

## Intensivjympa *Adam Åbonde HT13*

|                    | <b>Titel</b>                              | <b>Artist</b>                | <b>BPM</b> | <b>Längd</b> |
|--------------------|---|------------------------------|------------|--------------|
| <b>Uppvärmning</b> | <b>09:51</b>                              |                              |            |              |
| 1.                 | Warrior                                   | Kimbra                       | 108'       | 02:48        |
| 2.                 | Can you hear me? - ft. Skepta, JME & Ms D | Wiley                        | 130'       | 02:06        |
| 3.                 | I got spades                              | Backyard Babies              | 166'       | 03:03        |
| 4.                 | Breezeblocks                              | alt-J                        | 38'/76'    | 01:54        |
| <b>Styrka 1</b>    | <b>09:23</b>                              |                              |            |              |
| 5.                 | The way we are                            | Kate Boy                     | 56'        | 02:48        |
| 6.                 | Down on life                              | Elliphant                    | 72'        | 03:27        |
| 7.                 | You for leaving me                        | Colourmusic                  | 43'/86'    | 03:08        |
| <b>Kondition 1</b> | <b>06:00</b>                              |                              |            |              |
| 8.                 | Transformer                               | Young Squage                 | 128'       | 02:37        |
| 9.                 | The Rockafeller Skank                     | Fatboy Slim                  | 153'       | 03:23        |
| <b>Styrka 2</b>    | <b>05:38</b>                              |                              |            |              |
| 10.                | Smash dem brains in                       | Caligola                     | 70'        | 02:27        |
| 11.                | Like the wind                             | NONONO                       | 42'/84'    | 03:11        |
| <b>Kondition 2</b> | <b>10:08</b>                              |                              |            |              |
| 12.                | Brighter than gold                        | The Cat Empire               | 120'       | 02:18        |
| 13.                | Mister Cool                               | Snook                        | 126'       | 02:31        |
| 14.                | Devour                                    | Shinedown                    | 177'       | 02:20        |
| 15.                | Dance our tears away                      | John De Sohn, Kristin Amparo | 130'       | 02:59        |
| <b>Avslutning</b>  | <b>14:02</b>                              |                              |            |              |
| 16.                | Det svänger i lägret                      | Heike Makatsch               | 98'        | 02:09        |
| 17.                | Loneliness                                | Daniel Lemma                 | 40'/80'    | 04:28        |
| 18.                | -   | -                            | -          | 05:14        |
| 19.                | Fjögur píanó                              | Sigur Ros                    | -          | 02:11        |
| <b>Total tid</b>   | <b>54:53</b>                              |                              |            |              |