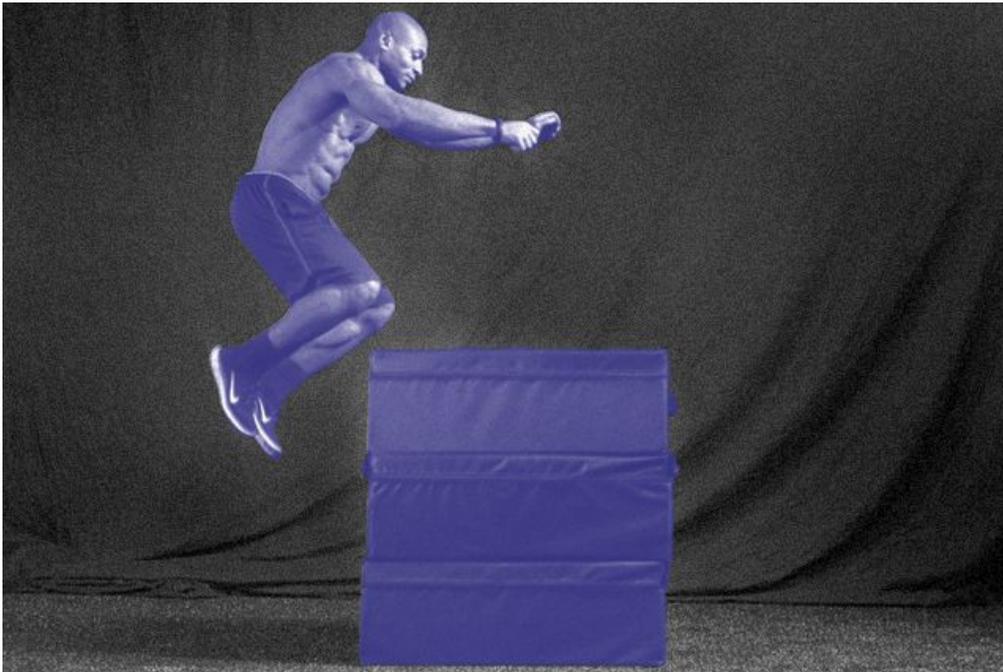




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Need Workout Motivation?



The right music can make or break your workout. That's why we tapped some of the best instructors, trainers, and DJs to curate the perfect soundtrack for every session.

This Week: Alonzo Wilson of Tone House

The first time I heard about the recently opened [Tone House](#) fitness studio in NYC, I was intrigued — and honestly a little intimidated. I had been warned: The workout is tough, it will push you to your limits, and the warm-up is perhaps the most difficult in the entire city. Never one to back down from a challenge, though, I signed up. And, when I entered the studio, the *Game of Thrones* theme song was blasting from the speakers — that's when I knew this was going to be awesome. I wasn't good at every exercise (OK, not even half of the exercises). But, that was the point: to dig deep, push hard, and try something new. My classmates became

my teammates as we cheered each other on during *another* round of hurdle burpees.

Tone House's founder, Alonzo Wilson (that's him in the picture), is a former collegiate football player. He pulls from his background in sports conditioning to give clients an athlete-worthy workout — and his [playlists](#) are just as badass as his classes. “The first track, 'Halloween,' helps set the mood,” Wilson says. “Working out is a mental game just as much as it is a physical game, so you have to set the stage for success.” His intro tunes will pump you up for what you're about to accomplish, leading up to a final push with "Pop That." “This song,” explains Wilson, “comes at a crucial point in the workout — you've given it all you have, but you need to push to the end.” Tune in and get in the zone.

