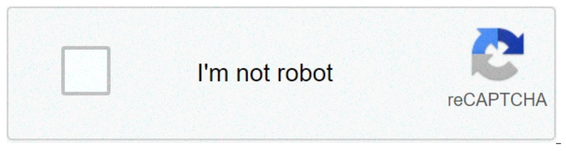

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Every millennial nowadays spends some precious time of their lives working out. They perform a set of exercises at the gym for the betterment of their health. And their workout is accompanied by energetic and motivational workout songs, which boosts them up and makes their workout more amazing. Songs with motivational and energetic beats is what is listened to the most. And that is why people focus more on playing motivational workout songs during their workout. They make you feel more energetic and go for that extra set! If you are looking for some motivational workout songs, then stop your search as we have something which caters to this need of yours. We, at Gaana, curated a motivational workout music playlist for all you gymaholics out there! As the name suggests, this playlist comprises 14 highly energetic tracks which will enhance your workouts. Famous singers and DJs from the industry marvelously voiced the songs in this playlist. Sumit, Power Music Workout, Workout Hits DJ are to name a few. Some of the popular motivational workout songs from the playlist are Workout motivation music, Workout aggressive music, Bang, Starships-Instrumental, Reload, Waka Waka (Work it out), Style, Little Bad Girl (Work it out), Work, Love Slayer- Instrumental, and the list goes on. Get this motivational workout music playlist ready with you before you hit your gym to make your session more energetic and enjoyable. Download and listen to top motivational workout MP3 songs from the motivational workout music playlist exclusively on Gaana.com. Select your language: Frequent workouts and fitness benefit us a lot. It enables to sleep better, increase strength and flexibility, improve memory, etc. With workout motivation music playing in the gym, it's one of the best moments for us to do physical exercises, reducing our stress with great mental enjoyment. At present, streaming music service is the most popular way that we get access to music, among which Spotify and Apple Music are the most well-known ones. However, because of encryption restrictions, we can subscribe to the services only but cannot download any songs from them. Luckily, this article is going to show you an amazing way to download best gym workout songs for free from Spotify to MP3. Note: If you are an Apple Music subscriber, please refer to How to Convert Apple Music to MP3. Directory Part 1. Top 10 Workout Motivation Gym Music on Spotify As mentioned above, it's the encryption tech that prevents us from copying music from Spotify. Therefore, we will learn to download workout gym songs from the Spotify playlist to plain MP3 format. NoteBurner Spotify Music Converter is all we need, which is a powerful audio downloading tool with no extra hardwares or virtual drives installed. Try It Free Try It Free NoteBurner Spotify Music Converter is a music ripper for Spotify. It can easily convert Spotify Free and Premium songs to common formats (MP3/AAC/WAV/FLAC/AIFF) with lossless quality kept. In addition, NoteBurner Spotify Music Converter supports to export converted Spotify library to iTunes or OneDrive with just one click. Here are the simple steps to free download gym songs: Download NoteBurner Spotify Music Converter. Add gym music from Spotify to NoteBurner. Customize the Output settings, including output format, output quality and output path, etc. Press button "Convert" to download the workout songs from Spotify to local computer. Find the downloaded Spotify motivation music in output path we set previously. For more details, please refer to How to Convert Spotify Music to MP3. Are you ready to download the best English workout songs to heat things up during your workouts and runs? For me, a workout is nothing without some workout music to amp me up! It's also proven that your heart rate does change as you listen to music, and it gets faster and slower depending on the beat of the music. So we made a list of 60 amazing workout songs from different genres, so you can get ready for your next workout. We also create playlists on Anghami and Spotify with different themes. This month it's workout songs. Check it out below.Fustany's