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What kind of music to listen to while working out

The new protected profile setting will let users limit what the public can see.Amazon workers at an Alabama warehouse have voted against unionization in a second election, but challenges might change the outcome.Up to five players could share a subscription at a special rate.A training document used by Facebook’s content moderators raises questions about whether the social network is under-reporting images of potential child sexual abuse, The New York Times reports.Universal Audio wants to make its audio plugins more accessible with a subscription service called UAD Spark.Google is upgrading Meet with video chats directly in its work apps, not to mention picture-in-picture support.Amazon spent around \$4.3 on consultants last year in an effort to prevent unionization of its warehouses, according to company filings.A team of almost 100 scientists part of the Telomere-to-Telomere (T2T) Consortium has successfully sequenced the most complete human genome yet.After creating the world’s first iPhone with a working USB-C port in 2021, engineer Ken Pilonel has now flipped the script for his next project: an Android phone with a Lightning connector.Etsy sellers will strike on April 11th over a hike in fees, and they’re asking shoppers to boycott the site.The company is trying to surface more relevant resources.Meta reportedly paid a political consulting firm to run a smear campaign against TikTok, even blaming it for trends that started on Facebook.The new visuals for “Shutter” star popular Japanese presenter and actress Minami Tanaka in her first appearance in a music video.Instagram is adding a new multitasking feature that allows users to quickly respond to incoming messages without switching back and forth between their feed and the inbox.LinkedIn is building more tools for its growing base of creators, including new analytics and video features.An “alien” animal corpse popped up on a beach during a man’s walk in Queensland, Australia, on March 21. While many on social media speculated what the “weird” creature was, local media reported it was likely a swollen, waterlogged brushtail possum.Yesterday, Google officially released version 100 of its Chrome browser, and today it’s following suit by releasing version 100 of Chrome OS.Each individual restaurant page will include a score based on previous inspections.Google has begun rolling out a new update to its iOS YouTube TV app that allows both iPhone and iPad users to take advantage of picture-in-picture functionality.Apple, Facebook and Discord turned over user data to hackers posing as law enforcement officials, according to a new report in Bloomberg. Photo Courtesy: OmarMedinaFilms/Pixabay Whether you need to listen to a particular song right now or just want to stream some background music while you work, there are plenty of ways to listen to music for free online. Some services allow you to search for that special tune, while others formulate a playlist based on your preferences.What they all have in common, however, is that they don’t cost a dime, and none of them require you to do anything more than download an app or visit a website. Just choose one from the list below, plug in your earbuds and let the good times flow.PandoraPandora is an online streaming service you can listen to via website on your computer or via app on your mobile device. To get started, sign up for a free account and use the search feature to select radio stations based on artists, songs and music genres you like. Once you choose one, the station will play songs similar to whatever you selected. You can then rate each song with a thumbs up or a thumbs down based on whether or not you like it.Photo Courtesy: Rachel Murray/Getty Images Over time, the station will become more tailored towards your tastes, phasing out the songs you marked with a thumbs down and playing more songs you’re likely to love. You can only skip so many songs within an hour. The longer you listen, the more Pandora feels like your own personal playlist. The base service is free, but there’s also a paid option that allows you to skip as many songs as you like and more for those who want even more control over their music.YouTube MusicIt’d be hard to find someone who hasn’t looked up a song they liked on YouTube. Most noteworthy artists from the last few decades have videos there, and fans will (not always legally) upload the song with accompanying lyrics. You can also find versions of songs that are harder to locate, including some old live and TV appearances by your favorite artists. Photo Courtesy: Thomas Trutschel/Getty Images YouTube Music makes listening to music even easier. It takes all of the video content on the original YouTube site and presents it in a format where you can easily listen to specific albums or artists. You can disable autoplay, listen to songs on repeat, save songs to your library and more. While your music will be periodically interrupted if you listen on a mobile device, the YouTube Music website itself lets you listen without interruptions. While a subscription can unlock useful features, including the ability to keep the music playing even when navigating away from the mobile app on your phone, it definitely isn’t necessary to enjoy the range of amateur and professional musicians on YouTube Music. SpotifySpotify is similar to Pandora in that it lets you listen to your favorite music for free with the catch that you can’t control which specific song is playing. Where Pandora helps you find new artists that are similar to the ones you already love, Spotify distinguishes itself by acting sort of like the shuffle feature on an MP3 player. Once you sign up for a free account, you can start your search for your favorite music and then create a playlist featuring those tunes. Spotify will then play those songs back in a randomized order. You can skip songs, but as with Pandora, there’s an hourly cap on how many times you can do so per hour unless you pay for a subscription.Photo Courtesy: Spencer Platt/Getty Images After creating a playlist, you can share it with others. You can also check out playlists made by other users to find out what other people are listening to. iHeartRadioIf you like traditional radio, but you also