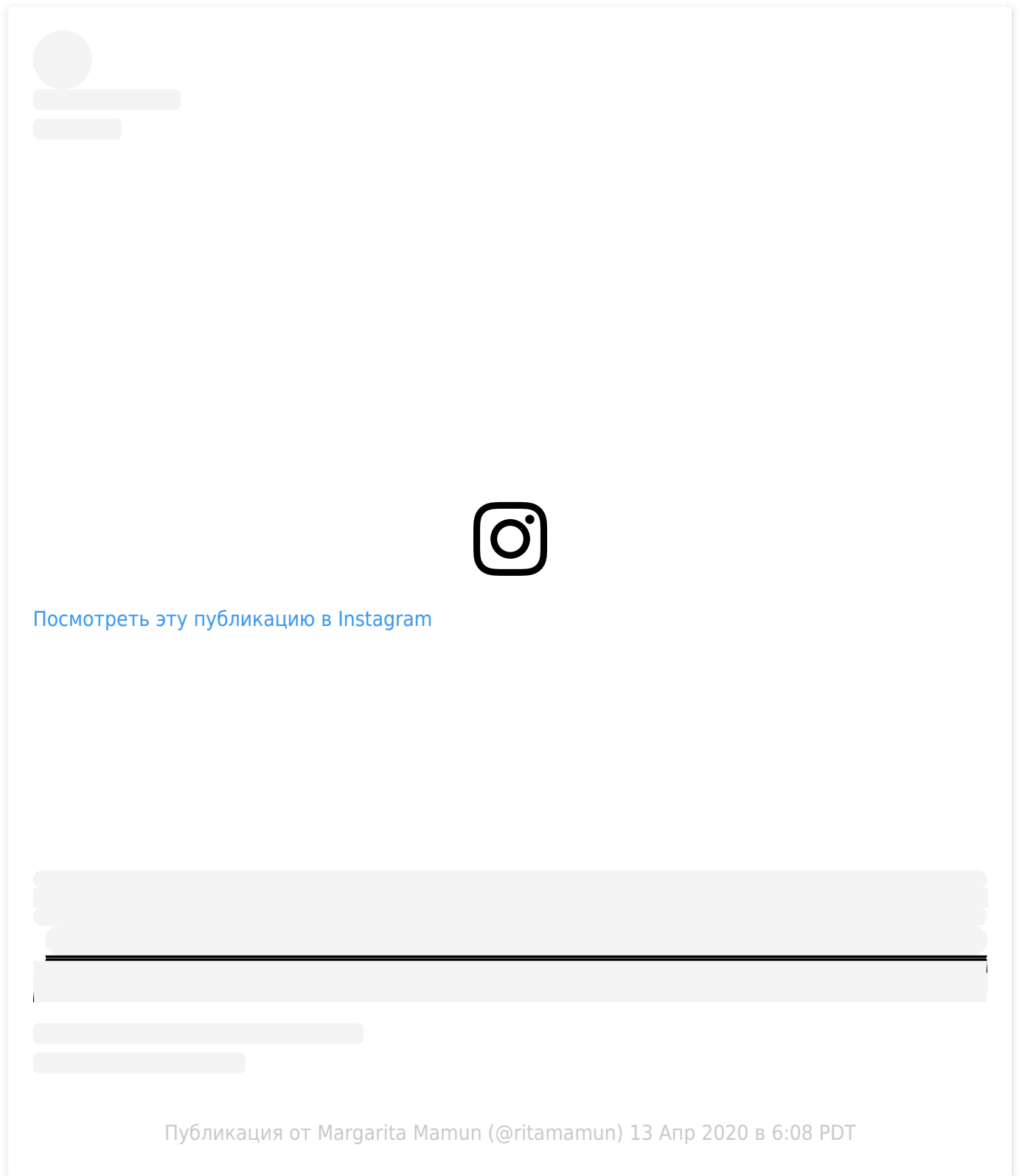
As Karl Lagerfeld himself once said: "Sweatpants are a sign of defeat. You lost control of your life so you bought some sweatpants."

Here's a look at Russia's finest quarantine couture:

This look is perfect for a night out at a glitzy gala — or for simply trying out that new pasta

sauce recipe.

**Embed:**

An Instagram embed placeholder. It features a grey profile picture, a grey name bar, and a grey bio bar in the top left corner. In the center is the Instagram logo. Below the logo is a blue link text: "Посмотреть эту публикацию в Instagram". At the bottom, there are several grey bars representing a blurred image and caption, followed by a thin black line and more grey bars. At the very bottom, it says "Публикация от Margarita Mamun (@ritamamun) 13 Апр 2020 в 6:08 PDT".

Посмотреть эту публикацию в Instagram

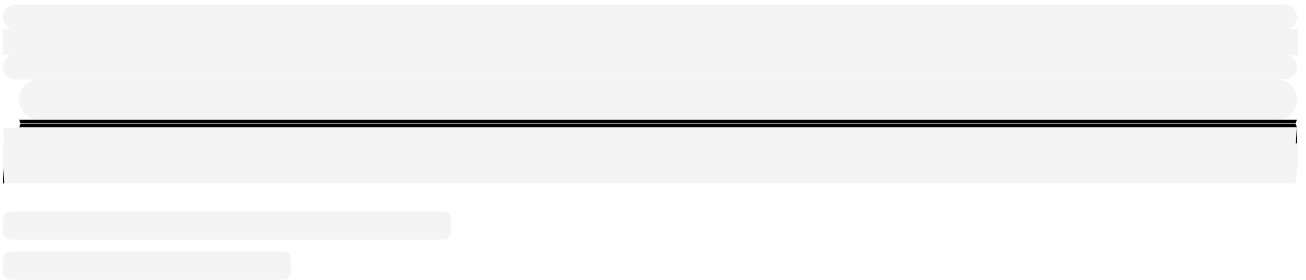
Публикация от Margarita Mamun (@ritamamun) 13 Апр 2020 в 6:08 PDT

Endlessly scrolling through TikTok never looked so glamorous.

