



Move to the right beats per minute and you just might amp up your performance. Here's how to match your music to your workout.

Matching Your Music to Your Workout

Fill up your mp3 with the new tunes below that perfectly suit your activity type. You can go a step further, too, and match the beats per minute (BPM) of the music to the heart rate you expect to reach during that workout.

What should that be? This can vary greatly from person to person, but as a guideline, power walking songs would have about 135-140 BPM — you'll want a lower BPM if you're just getting started doing activity or when you're doing a warm-up or cool-down. In comparison, running songs might be around 147-165 BPM. With the slow songs here (80 BPM or so), you have a choice — you can use them as cool-downs or can really push yourself and walk/bike/swim twice as fast as the beat. Here, we've created lists of mostly lower BPM music so you can get pumped up without overdoing it.

So which music can fill out your perfect activity playlist? Check out the suggestions below and add any that appeal to you to your next activity session.

INDIVIDUALIST

This playlist should help you lace up your shoes and get in your groove. It's full of up-tempo songs, with four-on-the floor beats that'll keep you moving. These songs are great if you're just starting to get active; they're all within the 125-130 BPM range so you can keep a steady pace.

Michael Jackson – 'Wanna Be Startin' Somethin' (Immortal Version) (123 BPM)

Technotronic – 'Pump Up The Jam' (123 BPM)

Lady GaGa – 'Bad Romance' (Starsmith Remix) (124 BPM)

Yolanda Be Cool & Dcup – 'We No Speak Americano' (126 BPM)

Salt-n-Pepa – 'Push It' (128 BPM)

Nicki Minaj – 'Super Bass' (128 BPM)

Katy Perry – 'The One That Got Away' (R3hab Club Remix) (128 BPM)

Rihanna – 'We Found Love' (Cahill Club Remix) (128 BPM)

CUSTOMIZED POWER PLAYLIST



COMPETITOR

To unleash your competitive beast, we've rounded up a selection of jams from the past and present. These selections move from low BPMs for warm-ups and cool-downs to challenging beats.

Wiz Khalifa – 'Black And Yellow' (82 or 164 BPM)

EMF – 'Unbelievable' (105 BPM)

Notorious B.I.G., Mase & Puff Daddy – 'Mo Money Mo Problems' (105 BPM)

DJ EZ Rock & Rob Base – 'It Takes Two' (113 BPM)

Steam – 'Na Na Hey Hey Kiss Him Goodbye' (113 BPM)

2 Unlimited – 'Get Ready For This' (Orchestral Mix) (124 BPM)

Gary Glitter – 'Rock 'n' Roll' (Part 2) (127 BPM)

Kiss – 'Rock And Roll All Nite' (143 BPM)



TRAINING PARTNER AND PERFECT PARTNER

These feel-good tracks should help you and your partner get ready to roll. And, if your partner's a no-show, these songs will propel you along with their sunny dispositions.

Robyn – 'Hang With Me' (115 BPM)

Carly Rae Jepsen – 'Call Me Maybe' (120 BPM)

Pink – 'Raise Your Glass' (122 BPM)

Nicki Minaj – 'Starships' (123 BPM)

Train – 'Drive By' (123 BPM)

Beyonce – 'Run The World (Girls)' (127 BPM)

Duck Sauce – 'Barbra Streisand' (128 BPM)

Britney Spears – 'I Wanna Go' (Oliver Remix) (129 BPM)

CUSTOMIZED POWER PLAYLIST



TEAM PLAYER AND JOINER

Whether you're playing on a team or working out in any kind of group, this playlist has something to get you going.

[Jordin Sparks – 'I Am Woman'](#) (93 BPM)

[Shakira & Dizzee Rascal – 'Loca' \(JS Mix\)](#) (113 BPM)

[Kelly Clarkson – 'What Doesn't Kill You \(Stronger\)'](#) (117 BPM)

[Bon Jovi – 'It's My Life'](#) (121 BPM)

[Guns N' Roses – 'Welcome To The Jungle'](#) (123 BPM)

[The Rolling Stones – 'Start Me Up'](#) (123 BPM)

[Snoop Dogg & David Guetta – 'Sweat' \(Remix\)](#) (131 BPM)

[Yeah Yeah Yeahs – 'Heads Will Roll' \(A-Trak Remix\)](#) (132 BPM)



ADVENTURER AND EXPLORER

For the adventurous soul, we have an adventurous playlist. The set starts out with a handful of tracks touching on electro, rock, pop and beyond. Then it closes out with a quartet of collaborations.

[Florence + The Machine – 'Dog Days Are Over'](#) (75 or 150 BPM)

[Gym Class Heroes & Adam Levine – 'Stereo Hearts'](#) (90 BPM)

[OneRepublic – 'Good Life'](#) (95 BPM)

[Will.I.Am, Mick Jagger & Jennifer Lopez – 'T.H.E. \(The Hardest Ever\)'](#) (106 BPM)

[Steve Aoki & Rivers Cuomo – 'Earthquakey People'](#) (128 BPM)

[Young The Giant – 'My Body'](#) (130 BPM)

[David Guetta & Kid Cudi – 'Memories'](#) (131 BPM)

[Nero – 'Promises'](#) (144 BPM)