

SILENT ROAR

UNLEASH YOUR INNER PLAYLISTS &
MAKE YOUR WORKOUTS BETTER



by: Anne Reuss, creator of *Silent Playlist Method*

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meet anne

A decade and some ago, I embarked on my own fitness journey, lifting weights and working with a hearing trainer. It didn't take long before I had an epiphany – there was a problem I could solve. I wanted to make fitness more accessible and easier to understand by cutting through the noise. The solution? I became a certified personal trainer & built my career with stops at Equinox, small but fierce gyms, and Marvel Studios.

As a lifelong Deaf person, I've discovered incredible ways to stay grounded or hyped without relying on external sounds. Now, I get to share these game-changing tools with you!

My goal for you is to have a rad life: One where you're confident AF, learning new skills, setting PRs, not achy and not out of breath, adventuring, and thinking habits are sexy. Basically, conquering your world with a smile and muscle.

When I'm not having the best time with my clients, I am obsessed with wellness travel (and want to host you one day on my Reverse Retreats), hunting for the creamiest pastries in town, Topo Chico in hand. And my fav exercise? Pull-ups and doing them in every breathtaking landscape backdrop possible.

Let's hang! [@anne_reuss.](#)



enter a realm where sound surrenders to feel

We live in a world where fitness buffs swap playlists like trading cards while instructors and brands boast their classes with the latest hits or “earth shattering” curated playlists. And let’s not even talk about the mini crisis when someone forgets their air pods. In an era of constant external stimulation, we are disconnecting from our inner selves.

Finding rhythm in fitness is NOT following a cookie-cutter program or filtering through the noise of over cueing and instructions. It’s getting into the rhythm of working out with your body & giving what you deserve.

I want you to imagine having a secret weapon most people don’t have.

For many, the idea of working out without music? Practically sacrilege. But you and I, we can sculpt our own world, one guided by our own internal beats and rhythms. **A world always accessible**, when the other classes are full of noise or we struggle to find meaning other than just to sweat without results. Deaf or not.

For anyone craving meaning, presence and accountability in their fitness journey, it's time to turn down the volume on the outside world and turn up the beats pulsing from your core.

Hear me out; step into my Nikes for a minute. Introducing the:

SILENT PLAYLIST METHOD



the silent playlists

SPELL YOUR WAY 🔥

Conquer reps one letter at a time. Etch intention into your workout by spelling instead of rushing through reps. Deploy words like G-R-O-W-T-H or T-O-D-A-Y and get stronger with every meaningful rep.

VISCERAL BEATS 🎧

Spike your workouts with bursts of new tempo, new directions and pulses, literally (like adding pulse squats). Adds flair and injects new dimensions to movement without sound. Consider it “dancing” in exercise while improving strength and range of motion. Mwah!

MOVE x AFFIRM ⚡

Words gain power through physical activation. Make mantras or sayings visceral by pairing words with movement like “squatting into confidence” or workout as if your vision was happening.

BODY SCANS 2.0 ✨

Body scans aren't just about laying down anymore. Tune into physical sensations! Actively scan your body, breath, and touch during movement to build mind-muscle connection & improve form & mental focus.

who is this for?

EVERY BREED OF FITNESS FIERCE

Kick up the fiery purpose of yours with my methods if:

- You're Deaf or Hard of Hearing and have been locked out of traditional workout playlists - it's time to ignite your inner rhythms to hit new personal bests.
- You're done with traditional playlists as the **ONLY** option to get hyped up
- You can hear but don't want tunes to dictate your training: you wanna find your own roar from within.
- You want a tool to find connection & purpose in exercise and movement.
- You are **so ready** for this habit to stick as a lifestyle change.
- You want to get better at meditation, visualization, goal setting, and affirmation without sitting down for the 256th time to watch a video on how to do it. You'd rather FEEL it in every fiber of your being.
- You're a trainer or instructor fired up to increase inclusivity and uplevel your tribe's intensity or connectivity. Equip yourself with revolutionary tools to fan their fitness-y flames.

We're cutting through [external] sound barriers and cranking up the internal roar for every breed of fitness fierce.

The firepower inside you is louder than any headphones or instructor could ever blare.

