

Intensivjympa *Adam Åbonde VT14*

	Titel	Artist	BPM	Längd
Uppvärmning	10:03			
1.	Evil Eye	Franz Ferdinand	112'	02:42
2.	How I Feel	Flo Rida	128'	02:45
3.	Pump It	The Black Eyed Peas	164'	02:28
4.	Intro	alt-J	72'	02:08
Styrka 1	09:21			
5.	The way we are	Kate Boy	56'	02:46
6.	Down on life	Elliphant	72'	03:27
7.	You for leaving me	Colourmusic	43'/86'	03:08
Kondition 1	05:53			
8.	Faith – Radio Edit	BlasterJaxx	127'	03:03
9.	Happy	C2C, Derek Martin	120'	02:50
Styrka 2	05:42			
10.	Smash dem brains in	Caligola	70'	02:33
11.	Like the wind	NONONO	42'/84'	03:09
Kondition 2	10:31			
12.	Brighter than gold	The Cat Empire	120'	02:23
13.	Kiss the Sky	Cash Cash		02:46
14.	Devour	Shinedown	177'	02:22
15.	Tomorrow – Kat Krazy Remix	Niki & The Dove	128'	03:00
Avslutning	13:07			
16.	La Mer	Julio Iglesias	102'	02:31
17.	I'm Gonna Wait	The Temper Trap	39'	03:10
18.	-	-	-	05:00
19.	Halving The Compass	Helios	-	02:26
Total tid	54:37			