

Musical features of the most beneficial music for exercises, and implications for choosing music.

Music motivates people to start moving and to keep moving

Music is rarely analysed or even described

We used interviews and specialised software to analyse the music

The most effective music for stepping exercises?

- Duple time
- Downbeats between 106 and 130 bpm
- Melodies that are interesting enough to sustain interest
- A very clear, predictable and always audible beat
- Endings that are predictable and clear.

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