Playlist: 10 Workout Songs to Boost Energy During Exercise.Fustany's 'Best Workout Songs' Playlist on Anghami Now, here are 60 of the best English workout songs to download now:1. Lose Yourself - Eminem2. Counting Stars - OneRepublic3. When I R.I.P - Labrinth4. Hey Now - London Grammar, Arty Remix5. Happy - Pharrell Williams6. A Sky Full of Stars - Coldplay7. Love Me Again - John Newman8. Believer - Imagine Dragons9. Supercut - Lorde10. Fireball - Pitbull feat. John Ryan11. Dance With Me Tonight - Olly Murs12. Faded - ZHU13. Feels so close - Calvin Harris14. Hall of fame - The Script feat. Will.I.am15. Jubel - Klingande16. A little party never killed nobody - Fergie feat. Q-Tip & GoonRockOver 20 Sex Songs Everyone Listens to During Sex and Foreplay.17. I Follow Rivers - Lykke Li18. Animals - Maroon 519. Run Run Run - Celeste Buckingham20. Beautiful Escape - Tom Misch21. Uptown Funk - Mark Ronson and Bruno Mars22. Superheros - The Script23. You're Never Fully Dressed Without a Smile - Sia10 Songs to Instantly Calm You Down No Matter What Language You Speak!24. Shake It Off - Taylor Swift 25. Bang Bang - Jessie J, feat, Ariana Grande, and Nicki Minaj26. Savage - Megan Thee Stallion, Beyoncé 27. The Dog Days Are Over - Florence + The Machine28. Summer - Calvin Harris29. Physical - Dua Lipa30. Bloodsream - Ed Sheehan31. Nightcall - Kavinsky32. Up In The Air - Thirty Seconds To Mars33. Midnight City - M8534. Runaways - The Killers35. Don't Take The Money - The BleachersWhich 90's Song Sums-up Your Love Life?36. Orphans - Coldplay 37. Kids - MGMT38. Youngblood - 5 Seconds of Summer 39. Bad Blood - Taylor Swift40. Sugar - Robin Schulz, Francesco Yates41. Ocean Drive - Duke Dumont42. Cocaine Model - ZHU43. Inhale - Duke Dumont 44. Mr. Brightside - The Killers45. The Man - The Killers46. Sun comes Up - Rudimental, James ArthurOur Favorite First Dance Wedding Songs.47. So It Goes - Taylor Swift48. 17 - MK49. Piece of Me - MK, Becky Hill50. SICKO MODE - Travis Scott52. My Love 4 U - MK, A*M*E53. Back & Forth - MK, Jonas Blue, Becky Hill54. S.T.O.P - David Guetta, Ryan Tedder55. Memories - David Guetta 56. If I Lose Myself - OneRepublic57. IDFC - blackbear, Tarro Remix58. Kiwi - Harry Styles 59. No Words - Erik Hassle 60. Icon - JadenMain Image Credits: Instagram @hannah_rasekh Our Living section is a woman's best friend. See for yourself and get a little bit of everything! by Factory · 16 Songs · 1,025,060 Plays · 39:59(P) 2016 Workout Remix FactoryAbout Workout MotivationWorkout Motivation is an English album released in 2016. There are a total of 16 songs in Workout Motivation. The songs were composed by Factory, a talented musician. Listen to all of Workout Motivation online on JioSaavn. {"source":3,"source_id":"10500735","object_type":"playlist","channelType":"playlist","id":"10500735","status":"0","title":"gym english songs","trackcount":8,"track_ids":"21100412,2525052,17637647,18585032,16460942,20980268,17106182,1328678","objtype":3,"share_url":"\/vplaylist\/shravananandgoud-zwawz-gymenglishsongs","albumartwork":"https:\/\/va10.gaanacdn.com\/vimages\/vplaylists\/35\/10500735\/10500735.jpg","createdBy":"Gaana User","userUrl":"\/vyourzone\/shravananandgoud-zwawz","created_on":"Mar 23, 2017","modifyDate":"Apr 20, 2017","num_tracks":8} Created by Gaana User | Tracks 0 setTimeout(function() { if(typeof colombiaUI != 'undefined') { colombiaUI.createUIElement('playlist', 'related-content'); } }, 1); setTimeout(function(){ $('._de_tp .blurimg').attr("src", $('._de_tp .blurimg img').attr("data-src")).css('opacity', 1); $('._d_t_img img').attr("src", $('._d_t_img img').attr("data-src")).css('opacity', 1); $('.scrollImgdetails img').attr("src", $('._d_t_img img').attr("data-src")).css('opacity', 1); }, 4000); try{ $('.removesong').removePlaylist(); }catch(e) {console.log(e.message)} The power of music is mind blowing, music can be an incredible tool for motivation, especially in the gym, while your smashing out that next 12 km run or lifting your next challenging set of weights. So we have decided to compile a list of 60 awesome motivating songs for the gym (in no particular order), for you to add to your next workout playlist.Please leave a comment with some of your favourite workout tracks that we may have 'unknowingly' left out of this list.Motivational Workout Music For The Gym1. Metallica – Enter Sandman (Rock/Metal) 2. 