Let's begin.



spell your way



 WATCH NOW

My unlisted videos are available via this magazine. Click on the play to be directed to video. Use them & make your own remix of fav words.

Words can ELECTRIFY your core. Create a sick beat and replace counting 1-2-3 with spelling a word that jolts you: a word that shouts why you're challenging yourself through your workout.

While most find their groove to music, I anchor my movements to powerful words. "Strong. Victory. Be here." They don't just guide my reps — they define them. And trust me, this approach? Total G-A-M-E C-H-A-N-G-E-R. 😬

I especially love this strategy when I'm working to only have a couple reps left in the tank. (If you find yourself spelling really quickly, it's probably too easy)!

Life's twists and turns determine my word choice. Sometimes they echo professional ambitions, other times personal reflections or spiritual quests.

FAVORITE WORDS:

- P-O-W-E-R (5 reps)
- S-T-R-O-N-G (6 reps)
- W-E-A-L-T-H (6 reps)
- M-A-R-V-E-L (6 reps)
- A-L-P-H-A (5 reps)
- A-C-E (3 reps) Someone or something's [NAME]
- *see how easy they are to spell!*

BENEFITS:

Injects meaning in mundane reps, Helps you remember your why. Keeps you present and focused. I've used it to train for competitions, to show up for my business, or self-efficacy.

It doesn't just elevate your physical grind: it also leaves a mark on your psyche.

move x affirm



Get creative with the words and how they align with your workouts. Or at the very least, step into a visualization of where you're going. Think BIG. Put yourself in the room you want to be in.

We spend a lot of time during the workout focused on the physical aspect, but working out can also be meditative. (News flash: meditation is not limited to complete silence or stillness). Just being still sometimes feels like chewing on mental cardboard!

I've experimented by merging visions into words and tying them to movement (with a literal play on words)! Make your vision visceral and tether your soul.

WHEN TO USE IT:

When you want to want to work through something with your mind & spirit with extra mindfulness (spelling out reps doesn't cut as deep).

At the very least, you can absolutely visualize your goals and the rooms you want to be in.

Tuen out the world, and tune into yours.

Visualize it, feel it and SHOW it.

MY FAVS:

"Squatting into confidence" (squat)

"Push doubt out" (bench press, push ups)

"I am on the right path"

"I am stepping up for myself." (Lunges, step-ups)

"New doors are opening and I will push them open."

"I am releasing uncertainty."

Or you can visualize in images: who you are, where you're going, and just get lost in your own screenplay.

visceral beats



I want you to have the most fun with this one (yeah it might be one of the harder workouts...we've got to dial it up sometimes).

Let's party with this one.

Visceral beats are all about adding flavor to your workouts. When you're feeling bored, unmotivated, uninspired and don't care for any deep thoughts....you will put this playlist in effect.

Use pulses, tempos, change direction and speed to feel extra dance-y with exercise.

Pulses are adding an extra, partial rep to a complete rep. Here's another example: push up pulses.

Tempo is speed or time under tension. Have you ever tried slowing down a squat to really milk it? Yeah.

Direction is simply changing up how you usually jump or move. Like, when's the last time you did a curtsy lunge or sideways hop?

Use this with strength & bodyweight moves you're comfortable with. It's a little more challenging, but the novelty and spiciness is hard to resist and you'll be pumped to go.

You don't need a ton of exposure to this per workout - a couple of exercises with an extra quarter rep (like the jumping lunges in above video) will be plenty to rocket your strength & muscle endurance.

Later on, we'll cover the different types of movement you can add to your training (and look into hiring a professional if you want to expand on these elements, safely!)



body scan 2.0



▶ WATCH NOW

You can body scan during lifts to be meditative, breathe, master a new move, or build up the mind-body connection for a heavier lift!

Once, I was instructing a client to feel the sensation of the kettlebell handle on her collarbone. (A common mishap is to hold kettlebells too far away from your body).

“Feel your thumb ON your collarbone as you rack the weight. Now take a moment to close your eyes and root yourself to the ground.”

As I watched my client, eyes closed, embracing the moment, it hit me:

This right here is BODY SCANNING, reimagined!

With nuanced movements — such as kneeling windmills — or something simply new to you, it’s helpful to scan your body.

