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Subject: Workout Music

Posted by [Duks](#) on Fri, 09 Nov 2018 10:25:15 GMT

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What type of music do you enjoy listening to while exercising? I enjoy listening to house/electro and hip-hop music during my workouts, although the type of music is not very important to me. Getting a good workout is.

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Subject: Re: Workout Music

Posted by [Rusty](#) on Fri, 09 Nov 2018 15:59:25 GMT

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I'm fortunate to go to a gym where there's a d.j. of sorts. He brings a boombox and plays c.d.s he's made and commercially made. I'm also fortunate to like his personal taste in music. He's old school, playing a mix of soul, r&b and a little bit of rock. A wonderful character whom entertains by grooving to the music with dance even. (Part of his exercise routine no doubt).

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Subject: Re: Workout Music

Posted by [lilbill](#) on Thu, 10 Jan 2019 07:28:22 GMT

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The gym I go to has someone that chooses the kind of music to listen to, while exercising. If I had to choose, I would go for the fast-paced music because that is what anyone needs. Do you enjoy aerobics?

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Subject: Re: Workout Music

Posted by [Echo](#) on Fri, 07 Jun 2019 07:11:16 GMT

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I know this may sound weird to some of you, but I really enjoy listening to heavy metal when I am working out :d I just feel like it helps me push through the workout when it gets tougher LOL

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Subject: Re: Workout Music

Posted by [gofar99](#) on Tue, 18 Jun 2019 02:37:27 GMT

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Hi, When I work out I like quiet. I must be unusual. When not seriously listening to my stereo, I prefer quiet all the time. It probably comes from a lifetime of being bombarded by both music and noise.

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