

Great Workout Songs!

Song Ideas for Working Out – v1.4

Title is the name of the song, Artist is the singer / band, Year is the year of release, Time is the length and Bpm is overall average beats per minute.

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| Title | Artist | Year | Time | Bpm |
|--------------------------------|------------------------|------|------|-----|
| Rock | | | | |
| All along the watchtower | Jimi Hendrix | 1968 | 4:01 | 115 |
| Black Betty | Ram Jam | 1977 | 3:57 | 118 |
| Black Dog | Led Zeppelin | 1971 | 4:55 | 100 |
| Bohemian Rhapsody | Queen | 1975 | 5:53 | 139 |
| Break on Through | The Doors | 1967 | 2:32 | 97 |
| Eye of the Tiger | Survivor | 1982 | 3:48 | 109 |
| Epic | Faith No More | 1990 | 4:53 | 87 |
| Fire Woman | Cult | 1989 | 5:07 | 132 |
| Hey Joe | Jimi Hendrix | 1967 | 3:29 | 85 |
| Hurt so Good | John Cougar Mellencamp | 1982 | 3:42 | 125 |
| In Bloom | Nirvana | 1991 | 4:15 | 156 |
| Jack and Dianne | John Cougar Mellencamp | 1982 | 4:16 | 104 |
| Little Green Bag | George Baker Selection | 1969 | 3:59 | 105 |
| Low Rider | War | 1975 | 3:12 | 140 |
| Paint it Black | Rolling Stones | 1966 | 3:49 | 160 |
| Smoke on the Water | Deep Purple | 1972 | 5:38 | 114 |
| Somebody Told Me | The Killers | 2004 | 3:17 | 138 |
| Under the Bridge | Red Hot Chili Peppers | 1992 | 4:25 | 85 |
| Welcome to the Jungle | Guns and Roses | 1987 | 4:31 | 123 |
| Woman | Wolfmother | 2006 | 2:42 | 135 |
| Metal & Harder Rock | | | | |
| Amerika | Rammstein | 2004 | 3:46 | 124 |
| And Justice for All | Metallica | 1988 | 9:45 | 87 |
| Back in Black | ACDC | 1980 | 4:15 | 93 |
| Break Stuff | Limp Bizkit | 2000 | 2:46 | 110 |
| Clown | Korn | 1995 | 4:38 | 153 |
| Chop Suey | System of a down | 2001 | 3:30 | 128 |
| Cowboys from Hell | Pantera | 1990 | 4:06 | 114 |
| Dragula | Rob Zombie | 1998 | 3:44 | 125 |
| Freak on a Leash | Korn | 1998 | 4:17 | 105 |
| Hells Bells | ACDC | 1980 | 5:12 | 106 |
| Iron Man | Black Sabbath | 1971 | 5:28 | 85 |
| Last Resort | Papa Roach | 2000 | 3:21 | 91 |
| Orgasmatron | Sepultura | 1991 | 4:15 | 140 |
| Paranoid | Black Sabbath | 1970 | 2:49 | 162 |
| Psycho | System of a down | 2001 | 3:45 | 146 |
| Rollin | Limp Bizkit | 2000 | 3:33 | 96 |
| Stinkfist | Tool | 1996 | 5:12 | 87 |
| Some kind of Monster | Metallica | 2003 | 8:25 | 107 |
| The Wicker Man | Iron Maiden | 2000 | 4:35 | 102 |
| Two minutes to midnight | Iron Maiden | 1983 | 6:01 | 95 |
| T.N.T | AC/DC | 1975 | 3:34 | 127 |
| Walk | Pantera | 1992 | 5:14 | 114 |
| Dance & Electronic | | | | |
| Around the World | Daft Punk | 1997 | 7:09 | 121 |
| Better off Alone | Alice Deejay | 1999 | 3:36 | 137 |
| Black Tarantula | Pendulum | 2005 | 3:44 | 92 |
| Blue | Eiffel 65 | 1999 | 3:40 | 128 |
| Blue Monday | New Order | 1983 | 7:25 | 130 |
| Born Slippy | Underworld | 1995 | 3:45 | 140 |
| Call on me | Eric Prydz | 2004 | 2:57 | 126 |
| Firestarter | Prodigy | 1996 | 4:40 | 141 |
| Freestyler | Bomfunk MC's | 1999 | 5:06 | 163 |
| Harder Better Faster Stronger | Daft Punk | 2001 | 3:46 | 124 |
| Hey Boy Hey Girl | Chemical Brothers | 1999 | 4:49 | 127 |
| I See you Baby | Groove Armada | 1999 | 3:53 | 122 |
| Nasty Girl | Inaya Day | 2004 | 3:09 | 123 |
| Played-A-Live | Safri Duo | 2001 | 2:50 | 138 |
| Push the feeling on | Nightcrawlers | 1993 | 7:02 | 123 |
| Right here Right Now | Fatboy Slim | 1998 | 6:27 | 124 |
| Sandstorm | Darude | 2000 | 2:56 | 136 |
| Smack my Bitch Up | Prodigy | 1996 | 5:42 | 136 |
| Superstylin | Groove Armada | 2001 | 6:02 | 129 |
| Till I Come (9PM) | ATB | 1999 | 3:15 | 130 |