Meditation often seemed like a mystical, almost secret club, seemingly exclusive to the hearing world. Every time I've tried a traditional body scan with closed eyes and no guide, it's been like chewing on mental cardboard. **Not anymore.**

Working out offers a unique sensory experience for the mind and soul.

Opportunity for mind-body connection waits in every point of contact you have with the ground, with the weight, and where your body is in space.

EXAMPLES

- Feeling the toe and heels rooted to the ground (or earth).
- Imagine cracking electricity surging from toes through knees through butt to help you push press weight with power.
- Soaking in the weight gravitating towards the ground, then notice how lit up your core is when you hold it up against gravity.
- Gripping the floor with such fervor as you imagine a coat of armor hugging your head and toe, and pushing yourself through the air.

how to curate your own playlists right now



Let's dig in the power of silent playlists and transform your workouts.

Grab your notebook right now.

We're going to take notes for each playlist I've shared with you.

In just 10 minutes, (if that!) you'll learn how to create your own playlists and make them a natural part of your routine.

No more confusion,
no more half-hearted workouts.

Let's find your inner beat and workout like you've never done before.

spell your way

01 Write down 2-3 goals you're determined to achieve in the next 3 months. Travel? Business growth? Dating? Write it down to crystallize your aspirations.

02 Create a list of words that embody your goals. "STRONG" for crushing fitness goals, "WEALTH" for financial abundance, "LOVE" for thriving relationships. Make them powerful and meaningful to you.

03 Make sure you can easily spell out the words you've chosen. You don't want to lose "count" when you're working out. This will be your driving force.

04 Title your notes (on your phone) "SPELL YOUR WAY" so you know where to find your words to take your half assed reps to reps that explode with intention.

When you feel uncertain or need an extra surge of confidence, tap into these words. They are your anchor, your source of strength. By showing up fully in your workouts, you're setting the stage for success in all areas of your life. Attract the right vibes, and watch your world transform.

move x affirm

01 Whether you're a spiritual seeker or a realistic go-getter, affirmations are a powerful tool. Quotes, statements, or phrases that resonate with you – this is your personal arsenal.

02 Write down a few of your go-to affirmations in your notes. (Preferably, you'll also save them on your phone). See page 8 for a refresher on some of my favorite phrases.

03 Now, pair these affirmations with specific moves in your workout. Cardio? Bodyweight exercises? The possibilities are endless. There's some practice required, but you'll get into your beat!

Ex:

- Stepping into confidence
- Pushing out doubt
- I grow with every rep

04 You can take this and run as far as you want to with this. Choreograph an entire workout! Or just take one and get flowy during your next yoga/mobility session. It can range from super chill to super affirming.

Instead of scrolling through your phone for the perfect song, turn to your affirmations. Save this in your notes for flow, meditation, or just when you need an extra mental boost in your soundtracks. In the old days people would journal or draw affirmation cards.

We are going to ACT them out now.

visceral beats

01 This is where we get spunky. It's like adding music to your reps, but with extra kick in your movement. Call it dancing in exercise!

Think for a hot sec: how do you normally warm up? Do you just stretch mindlessly? Or have you liked your certain workout routine, but think it's getting a bit stale?

02 How can you add some flair and get stronger at the same time? I'll tell you what you need to know about visceral beats.

These are programmed with intention by a trainer, but you can take a couple to mix in your activation warm up (you should be actively prepping the movement you are about to train) or your lifts.

PLYOS/POWER

This is best for the beginning of a workout. You don't want to jump when you're fatigued. Add a spring, hop or jump within your performance capacity. (Hire a pro if you want to elevate your workout skills, safely).

Write down the different jumps you're familiar with (even if it's just bunny hops!)

CHOOSE 1 POWER/PLYO per workout.

PULSES

Pulses are simply adding on an extra (shortened) rep to your full rep.

Add an extra 1/4 or 1/2 rep to your lunges, squats, push-ups, or bench presses. Where it makes sense and feels safe, use pulses to increase the intensity and become the strongest in the most challenging parts of exercise (i.e. bottom of a squat).

CHOOSE 1-2 exercises to add pulses to per workout.

visceral beats

TEMPO

Slow down an exercise and feel the fire coursing through your muscles. To master the art of slowing down an exercise:

1. Choose an exercise (e.g., bicep curls)
2. Lift weight at regular concentric speed.
3. Hold for 2 seconds
4. Slowly lower weight back down to the starting position for a count of 4 seconds.
5. Repeat for the desired number of reps (don't go beyond six-eight reps) focusing on the muscle contractions.