**Embed:**



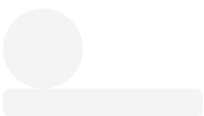
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Публикация от Alexandra Rebenok (@sasharebenok) 15 Апр 2020 в 1:49 PDT

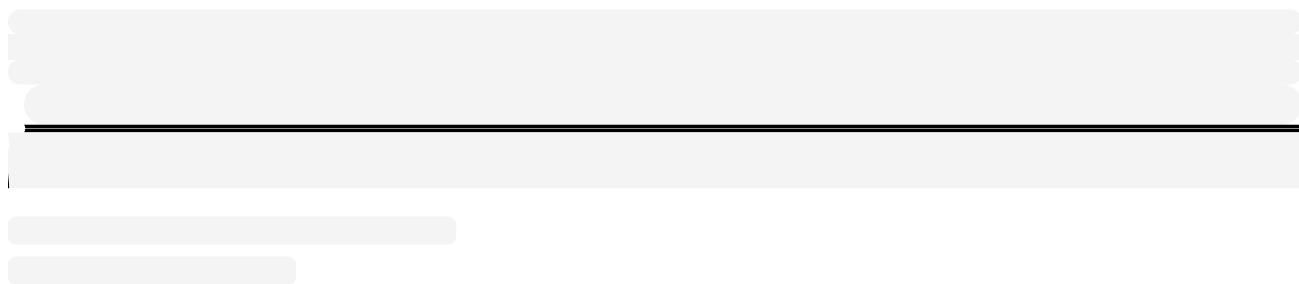
The rest of our homes may be in chaos, but at least our looks are on point.

**Embed:**





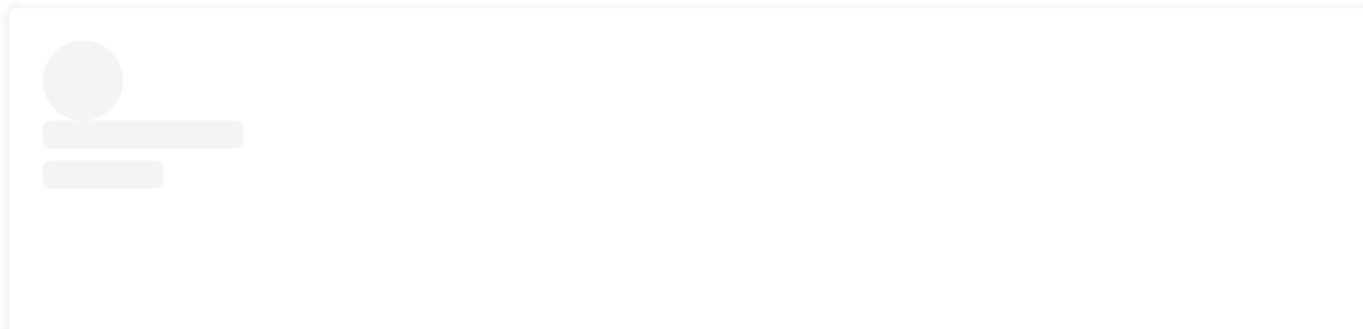
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Публикация от ПСИХОЛОГИЯ | КОУЧИНГ | СЕМЬЯ (@ksuzar) 28 Апр 2020 в 1:19 PDT

Just enjoying some shisha and wine before giving an impromptu kitchen concert.

**Embed:**





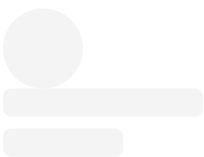
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Публикация от Misha Klein (@mishaklein) 13 Апр 2020 в 11:29 PDT

Windexing the mirrors is absolutely a special occasion.

**Embed:**





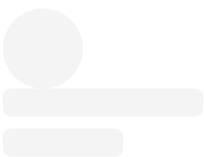
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Публикация от Крестюша Яблокова (@ikristusha) 16 Апр 2020 в 11:53 PDT

Cooking in high heels is hard work — the trick is to make it look effortless.

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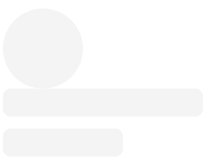
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Публикация от Ekaterina Lobasheva (@kundalini\_ya) 15 Апр 2020 в 6:24 PDT

"I'm not a model, the camera just turned on by itself."

**Embed:**





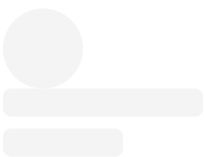
[Посмотреть эту публикацию в Instagram](#)



Публикация от ЮЛИЯ ЗОЛОТЫХ | Ballerina | Spb (@yuliya\_zolotykh) 20 Апр 2020 в 7:04 PDT

You. Better. Work.

**Embed:**







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Публикация от The official Darya Klishina (@dariaklishina) 26 Апр 2020 в 6:01 PDT

Original url:

<https://www.themoscowtimes.com/2020/04/29/quarantined-russians-take-up-the-no-sweatpants-instagram-challenge-a70134>