

Table for *Burket, J.* The Effect of Music Tempo on Squat Performance.

	Repetition	RPE	HR (bpm)		SBP (mmHg)	
			Before	After	Before	After
No Music	33.5±22.7	14.0±2.5	79.1±17.9	162.0±14.8	130.8±22.0	155.8±19.3
Fast Tempo	34.8±29.6	13.5±2.4	80.3±13.8	161.9±17.5	122.5±17.5	156.3±10.6
Slow Tempo	35.1±37.0	14.5±1.8	81.6±10.9	159.6±12.4	123.0±13.2	146.0±16.4