



# Press Release

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**05<sup>th</sup> January, 2010**

## UK's top 20 gym tracks

### PRS for Music announces the flab fighting tunes used by fitness instructors

It's that time of year again when, after two weeks of festive indulgence, thoughts turn to shifting those extra pounds. To help everyone kick-start their exercise regimes this January, *PRS for Music* has today released the most played songs by the UK's fitness & gym instructors.

*PRS for Music*, the organisation that collects royalties for songwriters and composers, has analysed the latest data from the end of 2009\* to work out which songs are being used most by the Nation's fitness and gym instructors when people are exercising.

#### Top 5 Songs as Used by Fitness & Gym Instructors:

Number	Song title	Performer
1	BEAT AGAIN	JLS
2	SWEET DREAMS	Beyoncé
3	HOLIDAY	Dizzee Rascal
4	WHEN LOVE TAKES OVER	David Guetta feat. Kelly Rowland
5	I KNOW YOU WANT ME (CALLE OCHO)	Pitbull

(Q4 2009\* figures) Source: *PRS for Music*

*Beat Again* by JLS reached #1 in the UK and sold over 100,000 copies in its first week of release and tops the *PRS for Music* fitness songs' list. The song was the first release from the X Factor runners-up and takes on a dance pop style to give gym goers a great beat to bop along to.

The unstoppable *Beyoncé* is at #2 with the catchy *Sweet Dreams*. The track which stayed within the top 10 for more than 10 weeks has an electro pop sound and catchy lyrics which are sure to provide excellent singing material to help people zone out from those last few minutes in a spin class.

*Dizzee Rascal* makes it into the top 5 for the second year running and is at #3 with *Holiday*. The dance track is all about heading off on holiday which



## Press Release

will no doubt provide perfect inspiration in the gym when thinking about achieving that bikini body or six pack.

Ellis Rich, chairman of the PRS commented "New Year resolutions are always tough to stick to, but making sure you have some great tracks on your iPod will certainly make it seem less of a chore and help keep you motivated.'

**-Ends-**

### Full Top 20 Track List as used by Fitness & Gym Instructors

Number	Song title	Performer
1	BEAT AGAIN	JLS
2	SWEET DREAMS	Beyoncé
3	HOLIDAY	Dizzee Rascal
4	WHEN LOVE TAKES OVER	David Guetta feat. Kelly Rowland
5	I KNOW YOU WANT ME (CALLE OCHO)	Pitbull
6	READY FOR THE WEEKEND	Calvin Harris
7	I GOTTA FEELING	Black Eyed Peas
8	NEVER LEAVE YA	Tinchy Stryder
9	PAPARAZZI	Lady Ga Ga
10	KNOCK YOU DOWN	Keri Hilson
11	BULLETPROOF	La Roux
12	KISS ME THRU THE PHONE	Soulja Boy
13	MAMA DO	Pixie Lott
14	RELEASE ME	Agnes
15	DIAMOND RINGS	Chipmunk
16	BIRTHDAY SEX	Jeremih
17	RED	Daniel Merriweather
18	BREAK YOUR HEART	Taio Cruz
19	EVACUATE THE DANCEFLOOR	Cascade
20	GET SEXY	Sugababes



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\*Data analysed from Q4 2009 – (October-December)

**PRS for Music:**

*PRS for Music* is the leading copyright and royalty collection society representing 65,000 songwriters, composers and music publishers. A not-for-profit organisation it ensures music creators are paid whenever their music is played.

*PRS for Music* provides business and community groups easy access to 10m songs through its music licences. In an industry worth £3.6bn *PRS for Music* is uniquely placed to be a voice for music and can provide data for all aspects of the business: live, broadcast, sales, online, touring and music creation and up to date analysis, research and trends about the industry.

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