CHOOSE 1-2 exercises per workout where it makes the most sense (and excites you) to perform with tempo.

You should have a small gist of what plyo/power, pulses and tempo are. Use wisely (you don't even have to use all in one workout!) and consult the help of a professional if you are unsure how to perform this!

With that said : Jot down approximately 3 - 5 ideas for each type of beat (plyometrics // pulses // tempo) default to these when you feel BORED....
but you wanna work it.

Break free from monotony & watch your strength soar.

body scan 2.0

01 i really love a couple approaches with body scan 2.0:

The first is to just meditate. If you're like me and unable to stick to traditional meditation, you can choose any exercise you want to body scan.

Make a list of exercises you think you'd enjoy exploring ALL the different feels possible. For me, I love how a kettlebell windmill feels so I'll dial down external thoughts and zoom into the way my hip pushes back, how my obliques lengthen, and how every fiber of my arm reaches for the stars.

02 List a few exercises or even the type of days/mornings when you think you'd need body scan 2.0 to meditate. Maybe when you're pretty tired, but you don't mind getting a few reps in. The outside world will melt away.

For my overachievers, put "meditate" on your calendar or habit tracker, and it doesn't have to mean going to lay down in a corner: you can just move with this sensation-seeking jam!

03 The second way to use body scan 2.0 is to learn/master a new exercise.

Too many people go through the motions and wonder why they don't see results. They half-ass the reps, their minds wandering elsewhere.

Now, write down 2-3 challenging moves where your form needs improvement.

Have you studied every touchpoint of these exercises? Have you visualized the sensations in your toes, your center of gravity, the weight as it moves through the air or rests in your hands?

These exercises will form your body scan 2.0 playlist.

finally, a love note to you



Every workout is a unique track of its own. We can squat, deadlift, push, pull and carry for years but where we are in the moment varies. And we've got the playlists to match.

The beauty of this system is its flexibility. Make the workout matter.

When you tether yourself to the workout, you're practicing the art of unshakable focus – a skill that will serve you in every area of your life. Every rep is a signal to your potential and growth.

Playlists change, and workouts transform in purpose - for health, for fun, for handling shit, for greatness. So many soundtracks live inside you.

Some days it's just about consistency. Or it's about unleashing feelings, and you will need a savage finisher, where you count out "G-R-E-A-T."

Other days, you want to learn the Turkish get-up and go into body scanning mode, or you're going to meditate through a plank in the morning and block out all the mental noise. Some times you're kind of stuck, but you want to "push out doubt" during a bench press. Or you're bored and don't have the headspace to move into affirmations, so you turn to visceral beats to have FUN.

You won't always need these playlists, but they are a secret weapon always available to you, just like I believe strength is always available to you.

Turn down the outside world to find those beats inside you.

wait, am I giving up music?

LOVING DISCLAIMER:

I'm not waging war on your beloved beats.

Music is magic. Based on what I've seen, that is! 🤔

But in a fitness world amplified by sound where playlists reign supreme, it's high time there's another path to peak performance you can hack, wherever you identify on the Deaf-hearing spectrum.

Imagine having a secret weapon, a tool to embrace your workout without relying on the crutch of external sound. A way to be fully present, to tune into your body's badass capacity, and to unleash yourself. Yes, yourself.

The MVP of playlists will always be from inside you.



keep this SILENT PLAYLIST revolution going strong

🌐 LET'S JAM TOGETHER 🌐

I want to see you rock your silent playlists! Share your creations with me, or better yet, tag me on Insta so I can witness your badass self in action.

Got a gym bestie who's always down to try something new? Clue them in on this silent playlist magic, please.

Don't be shy! Slide into my inbox, let me know what you think of the magazine:

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You could also hang out with me on Instagram, where the jam never stops. [@anne_reuss](https://www.instagram.com/anne_reuss)

I drop some bomb insights on my Substack too: [Hear Anne Out](#)

[Book a session with me if you want to walk through this together.](#)

Big hugs to making this far.
Kissfist you 🙌

xo.
ANNE