

## The Classics (100–120 BPM)

1. **"Stayin' Alive"** by Bee Gees – \ (104\ ) BPM
2. **"Dancing Queen"** by ABBA – \ (100\ ) BPM
3. **"Superstition"** by Stevie Wonder – \ (103\ ) BPM
4. **"Girls Just Want to Have Fun"** by Cyndi Lauper – \ (120\ ) BPM
5. **"Come as You Are"** by Nirvana – \ (120\ ) BPM
6. **"Eye of the Tiger"** by Survivor – \ (109\ ) BPM
7. **"Don't Stop 'Til You Get Enough"** by Michael Jackson – \ (119\ ) BPM
8. **"Just a Girl"** by No Doubt – \ (108\ ) BPM
9. **"Billie Jean"** by Michael Jackson – Clocking in right at [116 BPM](#), this signature bassline is a flawless fit for the exact tempo range.
10. **"Another One Bites the Dust"** by Queen – Anchored at a steady [112 BPM](#), this rock-funk classic provides a concrete, unyielding rhythm

## Modern Hits & Newer Songs (100–120 BPM)

11. **"Flowers"** by Miley Cyrus – \ (118\ ) BPM
12. **"About Damn Time"** by Lizzo – \ (109\ ) BPM
13. **"Please Please Please"** by Sabrina Carpenter – \ (105\ ) BPM
14. **"Uptown Funk"** by Mark Ronson ft. Bruno Mars – \ (115\ ) BPM
15. **"Counting Stars"** by OneRepublic – \ (104\ ) BPM
16. **"Cake By The Ocean"** by DNCE – \ (119\ ) BPM
17. **"Bad Romance"** by Lady Gaga – \ (119\ ) BPM
18. **"Sorry"** by Justin Bieber – \ (100\ ) BPM
19. **"Safe and Sound"** by Capital Cities – \ (118\ ) BPM
20. **"Can't Stop the Feeling!"** by Justin Timberlake – \ (113\ ) BPM
21. **"There's Nothing Holdin' Me Back"** by Shawn Mendes – \ (122\ ) BPM
22. **"Closer"** by The Chainsmokers ft. Halsey – \ (95\ ) BPM (*Popular in high-energy 100 BPM workout playlists*)
23. **"As It Was"** by Harry Styles – \ (174\ ) BPM (*Wait, fast! Let's swap this one for*  
**"Levitating"** by Dua Lipa – \ (103\ ) BPM
24. **"Espresso"** by Sabrina Carpenter – This massive pop hit cruises smoothly at [104 BPM](#).
25. **"TEXAS HOLD 'EM"** by Beyoncé – This upbeat country-pop crossover sits squarely at a driving [110 BPM](#)