

performance sweat repetition beats
run dance routine skip music cardio
jams fitness body training acoustic sounds
productivity skip core strength

" The B.A. discourages the use of iPods and headphones, we do not impose a ban on wearing such a device except for the elite men and women and all those eligible for prize money"- Boston Marathon FAQ

"Athletes competing for prize money are not allowed to use electronic devices such as headphones and ear pieces"- Chicago Marathon FAQ

"Music is like a legal drug for athletes " Costas Karageorghis, Ph.D., from London's Brunel University School of Sport and Education. "It can reduce the perception of effort significantly and increase endurance by as much as 15 percent

[Reply](#) craigslist reply address will appear here Posted: 2013-10-21, 9:15PM CDT

\$15 to be your virtual workout companion for 2 weeks!

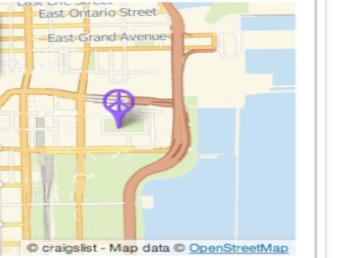
Getting motivated to go to the gym or complete a workout is very difficult! That is where I come in. For \$15 total. I am will call, email, text, send alerts, emails and funny videos once a day for a 2 week period. For this handsome bargain I will be your virtual gym buddy!

Why hire me?

1. to complete the dreaded workout routine with some entertainment
2. for the element of surprise
3. to have a story to tell your friends at work

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Posting ID: 4143773295 Posted: 2013-10-21, 9:15PM CDT Updated: 2013-10-29, 2:40AM CDT [email to a friend](#)



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\$10 to be your virtual workout companion for 2 weeks! (Downtown)

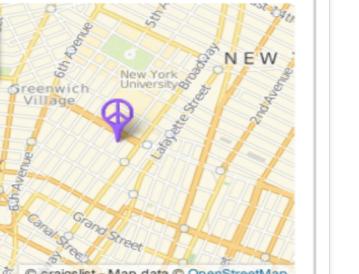
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Posting ID: 4143765758 Posted: 2013-10-21, 10:10PM EDT Updated: 2013-10-29, 3:29AM EDT [email to a friend](#)



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For only \$5 I will ensure you complete your workout for 2 weeks (marina / cow hollow)

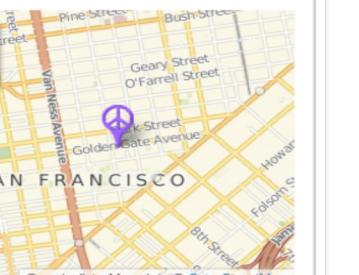
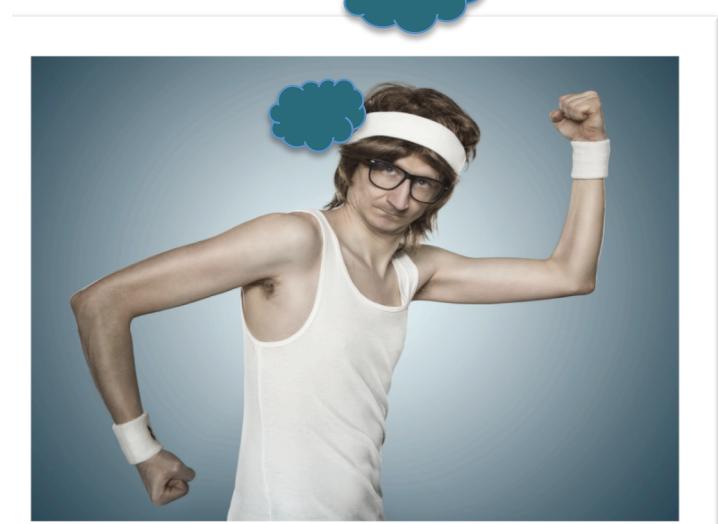
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Posting ID: 4143758685 Posted: 2013-10-21, 7:05PM PDT Updated: 2013-10-29, 12:25AM PDT [email to a friend](#)

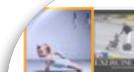
Leading researchers have determined that music can increase performance results, therefore making a non-athlete into a “super hero”. Testing my assumptions regarding music and exercise garnered some interesting results



Testing Theories of the benefits of music and exercise

Performance results are particularly noticeable when the exercise is easier and the subject is not a trained athlete.

In this example, students used a resistance band with and without music. The graph shows the percentage improvement in time based on the ability to use the band. The most dramatic increases in performance came from the bands with least resistance (red) vs. bands with higher resistance (grey)



It is time to get off the couch to move it AND lose it!

I am currently offering up my services to help you get back (or start) your workout regime. Specifically, I can call, email, text, send alerts, sing, dance, send funny videos etc. to encourage you to stick to your fitness plan. Everyday will be a unique and interesting method of motivation. For 2-4 weeks I can be your professional annoyance. I am here to bother you until you complete your workout routine by any means of your choosing (nice, funny, sarcastic, tough love, etc.)

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If interested, please reply to this post with your bid, your ideal routine, and theme of motivation.

Thanks!

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Posting ID: 4141508272 Posted: 2013-10-20, 8:56PM EDT Updated: 2013-10-28, 3:29AM EDT

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