50 Cent – Ok, You're Right (Hip Hop) 3. Linkin Park – Faint (Hard Rock) 4. Dead Prez – Hip Hop (Hip Hop) 5. Jay-Z & Linkin Park – Numb/Encore (Hip Hop/Rock) 6. Godsmack – I Stand Alone (Rock/Metal) 7. Fort Minor – Remember The Name (Hip Hop) 8. Daft Punk – Harder, Better, Faster, Stronger (Electro)9. Eminem ft.Nate Dogg – Till I Collapse (Hip Hop) 10. Rage Against The Machine – Testify (Hip Hop/Rock) 11. Kanye West – Stronger (Hip Hop) 12. Eminem – Lose Yourself (Hip Hop) 13. Knife Party – Internet Friends (Electro/House/Dubstep) 14. Rob Zombie – Dragula (Industrial Metal) 15. Nas ft. Ludacris & Jadakiss – Made You Look (Remix) (Hip Hop)16. Rammstein – Du Hast (Heavy Metal) 17. Pendulum – Tarantula (Drum N Bass) 18. LL Cool J – Headsprung (Hip Hop) 19. Disturbed – Indestructible (Alternative Metal) 20. Guns And Roses – Welcome To The Jungle (Rock) 21. 50 Cent – Get Up (Hip Hop) 22. AC / DC – Thunderstruck (Rock) 23. Rev Theory – Hell Yeah (Rock) 24. Dizzee Rascal – Bonkers (Electro/Hip Hop) 25. The Roots – Here I Come (Hip Hop/Rock) 26. Rage Against The Machine – Killing In The Name Of (Rock/Hip Hop) 27. Jay-Z – 99 Problems (Hip Hop) 28. Trick Daddy ft. Lil Jon and Twista – Lets Go (Hip Hop/Rock) 29. The Chemical Brothers – Galvanize (Techno) 30. Justice – Phantom Pt.II (Electro) 31. Tupac – Ambitionz Az A Ridah (Hip Hop) 32. Fatboy Slim – Right Here, Right Now (Soul/Techno) 33. Swedish House Mafia ft. Tinie Tempa – Miami 2 Ibiza (Dance/Hip Hop) 34. Young Jeezy ft. Kanye West – Put On (Hip Hop) 35. The Offspring – Come Out And Play (Rock) 36. Labrinth ft.Tinie Tempa – Earthquake (Pop/Electro/Hip Hop) 37. Far East Movement Ft. The Cataracs & Dev – Like A G6 (Pop/Electro/Hip Hop) 38. The Prodigy – Breathe (Techno) 39. Survivor – Eye Of The Tiger (Pop/Rock) 40. Papa Roach – Last Resort (Rock) 41. Hollywood Undead – Undead (Rock) 42. Afrojack ft. Eva Simons – Take Over Control (Electro) 43. DMX — X Gon Give It To Ya (Hip Hop) 44. Kanye West – New Workout Plan (Hip Hop) 45. AC / DC – Highway To Hell (Rock) 46. N.E.R.D – Lap Dance (Hip Hop/Rock) 47. D12 – Fight Music (Hip Hop) 48. Muse – Super Massive Black Hole (Rock) 49. Will.i.Am ft. J-Lo & Mick Jagger – The Hardest Ever (Dance/Hip Hop) 50. Lloyd Banks ft. Juelz Santana – Beamer Benz Or Bentley (Hip Hop) 51. Kid Cudi – Pursuit of Happiness (Steve Aoki Remix) (Electro/Dance) 52. Lupe Fiasco – The Show Goes On (Hip Hop) 53. Drake ft. Hyper Crush – Over (Electro/Hip Hop) 54. Linkin Park – Numb (Metal/Rock) 55. Outkast – B.O.B (Hip Hop/Rock) 56. Limp Bizkit – Rollin (Rock) 57. M.O.P – Ante Up (Hip Hop) 58. George Thorogood – Bad To The Bone (Classic Rock) 59. N.W.A – Straight Outta Compton (Hip Hop) 60. Jimmy Eat World – Bleed American (Rock) Article By Joel Brown | Addicted2Success.comPage 2How many times have you looked at endless task lists, dozens of unread emails, and mountains of paperwork… and felt utter dread at the thought of working on them? And even looked at the clock and hoped it was near the end of the day, just so you could call it quits?I've been there, so I know exactly what it's like to want to disappear and pretend like work doesn't exist. Of course, just because you don't feel like doing the work, doesn't mean it's going away. Unfortunately, most of the typical motivational tactics out there never worked out for me, so I had to come up with some counterintuitive methods to rev up my motivation and actually get some work done.So if you're in the same boat as me and struggle to get motivated sometimes, know that it doesn't have to be this way.Your Brain Is Attuned To The Wrong ThingThe big problem here is that you're too focused on the incorrect thing – and that's the fact that you've got a lot of work to do. So naturally, when all your attention is focused on something you "don't" feel like doing, your mental resistance is going to rise and take over.And what does that lead to? A severe case of procrastination. And no matter what type of work you need to do (even if it's related to a big goal you've always had), this problem can rear its ugly head and take you out of your