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Use the power of music for a more effective training session!

Music can positively affect your training. Studies have proven that music can influence our training intensity and strength. We actually train harder or lighter depending on the music we are listening to. Music can help us avoid physical and mental exhaustion.

Use music to maximize your training!

- ? Music helps you to mentally prepare better for your workout.
- ? On the way to the gym, even before your workout, play music that puts you in a positive mood.
- ? Listen to music during your workout. It can lift your energy levels and make your training more productive.
- ? Try to listen to the same familiar music while you are training. It can offer positive reinforcement to your training success over a period of time.
- ? If your gym plays music you don't particularly like, use your own mp3 player.
- ? Music can create the beat and rhythm to your training, or simply be an enjoyable background sound. However, if you can't concentrate while you are listening to music then it is better to train without it.

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