| Title | Artist | Year | Time | Bpm |
|---------------------------|----------------------------|------|------|-----|
| The Creeps | Camille vs Fedde Le Grand | 2007 | 3:20 | 125 |
| Uprockin Beats | Bomfunk Mc | 1998 | 3:40 | 132 |
| You're not Alone | Olive | 1996 | 4:12 | 135 |
| Zombie Nation | Kernkraft 400 | 1999 | 3:27 | 140 |
| RnB / Rap / Hiphop | | | | |
| Bump | Spank Rock | 2006 | 5:19 | 140 |
| Bring the Noise | Public Enemy | 1987 | 3:45 | 110 |
| California Love | 2 Pac and Dr Dre | 1996 | 4:03 | 91 |
| Dare | Gorillaz | 2005 | 4:04 | 120 |
| Get Low | Lil John and Eastside Boys | 2003 | 4:30 | 101 |
| Get Ure Freak On | Missy Elliot | 2001 | 3:32 | 88 |
| Gold Digger | Kayne West | 2005 | 3:27 | 92 |
| Hit em Up | 2 Pac | 1996 | 5:14 | 95 |
| In da Club | 50 Cent | 2003 | 3:13 | 111 |
| Let me Clear my Throat | DJ Kool | 1996 | 4:20 | 103 |
| Lose Yourself | Eminem | 2002 | 5:26 | 171 |
| Pain is Love | Ja Rule | 2001 | 5:07 | 89 |
| Party Up in Here | DMX | 2000 | 4:37 | 101 |
| Pump It | Black Eyed Peas | 2006 | 3:35 | 153 |
| Push It | Salt N Pepa | 1987 | 3:30 | 127 |
| Maneater | Nelly Furtado | 2006 | 3:17 | 132 |
| Work It | Missy Elliot | 2002 | 4:21 | 102 |
| My Humps | Black Eyed Peas | 2006 | 4:13 | 124 |
| Numb Encore | Jay Z Linkin Park | 2004 | 3:23 | 107 |
| Real Slim Shady | Eminem | 2000 | 4:44 | 105 |
| Stronger | Kanye West | 2007 | 5:12 | 104 |
| Temperature | Sean Paul | 2006 | 3:39 | 125 |
| Work it Out | Jurassic 5 & Dave Mathews | 2005 | 3:51 | 95 |
| When the s*** goes down | Cypress Hill | 1993 | 3:09 | 96 |
| You can do it | Ice Cube | 1999 | 4:19 | 99 |
| Popular | | | | |
| Buffalo Soldier | Bob Marley | 1980 | 4:17 | 124 |
| Crazy in Love | Beyonce | 2003 | 3:56 | 99 |
| Gotta get through this | Daniel Bedingfield | 2001 | 2:38 | 134 |
| Final Countdown | Europe | 1986 | 5:09 | 117 |
| Harder to Breathe | Maroon 5 | 2003 | 2:55 | 150 |
| Jump | Van Halen | 1984 | 4:04 | 130 |
| Like a Prayer | Madonna | 1989 | 5:51 | 111 |
| Give it to me | Timbaland | 2007 | 3:54 | 111 |
| Gonna Make you Sweat | C&C Music Factory | 1990 | 4:06 | 114 |
| Mickey | Toni Basil | 1982 | 4:08 | 149 |
| Naked Eye | Luscious Jackson | 1997 | 4:11 | 131 |
| Rock your Body | Justin Timberlake | 2003 | 4:26 | 101 |
| Since U Been Gone | Kelly Clarkson | 2004 | 3:10 | 131 |
| Rehab | Amy Winehouse | 2006 | 3:33 | 145 |
| Rendez Vu | Basement Jaxx | 1999 | 3:44 | 125 |
| Sexyback | Justin Timberlake | 2007 | 4:03 | 117 |
| Superstition | Stevie Wonder | 1972 | 4:00 | 101 |
| Survivor | Destiny's Child | 2001 | 4:01 | 161 |
| Times Like These | Foo Fighters | 2003 | 4:27 | 144 |
| U Can't Touch This | MC Hammer | 1990 | 4:17 | 133 |
| Under Pressure | David Bowie and Queen | 1981 | 3:56 | 113 |
| You Sexy M.F. | Prince | 1992 | 5:26 | 106 |
| Alternative | | | | |
| Aerials | System of a Down | 2001 | 6:10 | 80 |
| 7 Nation Army | White Stripes | 2003 | 3:51 | 124 |
| American Idiot | Green Day | 2004 | 2:54 | 93 |
| Closer | Nine Inch Nails | 1994 | 6:14 | 90 |
| Creep | Radiohead | 1993 | 3:56 | 92 |
| Du Hast | Rammstein | 1997 | 3:54 | 125 |
| Go with the flow | Queens of the Stone Age | 2003 | 3:07 | 159 |
| Holiday | Green Day | 2005 | 3:56 | 146 |
| I Predict a Riot | Kaiser Chiefs | 2004 | 3:53 | 159 |
| Jane Fonda | Mickey Avalon | 2006 | 3:40 | 94 |
| Jeremy | Pearl Jam | 1992 | 5:20 | 106 |
| Laid | James | 1993 | 2:38 | 117 |
| Mammoth | Interpol | 2007 | 4:15 | 134 |
| Meatplow | Stone Temple Pilots | 1994 | 3:38 | 86 |
| More Human than Human | White Zombie | 1995 | 4:29 | 101 |
| No One Knows | Queens of the Stone Age | 2002 | 4:40 | 85 |
| Perfect Drug | Nine Inch Nails | 1997 | 5:15 | 150 |
| Ricochet | Faith No More | 1994 | 4:29 | 121 |
| Sober | Tool | 1993 | 5:05 | 75 |
| The Distance | Cake | 1997 | 3:01 | 91 |
| Voodoo People | Prodigy | 1994 | 3:20 | 148 |
| Wake Up | Rage against the Machine | 1992 | 6:04 | 85 |
| You only Live Once | The Strokes | 2006 | 3:09 | 121 |