game.When it comes to motivation, people are generally told to use methods like SMART goals or visualizing yourself succeeding. Well, those things might work for some people. But in my experience, they fail HARD when it comes to creating the instant motivation you need – especially when your mood and energy are in low supply.And why is that? Because they don't redirect our focus and emotions onto productively compelling things."The only difference between ordinary and extraordinary is that little extra." – Jimmy JohnsonRather than using the popular motivation tactics seen online, I suggest trying something that most people haven't really done before. Basically, we're going to change your focus onto tactics that (while a bit odd or scary) will urge you to act on your goals in the NOW – so let's take a look.1. Have a punishment systemEven if people don't like it, a person is twice as likely to work in order to avoid a punishment, rather than working towards a reward instead. This is something Daniel Kanheman (a well-established expert on motivation and author of "Thinking, Fast and Slow) discovered in his many psychology experiments. So rather than focusing solely on getting a treat for good behavior, it'd make sense to find a way to create consequences for not doing your work instead.Here's a few ideas to work with:If you don't go to the gym after work, then you have to eat something nasty (e.g. something bitter, like grapefruit)If you don't start or work on your new business, then you have to donate to charity (bonus points for charities you "don't" support)If you don't get out of bed on time, then you have to take a cold showerAnyway, the point is to make the "good" option seem like a walk in the park compared to the cost of not doing it. You can even combine this with rewards for extra motivational punch.2. Use Peer PressureWe never really grow out of peer pressure. So if everybody around you is pressuring you to do something (whether good OR bad), you are FAR more likely to do it.Try getting your friends and family to "peer pressure" you into working on your goals. For example, once you get home from work, the first thing you'll want to do is kick back and relax. But if your family starts to "gang up" on you, and eggs you on to get some exercise in, then it'd probably be hard to refuse them.In fact, you'd probably find it hard to "not" go to the gym if that were the case. So see if you can foster a productive culture around your close ones. That way, you'll never let your laziness or mood dominate your actions, and you'll be able to stay on point with your goals."Work hard for what you want because it won't come to you without a fight. You have to be strong and courageous and know that you can do anything you put your mind to." – Leah LaBelle3. Turn Your Fears Into Trash-Talking RivalsThis is kind of an interesting one. It's similar to the previous tip, but with an even sharper edge to it. If you've ever been on a sports team, and were the receiver of trash talk before, you know how infuriating it can be to have somebody do this to you.But the important thing is that whenever it happens, that rage instantly transforms into a desire to obliterate your opponent. And trust me when I say this is a power you should not ignore.A trick I came up to use this is whenever I'd be nervous to send an email proposal to a client (or if I needed to open their email and read their possibly negative response) is I'd imagine a person saying things to me like, "I bet you won't send it," or "You're too scared to open it, aren't you, scaredy cat?" Then I'd get annoyed and eventually get it done. And it always worked.It's odd, I know. But when wielded well, it works amazingly. And it does especially well when you're avoiding a task due to anxiety. It's probably because it doesn't mask your anxiousness, it redirects it and focuses instead.I know these motivation methods are a bit strange. But when you've tried everything else, and you're still struggling to overcome procrastination, it's time you look outside of the box if you want to become successful in life. So give these methods a shot and see if your motivation soars because of it.

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