



The Sport GPS: Workout with Music not With Your Phone

Many workout freaks will be pleased to know that listening to their favorite tunes while working could help them have a better workout. A research conducted at Brunel University confirmed that endurance level is increased by 15% when listening to music while exercising. This should get you thinking by now.

This should be a real boost to both amateur and professionals alike. With the right soundtrack, they can push themselves a little bit further; while on the long-run make exercise more of pleasure than a chore.

The benefits of listening to music during workout are so much. It has been proven to be a real boost for people to venture out against all odds, even when it's cold and dark. The brain gets excited and movement is induced in listeners. Working out with music makes you less aware of your exertion especially if what you are listening to has a faster upbeat.

Most importantly, the motor area of the brain is stimulated as to when to move by the rhythm of your workout music. This is beneficial to exercises such as running or weight-lifting which are self-paced activities. The result of this is the efficient usage of your energy since a steady pace is easier on your body than fluctuating throughout a sweaty session.

However, a lot of athletes plug into their MP3 player or mobile phone while it is common to most aerobics and other class instructors to motivate their students with a thumping bass line. These are not efficient ways of utilizing the benefits music brings to the table while working out.

With the new born of amazing technologies and innovations, there are numerous ways and devices capable of making you enjoy your workout. One of such devices is the Sport GPS.

What is the Sport GPS all about?

The Sport GPS is a multi-task, high-tech device with functions and benefits of a sport watch, a GPS tracker, and an mp3 player.

With The Sport GPS, you have a sport companion packed with GPS tracking, POI maps, chronometer, voice coaching and an mp3 player with 16Gb of storage. What is however most fascinating about this device is that it is so small that you wouldn't even feel it on your wrist throughout your workout.

With a device such as The Sport GPS, you are provided with functions and benefits that are far beyond the reach of any high-end smartphone.

With standard earphones, you get to enjoy your favourite mp3 music playlists. Without the need to spend extra bucks on Bluetooth headset, you can listen to "on-demand" voice messages about your performance data.

The device is guaranteed to boost your mood and motivate you into a positive mindset when the going gets tough. This is useful when you are faced with a relentless miles in a long training run. Listening to music through The Sport GPS will distract you from fatigue and aches you are normally faced with during this period. You will be moved to run further and faster without perceiving any activity intensity level.

You are however not limited to the choice of listening to music alone. You can freely and efficiently listen to your audiobook and podcasts throughout your workout which is good way of multi-tasking.

To keep you free from unnecessary weight and make you move faster, the light weight of The Sport can leave it home. This wrist-based Sport GPS is all you need to keep you moving.

The psychological benefit of using The Sport GPS for workout is that it makes you think more about yourself thereby, giving you an escape route from the present and making you think better about who you want to be. No matter what might have happened hours before your workout, you know you will feel great when it's over because the music and tune will push you through the workout and escape you from the present.

Beside the efficient music playing capability of The Sport GPS, its other features and benefits include:

1. **Tracking and POI map:** With its tracking and POI map, hikers, walkers, fell-winners, mountain hikers and outdoor enthusiasts can easily find their way around. It can show you a map of your pre-recorded POI and your current location for you to know where you are.
2. **Social network ready:** You can share your recorded fitness data to social sport websites such as RunKeeper, Strava, MyTracks etc.
3. **StopWatch – Chronometer:** The device provides on-screen real time performance data such as distance, pace, calories and cadence. This gives you the ability to track your performance throughout your workout.
4. **Sunlight readable screen and water resistant:** These features kill it all! Whether you are working out under the sun or in the rain, this little beast is always protected.