



Men'sHealth WORKOUT PLAYLIST #5

FAT BURNING

MIXED BY **ERICK MORILLO**

THE CONCEPT

POD-GIVEN POWER FOR YOUR TRAINING. Rocky knew it. The Dambusters knew it, too. You only do your best work with the right soundtrack. Research from Brunel University confirms that music can cut perceived exertion at the gym by 10%. By aligning the beats per minute of your chosen tunes to the target heart rate of your workout, you'll push yourself to work harder. Here, Brunel's Dr Costas Karageorghis has devised the precise bpm you need for the perfect gut-busting interval session once the festive excesses have ground to a hazy conclusion. And top DJ Erick Morillo has hand-picked your essential mix to match the science.



ERICK MORILLO

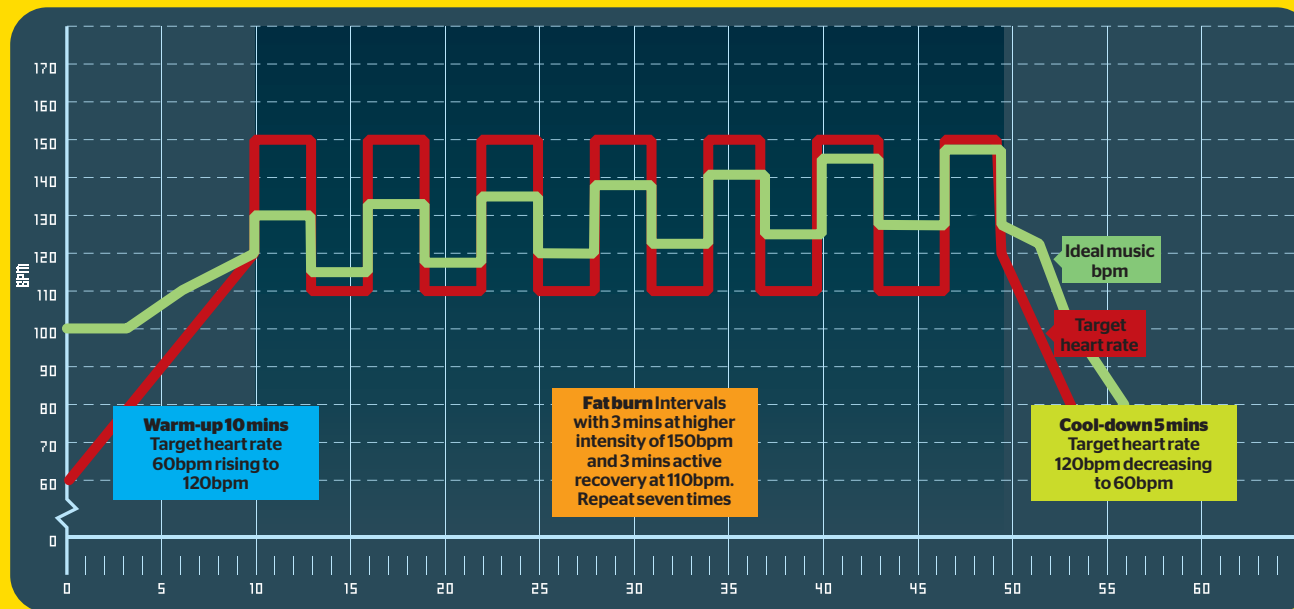
Since first stepping up to the decks, aged 11, Morillo has established himself as one of the world's most reliable floor-fillers. He has headlined clubs the world over with residencies at Pacha in New York and Ibiza. He has remixed Basement Jaxx, collaborated with P Diddy and his own compilations have gone platinum. Since '97, he has run Subliminal Records. (erickmorillo.com)

THE TRACKLIST

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| 1 G CLUB | Guitarra G (Chill Out Mix) |
| 2 SOUL CENTRAL | Strings Of Life (Funky Lowlives Remix) |
| 3 DENNIS FERRER | Sinfonia Della Notte (Afterlife Mix) |
| 4 DLG VS ERICK MORILLO | Where Are You Now (DONS vs DBN Remix) |
| 5 ABEL THE KID | Tell Me Why (Original Mix) |
| 6 ULTRA NATE | Free (Bob Sinclar Remix) |
| 7 REEL 2 REAL FEAT. THE MAD STUNTMAN | I Like To Move It (Harry 'Choo Choo Romero Vs Erick Morillo Stripped and Sexy Mix) |
| 8 HARRY 'CHOO CHOO' ROMERO | Jumped |
| 9 BARBARA TUCKER | I Get Lifted (Main Mix) |
| 10 LEE KALT & MARK ALSTON FEAT. MISSUS M | Kiss & Fly (Main Mix) |
| 11 MINISTERS DE-LA-FUNK & DUANE HARDEN | I Feel Love (Michael Gray & Danism Remix) |
| 12 KEVIN ANDREWS FEAT. ONE | Dance Revolution (Original Mix) |
| 13 MARK BROWN & JUAN KIDD | Burning (Peter Bailey & Richie Santana Mindcontrol Mix & Dub) |
| 14 ERICK MORILLO | I Get Lifted (Michael Gray & Danism Remix) |
| 15 MINISTERS DE-LA-FUNK & JOCELYN BROWN | Believe (Chris Moody Remix) |
| 16 LIL MO YIN YANG | Reach (Little 'More' Mix) |
| 17 ERICK MORILLO, HARRY ROMERO & JOSE NUNEZ FEAT. JESSICA EVE | Dancin' (Original) |
| 18 THICK DICK | Insatiable |
| 19 FURRY PHREAKS WITH TERRA DEVA | All Over The World (Beatless Mix) |

THE WORKOUT

The workout, from conditioning coach Gareth Cole at The Third Space, London, is a fast, flat rebuke to the season's gluttony. Use a heart-rate monitor and begin your chosen cardio exercise. After warming up for 10 minutes, go for alternating intervals. Start with three high-intensity minutes where you're targeting 150bpm before active recovery for the next three minutes at 110 bpm. Repeat seven times, then cool down for five minutes. If the season was particularly jolly and you can't manage seven cycles, build gradually, using Playlist #5 to power you through.



BEHIND THE WORKOUT: GARETH COLE

Gareth Cole is one of the most sought-after trainers in the fitness industry. He coaches both individuals and fellow fitness professionals at The Third Space Gym in London, specialising in conditioning, performance and event preparation.

This *Men's Health* Playlist has been produced in conjunction with Total Fitness Music.

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