

Name: _____

Workout Composition

You've been hired to compose a theme song for Shaun T.'s (Insanity Workout creator) new workout series. He has requested that it be a high energy, intense, motivational piece. The pay is \$5,000.00 if he likes it!

- 1) Open Logic
- 2) Add new empty project
- 3) Save project as yourname_workout
- 4) Either build your own drum beat using the Ultrabeat or use drum loops
- 5) Make sure to use the Metronome! (120-155bpm)
- 6) The composition should be very rhythmic with little harmonic complexity, using a simple melody (You could even JUST use drum beats).
- 7) Bounce project

Elements to consider:

- What tempo is your piece? _____
- What software instruments did you use? _____
- What loops did you use? _____
- How many sections does your piece have? _____
- What did you use in addition to the minimum requirements (i.e. panning, plug ins, etc.)? _____