Subject: Re: Favorite workout music
Posted by Damon73 on Thu, 27 Sep 2012 02:30:50 GMT
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audioaudio90 wrote on Wed, 19 September 2012 07:18I'm generally a classic rock fan but it's not always the best for working out. My favorite workout music tends to be hip hop and pop.

I'm pretty similar, I don't normally listen to a lot of pop music, but for working out I like something that has a good beat. I also like some classical music, but it has to be fast and aggressive.