

Festive Season: Holiday Workout Playlist



 069 570 3817 | uxihfpa-sportmembership.co.za



Here's a Holiday Workout Playlist to keep you motivated and moving:

Warm-Up (5 songs)

1. "All I Want for Christmas" - Mariah Carey (128 BPM)
2. "Jingle Bell Rock" - Bobby Helms (140 BPM)
3. "Rockin' Around the Christmas Tree" - Brenda Lee (152 BPM)
4. "Winter Wonderland" - Dean Martin (124 BPM)
5. "It's the Most Wonderful Time of the Year" - Andy Williams (130 BPM)

Cardio (10 songs)

1. "Last Christmas" - Wham! (144 BPM)
2. "Feliz Navidad" - José Feliciano (150 BPM)
3. "Sleigh Ride" - The Ronettes (160 BPM)
4. "Do They Know It's Christmas?" - Band Aid (154 BPM)
5. "Merry Christmas, Happy Holidays" - *NSYNC (148 BPM)
6. "Santa Claus Is Coming to Town" - The Jackson 5 (158 BPM)
7. "I Want a Hippopotamus for Christmas" - Gayla Peevey (155 BPM)
8. "Christmas (Baby Please Come Home)" - Darlene Love (152 BPM)
9. "Wonderful Christmastime" - Paul McCartney (148 BPM)
10. "We Wish You a Merry Christmas" - The Muppets (160 BPM)

Strength Training (8 songs)

1. "The Christmas Song (Chestnuts Roasting on an Open Fire)" - Nat King Cole (120 BPM)
2. "I'll Be Home for Christmas" - Josh Groban (124 BPM)
3. "Have Yourself a Merry Little Christmas" - Judy Garland (118 BPM)
4. "Santa Baby" - Eartha Kitt (126 BPM)
5. "The Little Drummer Boy" - Bing Crosby and David Bowie (128 BPM)
6. "O Holy Night" - Celine Dion (130 BPM)
7. "Do You Want to Build a Snowman?" - Kristen Bell, Agatha Lee Monn, and Katie Lopez (138 BPM)
8. "It's Beginning to Look a Lot Like Christmas" - Michael Bublé (132 BPM)

Cool-Down (5 songs)

1. "Silent Night" - Frank Sinatra (96 BPM)
2. "White Christmas" - Bing Crosby (100 BPM)
3. "Have a Holly Jolly Christmas" - Burl Ives (108 BPM)
4. "The First Noel" - Josh Groban (104 BPM)
5. "O Come, All Ye Faithful" - Celine Dion (110 BPM)

Total Playlist Time: 1 hour 15 minutes

This playlist combines classic holiday tunes with upbeat tempos to keep you moving and motivated throughout your workout.