

Music Guidelines

Playlists available on Spotify, search HFF Burn and you will see available playlists

You can make your own playlist, please follow these guidelines

- 1 song per exercise track (4x exercises)
 - Song approx 3.5 mins
- Should have 42-43 mins worth of music
- 128 BPM for lower, upper abs floor tracks
 - 145-150 BPM per cardio tracks
 - slower music choice for cool down

VIBE SHOULD BE PARTY