



Listen while you work(out)



(The authors run SaPa - the Subramaniam Academy of Performing Arts)

HAVE you ever wondered why most group exercise classes have music playing? If you're like me and assumed that it was to drown out the groans of unfit participants, you're probably only half right. Many athletes and trainers also listen to music while training or exercising.

An example that comes to mind is Dwayne 'The Rock' Johnson, working out while wearing his large headphones.

Listening to music while working out has been shown to have several benefits.

Here are five reasons why listening to music while exercising can lead to a more effective workout:

- Music reduces the perceived rate of exertion. This means that while listening to music, exercise seems less intense than it otherwise would, which allows you to work out more intensely without feeling the strain. This could be because listening to music moves some of your focus away from the intensity of the workout.

- Music can boost motivation levels. Listening to music be-

fore and during a workout has been shown to increase motivation levels. It can get you to stick with a workout even when you feel like quitting.

- Music improves mood.

- Music can increase speed. The tempo of the music you're listening to can affect the speed at which you work out. If you're going for a run or cycling, listening to fast music can get you to move faster (even if you aren't moving at the same speed as the music).

- Music can increase power. In addition to speed, listening to music can also help increase the intensity of your workout. A study in California found that people who listened to music while strength training were able to increase the force and velocity of their workouts.

When choosing music for your workout, up-tempo music which has between

150 and 180 beats per minute works best for fast or intense workouts, while slower music works well for stretches and yoga. If you're unsure of what music to start with, most streaming platforms have specific playlists for exercise. The speed or beats per minute of a song is also easy to find online. Pick a genre that appeals to you. Include a few of your favourite songs. There is no wrong music to listen to while working out. Whether it's emo rock, pop, film music or classical, any music can help you have a more satisfying and effective workout.

