

# And the Beat Goes On

## Time your music to maximize your workout.

FITNESS INSTRUCTORS KNOW THE POWER OF THE BEAT. They play heart-pumping tunes during exercise classes. Now you, too, can time the musical beats to maximize your workouts.

Researchers first discovered how music could aid physical performance more than a decade ago. In 2002, the United States Sports Academy (USSA) found the number of beats per minute (BPM) in music could correlate to the number of heartbeats per minute in people exercising – the higher the BPM, the faster the heart rate.

“It’s a correlation between the tempo of music and perceived rate of exertion in exercise,” says Fred Cromartie, chair of Sports Medicine and Fitness, department of sports medicine at the USSA. You tend to move in time to the beat.

So how do you find the perfect “heart bear”? Skip the radio, which plays songs randomly, and plug in your MP3 player.

You’ll find fitness instructor-worthy tunes on the Internet ready for downloading.

Head to the Internet to find these sources of music to move to:

**Exerciseradio.com** – This free downloadable Internet radio station promises you’ll find the right BPM to help you achieve proper form and execution of your workout.

**DJSteveboy.com** – This site’s Podrunner podcasts feature free nonstop one-hour fixed-BPM mixes of electronica music.

**BeaTunes.com** – Turn your own playlists into the perfect workout music by downloading this software that automatically determines the BPMs of

songs in your private collection and stores them in your iPod. The downloadable service is available only on Apple computers for \$19.95.

—LISSA POIROT

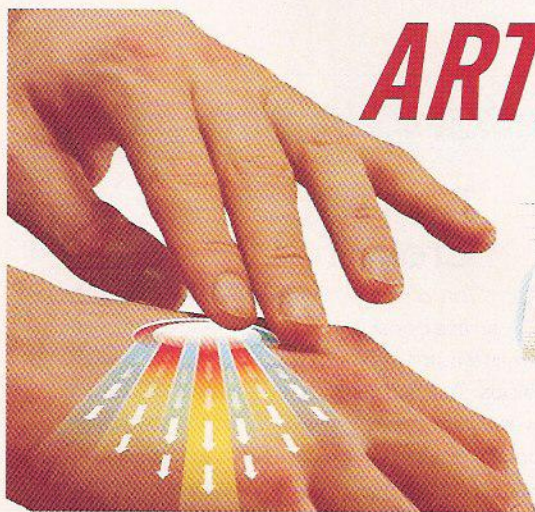
### FIND YOUR TEMPO

Listen to music with these beats per minute for the following exercises:

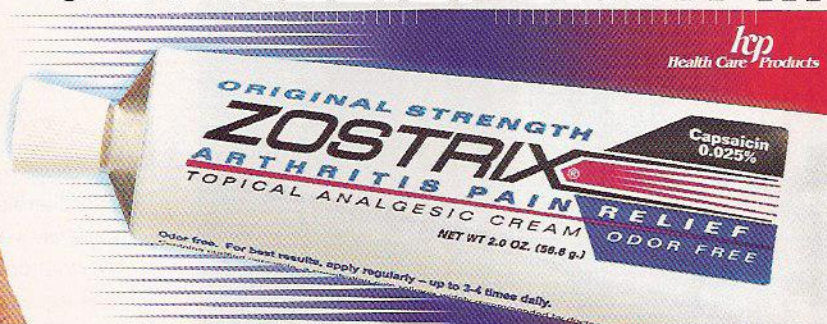
**Walking:** 80 to 100 for beginner; 130 for intermediate; 170 for advanced

**Yoga:** 60 for flexibility moves; 105 for more intense moves

**Strength Training:** 120 to 130



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