like streaming services like Pandora and Spotify, you may want to give iHeartRadio a try. While it has its restrictions, you’ll never find yourself short on music, and you don’t even have to sign up for an account to listen. You can choose from radio stations all over the country, both AM and FM, and you can search by city or genre. You can also build your own custom streaming stations based on your likes and dislikes. Photo Courtesy: Smith Collection/Gado/Getty Images One of the downsides to iHeartRadio is that the platform can be heavy on ads. Additionally, can only skip a certain number of songs per day.LiveXLiveLiveXLive — formerly known as Slacker Radio — doesn’t have the name recognition of Pandora or Spotify, but it offers many of the same services and even some extra features that might lead you to discover unfamiliar artists. As with many of its rivals, you choose songs, genres and artists you like to get started. Slacker Radio then puts together a station with similar songs just for you. You can also share stations in the vein of Spotify.Photo Courtesy: R. Diamond/Getty Images Where LiveXLive shines is, as the name suggests, live music. The service provides live coverage of numerous music events, and while many have a cover fee, others are free. You can also listen to podcasts, hear the latest music news and even watch music-related video content on the LiveXLive website. MORE FROM QUESTIONSANSWERED.NET Sign up to never miss a dropCrafting the perfect playlist for any occasion is no easy task, but it’s even harder to choose the right tracks to motivate you while working out. It’s not enough to just put on your favorite songs and hope for the best. Frank Ocean is great and all, but his soulful odes to love and heartbreak don’t exactly get the blood pumping while you’re pounding the treadmill or lifting weights.Scientists have actually been studying the links between music and exercise since 1911, when US researcher Leonard Ayres discovered that cyclists pedaled faster with a band playing. And in the time since that discovery, this field of research has grown significantly.What has been discovered is that the body naturally tends to synchronize its movements with music and its rhythms, so the right kind of playlist will help maintain your stamina for longer periods and cause you to speed up and slow down in accordance with the songs you’re listening to. Music can also support physical exercise in an asynchronous way, too, motivating us more generally by elevating our mood.Much of this research has been summarized and improved upon by Brunel University London’s Dr. Costas Karageorghis, a leader in sports psychology who found across 60 studies that music can help maintain stamina and positivity while also lowering levels of fatigue.With the right bangers in your ear, you can enter a “flow state” while working out, wherein music helps induce the same kind of alpha wave brain activity we usually experience in our resting state. Basically, the best workout music should help immerse you completely in the routine and give you the feeling of working on autopilot rather than overexerting yourself.But what songs specifically drive you to finally achieve that personal best? World record-holding marathon runner Paula Radcliffe loves listening to “Stronger” by Kanye West, but if you’re not a fan of Kanye and his “dragon energy” these days, there are plenty of other options out there.According to Scientific American, the key to crafting the ultimate workout playlist is a phenomenon scientists call rhythm response, in which your body tries to align its respiration rate and heartbeat with the music you’re listening to.Karageorghis and his team of psychologists conducted an analysis of 6.7 million Spotify playlists with the word “workout” in the title and compared the beats per minute (bpm) of each song. They discovered that certain music genres are more effective than others, and to complicate things further, the type of music you should listen to also depends on where you’re up to in your workout.Of course, results also vary depending on the person and their tastes, but it seems that pop music contains the best bpm to kick things off in the warm-up and again while cooling down at the end. Whether running on a treadmill or out in the open, hip-hop provides the best beats, while dance music is more effective if you’re focused on high-intensity workouts such as strength training.There’s bad news for rock enthusiasts, though. Frequent changes in tempo can disrupt your rhythm, so it’s probably best to avoid the Bohemian Rhapsody soundtrack come gym day.This isn’t an exact science, but if you’re not into switching genres mid-workout, it seems like hip-hop is the way forward. Most hip-hop songs have a bpm of between 65 and 75, which is what many scientists consider to be the optimum range. If you really want to optimize your playlist, you can check out the site Song BPM, which tells you a track’s bpm, and curate your playlist accordingly.But before you grab your protein shake and head out on your merry way, there are a few other factors to consider. Although music with a regular beat can reduce energy inefficiency, there’s a ceiling that takes hold around the 145bpm mark. According to research, songs faster than that won’t make you work out any harder, so don’t bother with Minor Threat, NOFX, or Slayer if you think that’s likely to push you past the pain threshold.People are more likely to maintain their exercise regime with songs they’ve picked themselves, and it’s also vital to keep mixing things up to stave off boredom over the long term. But with so many options out there, we recommend you first draw some initial inspiration from our own workout choices.Once you’ve played around with our picks and decided which songs are worthy of inclusion in your own playlist, we have one last piece of advice: keep things exclusive. Karageorghis suggests that workout playlists should only be listened to during the workout itself, or you run the risk of becoming desensitized to the music’s positive effects.Oh, and make sure your phone’s fully charged, or you’ll be forced to endure whatever godawful music is playing in your local gym by default. Exercise is hard enough as it is — don’t put yourself through that, too.

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