Subject: Re: Workout music Posted by Nymeria on Fri, 12 Sep 2014 13:39:43 GMT View Forum Message <> Reply to Message

I listen to rock and pop, mostly. I find that I get a better workout with higher energy music, naturally, but I haven't bothered to sort my mp3s into a workout playlist.

Page 1 of 1 ---- Generated from AudioRoundTable.com