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Subject: Workout music

Posted by [timron](#) on Fri, 12 Sep 2014 01:43:10 GMT

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I like to lift weights but I get bored of doing it while watching TV. I was thinking I'd get a playlist going instead. What do others here listen to while working out?

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Subject: Re: Workout music

Posted by [Nymeria](#) on Fri, 12 Sep 2014 13:39:43 GMT

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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.

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Subject: Re: Workout music

Posted by [audioaudio90](#) on Mon, 15 Sep 2014 14:43:47 GMT

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Lately I have been working out to a lot of '80s music. I find the upbeat pop hits that make me happy and rock out.

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