

Disturbed - Indestructible [Music]

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I used to keep a list of inspiring work-out songs that were “Kaju”.

I thought it might be fun to do that again. If you have any suggestions, send them in.

Chicago, Illinois metal band Disturbed has successful mixed aggressive riffs and vocals with a melodic approach to form a winning formula that has earned the band a large following. Disturbed has sold over 10 million albums worldwide and was nominated for a Grammy Award for “Inside The Fire,” from their 2008 album Indestructible.