



Circulation: 2,203,610

May 19, 2017



THOM KERR

Jason Derulo helps us shape up.

THE PLAYLIST

The hits just keep coming for Jason Derulo. The 27-year-old pop star just notched his 18th single on the *Billboard* Hot 100 with *Swalla*, a sexy team-up with Nicki Minaj and Ty Dolla \$ign that leaves little to the imagination. With *Swalla* sitting pretty at No. 41 on the chart, Derulo shares a playlist of other workout-ready bangers to help get you in shape for summer.

Unforgettable
French Montana
(feat. Swae Lee)
It has this cool, island feel. It's not the usual workout song that it's in-your-face motivating, but it has a different kind of energy in the rhythm and the beat, which is the Caribbean vibe.

Shape of You
Ed Sheeran
It's like every woman's ultimate song. The subject matter is so on point, just talking about a woman's shape and how beautiful it is.

Swalla
Jason Derulo
(feat. Nicki Minaj
and Ty Dolla \$ign)
I feel like every Zumba class on the planet is probably playing *Swalla* right now. It's one of those ones that provokes emotion, it provokes movement.

24K Magic
Bruno Mars
It's the most energetic song of the time. It's one of the classic songs that will go down in history. Every time I hear it, I want to dance and move.

HUMBLE.
Kendrick Lamar
It just has this huge sound. That's the song that I work out to most if I want to get pumped.

XO TOUR Llif3
Lil Uzi Vert
It's a cool song that's going super-viral right now. This one kind of reminds you of the club. It just takes you back to party life.

Wiggle
Jason Derulo
(feat. Snoop Dogg)
If you want to get that butt right in 2017, *Wiggle* lends itself to getting that booty right.

iSpy
Kyle (feat. Lil
Yachty)
It's probably the most viral song right now. It's one of the sing-alongable ones, so if you're on the treadmill, it's one that you sing along to.

Mask Off
Future
There's the whole Mask Off Challenge that people were doing. I still don't understand it, but it's funny.

Want to Want Me
Jason Derulo
It reminds me of sweat and passion. It comes from that perspective.