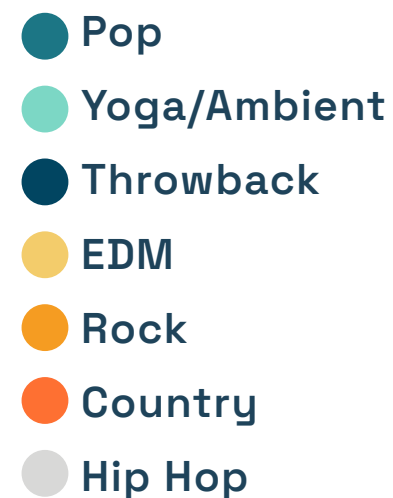


Top Workout Music 2022

Feed.fm streamed over 730 million tracks to digital fitness apps in the last 12 months. Here are the top tracks.

Top Stations by Genre

The music stations with the most streams represented a wider range of genres this year signaling that users want diverse listening choices.



Top Fitness Songs

Most streamed songs in digital fitness apps powered by Feed.fm in 2022. Download the full report to see who made the Top 10.

1. MONTERO (Call Me By Your Name) Lil Nas X **2,381,745 streams**
2. Kiss Me More (feat. SZA) Doja Cat **2,369,331 streams**
3. Stay The Kid LAROI & Justin Bieber **2,365,185 streams**
4. Butter BTS **2,309,414 streams**
5. good 4 u Olivia Rodrigo **2,244,652 streams**

Top New Releases

Fitness favorites tend to be more established focused on familiarity, here are the 2022 new releases climbing the charts.

1. Big Energy Latto **1,166,548 streams**
2. When I'm Gone Alesso & Katy Perry **667,542 streams**
3. she's all i wanna be Tate McRae **664,670 streams**
4. Light Switch Charlie Puth **659,487 streams**
5. Closer (feat. H.E.R.) Saweetie **620,043 streams**

Find out what other songs found their way to the top, and get tips for your 2023 fitness music strategy.

[Get the Full Report](#)

Soundtracking the Workout Arc

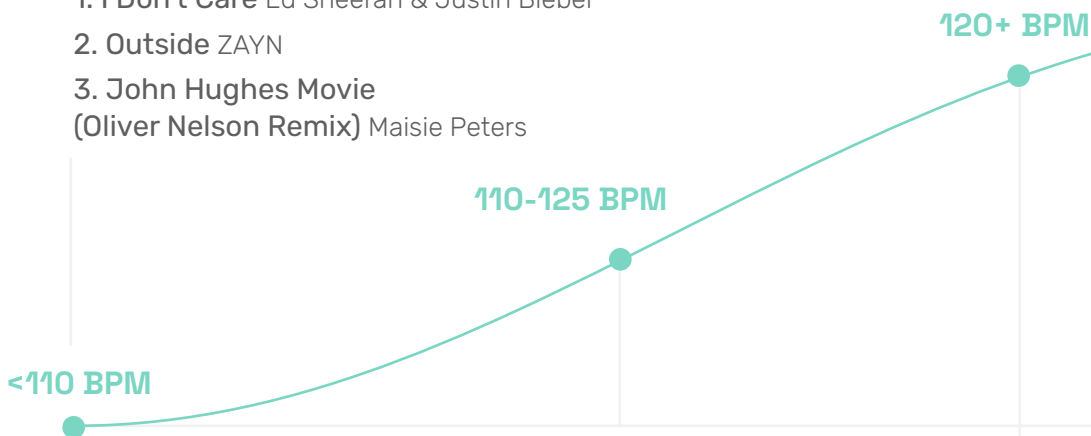
Top Songs streamed via Feed.fm’s intensity-based music stations



Warmup

Psych up with inspirational lyrics

- 1. I Don't Care Ed Sheeran & Justin Bieber
- 2. Outside ZAYN
- 3. John Hughes Movie (Oliver Nelson Remix) Maisie Peters



Mid-Intensity

Ease into a productive flow

- 1. Malibu Kim Petras
- 2. Take You Dancing Jason Derulo
- 3. So Far So Good Great Good Fine Ok

High-Intensity

Dance pop & remixes

- 1. Fool's Gold (Tiësto 24 Karat Gold Edition) Sofia Carson & Tiësto
- 2. Tick Tock (feat. 24kGoldn) [Topic Remix] Clean Bandit & Mabel
- 3. Wild Girl (Paul Woolford Remix) Kito & Empress Of

Yoga

Select gentle flowing ambient music, typically instrumental or with subtle vocalizations.

Cool Down to Calm Down

Acoustic hits and downtempo, chill beats can help lower your heart rate and encourage deep breathing during and after a meditation, yoga class, or a late-night workout.

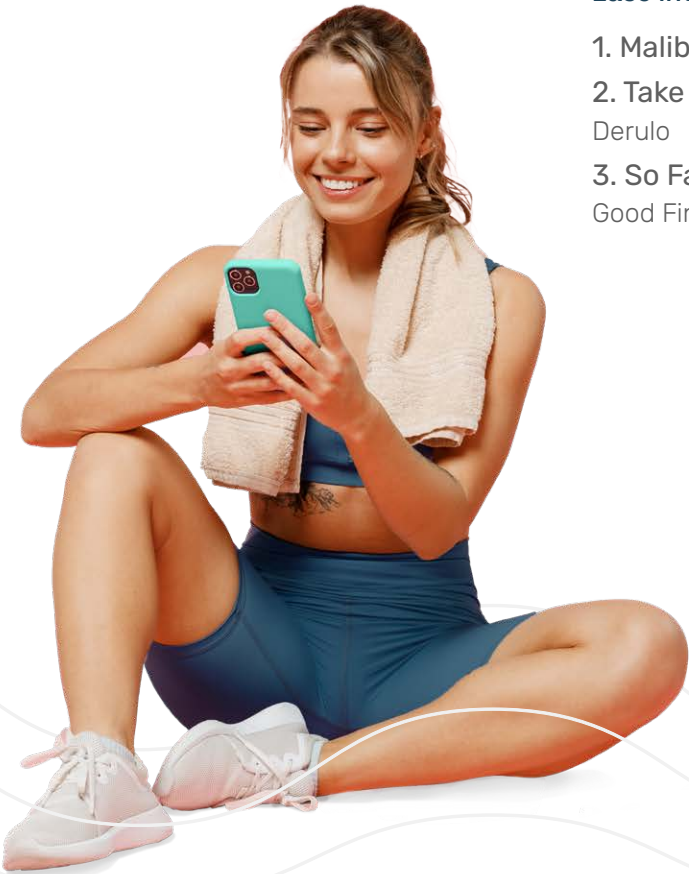
Good Night Sleep Tight

Look for tracks that come in around 60-80 BPM to match the lower end of your normal resting heart rates.

100 BPM

<90 BPM

60-70 BPM



Want to see more top songs and trends in music for wellness and health applications?

Get the Full Report