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BY DEAN "DEANO" ZADAK

WOD and Roll

A music playlist for the Master's crowd

Music has long been a great motivator for working out. But every generation has its own personal soundtrack. If you're in your 40s, you may know one or two of the thunderous songs played during most WODs. But if you're over 50 like me, forget it. The truth is the music played during a workout becomes jet-engine white noise. For most box owners, music from the '60s and '70s is probably as foreign and painful to them as snatches are to us. So we in the Master's bracket need our own playlist.

Here are 10 songs I recommend just for us:



10. "Proud Mary"

by Ike and Tina Turner.

It's not a stretch to hear our coach's voice in the intro. All you need to do is replace "Proud Mary" with a WOD name such as Cindy, Fran or Annie.

"You know, every now and then, I think you might like to hear something from us nice and easy, but there's just one thing: You see, we never ever do nothing nice and easy. We always do it nice and rough. So we're gonna take the beginning of this song [WOD] and do it easy. Then we're gonna do the finish rough. This is the way we do Annie for Cindy or Fran!"



9. "Jumpin' Jack Flash"

by The Rolling Stones.

If I'm doing jumping jacks, it's a cinch I'll have "Gas, gas, gas."



8. "Flirtin' with Disaster"

by Molly Hatchett.

One thing about us Masters: We won't back down. You throw thrusters at us and you're definitely flirting with disaster.



7. "Help!"

by The Beatles.

What I usually scream after thrusters.



6. "Walk This Way"

by Aerosmith.

This reminds the twenty-somethings that our generation invented rap music.

"So I took a big chance at the high school dance with a missy who was ready to play. Wasn't me she was foolin', cause she knew what she was doin'."

Now do another burpee.



5. "Black Dog"

by Led Zeppelin.

To make new members feel at home at your box, why not borrow the opening line from "Black Dog"?

"Hey, hey mama, said the way you move, gonna make you sweat, gonna make you groove. Oh, oh, child, way you shake that thing, gonna make you burn, gonna make you sting."



4. "You Can't Always Get What You Want"

by The Rolling Stones.

Coach wants my chest above the bar, my butt below parallel, weight on my heels, my elbows up. Well guess what? You can't always get what you want.



3. "I Will Survive"

by Gloria Gaynor.

Then again, maybe I won't.



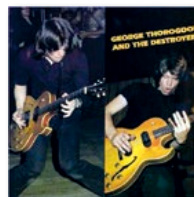
2. "Stayin' Alive"

by Bee Gees.

After all, isn't that what we're all trying to do?

Before I reveal number one, there are quite a few songs that didn't make the list. For example, Springsteen's "Born to Run." Think about it: born to run? No, I wasn't. And while we're at it, cross off Steppenwolf's "Born to be Wild." I was born to recline, drink good wine and watch Seinfeld reruns. You can forget "Get Down Tonight" by KC and the Sunshine Band because my goal is to get up tonight. While we're at it, I'm leaving off KC's "That's the Way I Like It," because I don't. Finally, on the cutting room floor is Kiss' "Rock and Roll All Nite." If I'm hitting the 6:30 a.m. WOD, then I'm in bed by 9 p.m.

Now onto number one. At the end of every WOD, I'm typically lying in a pool of sweat, gasping for air and cursing at the weights, praying they'll put themselves away. Meanwhile the "youngsters" bounce off the floor and run over to their gym bags, which makes the last song obvious.



1. "One Bourbon, One Scotch, One Beer"

by George Thorogood.

While I'm struggling to peel my rear-end off the floor, these "kids" whip out their shakers and start mixing their protein powders. Somehow, they even have the strength to talk. Well, they can keep their protein concoctions; I'll have one bourbon, one scotch, and one beer. If it makes you feel better, serve up all three in my shaker.

I'm sure I missed a few songs. What would you add? Let me know at dean@crossfitkilter.com