

Want More Intense Workout Results? Tune in.

If you'd like to get more out of your high intensity workout without it being unbearable, all it takes is your favorite playlist. Awareness is growing about the benefits or short bursts of maximum effort exercise- equal fitness and immune gains with way less time spent than moderate exercise like jogging or hiking. But the problem has always been that such high-intensity interval training is just too uncomfortable for most people. Previously it had been thought that the well-known motivational assistance of music during light exercise was not possible with such high heart rates and loud breaths. But research first published in 2014 now shows you can get more out of yourself during even the most rigorous workouts by just pushing play.

Participants were involved in a series of these max-exertion cycling sets, going all out for 30 seconds before resting four minutes, then repeating. They also had their pedaling power measured, along with the level of unpleasant feelings they experienced. Turns out they were able to give to the point of a discomfort level of 8 out of 10 or higher, with or without music. However, they ended up producing much more power with the tunes on. Thus, they got far better exercise and more health benefits for the same pain while coaxed by music. Plus, every participant said afterward they would use music with future interval training because it seemed easier.

Editorial: While this may not be surprising, the strong, clear evidence is useful for millions every day. Especially if you lack the time or stamina for regular lengthy aerobic moderate exercise, you can get the same health and fitness gains in less time. In a gym or alone, strap on your music device and push your limits briefly, over and over. With the beat on your side, the pros will outweigh the pain.

Bibliography

Music Enhances Performance and Perceived Enjoyment of Spirit Interval Exercise
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