

## On my iPod

### SIMON RICHMAN

Fitness manager at British Military Fitness; [www.britmilfit.com](http://www.britmilfit.com)

My five favourite tunes are:

1. *Sometimes* by Erasure
2. *Tainted Love* by Marc Almond
3. *West End Girls* by The Pet Shop Boys
4. *YMCA* by Village People
5. *Karma Chameleon* by Culture Club

'Music is really important to me. It gets me in the mood for exercise, and prepares me for my British Military Fitness sessions.'



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