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# FAT-BURN BABY BURN

The third *MH* Playlist delivers a soundtrack scientifically engineered to power you through a workout that fires your body's fat-burning potential

## THE SCIENCE

**A gift from pod:** Music can cut perceived exertion by 10%, Brunel University research found. Your soundtrack must have strong rhythmic qualities and reflect your heart rate so we asked the authority on music and exercise, Brunel University's Dr Costas Karageorghis, to pinpoint the perfect musical bpm profile to get you through this gut-busting workout. Then top DJ Seamus Haji delivered a mix to match.

The workout—from conditioning coach Gareth Cole at The Third Space, London—is a super-efficient body sculptor. “Metabolic efficiency training is sub-max running with max results,” says Cole. “The secret is triggering fat oxidation at moderate intensity.” Translation: you burn more blubber with less sweat. What's not to like?

Use a heart-rate monitor and your chosen cardio exercise, warm up for 10 minutes, then go for 6 minutes at a target heart rate of 135bpm, followed by 2 minutes at 100bpm, then 6 minutes at 140bpm, another 2 at 100bpm, 6 at 145bpm, 2 at 100, another 6 at 145bpm, 2 at 100bpm and a final 6 at 130bpm. Finish with 5-7 minute cool-down. If you can't manage 5 cycles, build gradually. Use the heart rate graph and download Playlist #3 to power you through.

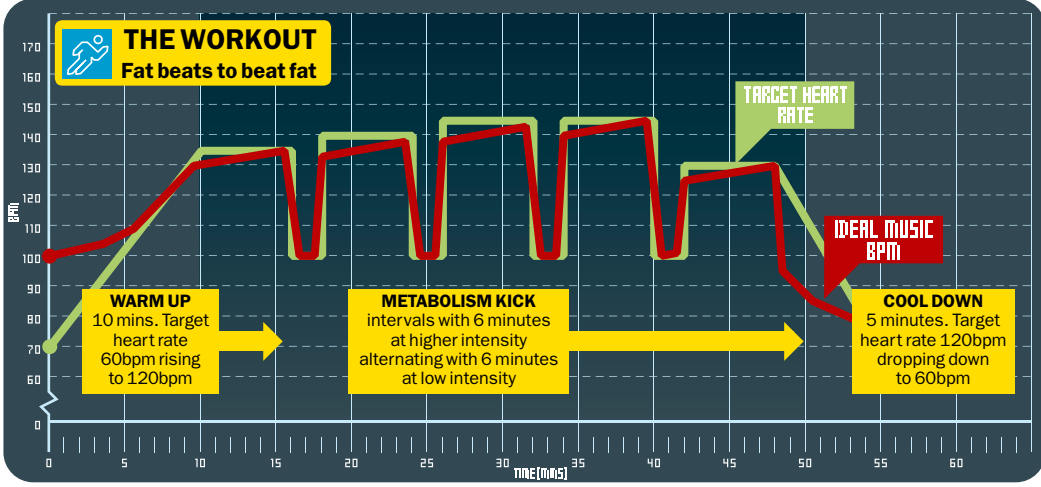


**▶ THE TRACKLIST** **1** Imagination Just An Illusion (Lindstrom Remix) **2** Sebastien Tellier Kilometer **3** Groove Armada Paris **4** Haji & Emanuel The Pressure **5** Pol Rax Rock Your Video **6** Huggy & Dean Newton Indian Summer (Hagenaar & Albrecht Remix) **7** Lovebirds Gentle (Ian Pooley Remix) **8** Deadmau5 Slip **9** Seamus Haji & ATFC Speaker **10** Henrik B Surefire **11** Jay Lumen Chicago Milkshake **12** DJ Dome & Elvis Suarez Brass Knuckles (Nick Bridges Remix) **13** Calvin Harris Certified **14** Polestar Space Junk 1970

**THE DJ**  
**Seamus Haji**



The technically gifted, musically innovative Haji started DJing as a young teenager, playing house, soul and hip-hop. A regular at London institutions Ministry of Sound and Barcode, Haji later took up a prestigious residency at Ibiza super-club Pacha. Now he runs his own label, Big Love (biglovemusic.co.uk), has had a string of hit singles and compilations, and has remixed everyone from The Ting Tings to Moby.



PHOTOGRAPHY GETTY