Subject: Workout Music
Posted by timron on Mon, 10 Dec 2012 02:25:21 GMT
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I just joined the gym with my wife last week, so I dug out my old MP3 player and now I'm at a loss as to what I could put on it to workout to. I need about an hour's worth of upbeat music. Any suggestions?

Subject: Re: Workout Music
Posted by Nymeria on Tue, 11 Dec 2012 23:13:28 GMT
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Try Lady Gaga, the Black Eyed Peas, Pink, and other pop musicians. A lot of 80s pop lends itself well to exercise sessions too, I've noticed.

Subject: Re: Workout Music
Posted by TurnItUp on Sun, 16 Dec 2012 20:15:20 GMT
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If you have a Pandora account they have a work-out station. You could check that out and get some ideas of things to put on your Mp3 player.