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Trainer Bob Weinstein's Pick-Me-Up Playlist

Bob Weinstein, instructor for Beach Boot Camp in Fort Lauderdale, Florida, shares his favorite feel-good workout tunes.

By Bob Weinstein

"I Feel Good" - James Brown
Bob says: The ultimate in uplifting and motivational. If you're feeling down you can't help but feel good when singing "I feel good!" Who can sing it better than James Brown?

[Buy it from iTunes](#)

"Eye of the Tiger" - Survivor
Bob says: The beat and lyrics rise up above the obstacles and challenges and inspire you to never give up and focus on those worthy life goals instead.

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"Gangsta's Paradise" - Coolio
Bob says: There are so many people out there crying out for someone to both care and give them direction. The lyrics of this song embody the very soul crying out.

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"He Ain't Heavy, He's My Brother" - Neil Diamond
Bob says: Many in our society focus too much on themselves. This song focuses on helping others. We all need a regular dose of "He Ain't Heavy, He's My Brother" (or sister or stranger). Life is not about me, it is about helping others.

[Buy it from iTunes](#)

"I Hope You Dance" - Lee Ann Womack
Bob says: This song fills the heart with hope and faith. It's okay to get back up regardless of what has happened in your life and truly live.

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