

## Intensivjympa *Adam Åbonde VT17*

	<b>Titel</b>	<b>Artist</b>	<b>BPM</b>	<b>Längd</b>
<b>Uppvärmning</b>	<b>10:03</b>			
1.	Blue Jeans – Smims & Belle Remix	Lana Del Rey, Azealia Banks, Mark Foster	120'	02:26
2.	Baby don't you lie to me!	The Fratellis	164'	02:42
3.	Memories	KSHMR, Bassjackers, Sirah	129'	03:01
4.	Echo	Foreign Air	50'/100'	01:54
<b>Styrka 1</b>	<b>09:26</b>			
5.	Butt Rock	The Floozies	40'/80'	03:12
6.	Frankie Sinatra (Extended Mix)	The Avalanches	48'/96'	03:35
7.	Amelia	Skott	65'	02:39
<b>Kondition 1</b>	<b>05:34</b>			
8.	Volcano	Woodkid	133'	02:53
9.	Work This Body	Walk The Moon	136'	02:41
<b>Styrka 2</b>	<b>05:36</b>			
10.	Human	Rag'n'Bone Man	76'	02:49
11.	Closer	Lemaitre, Jennie A.	46'/92'	02:47
<b>Kondition 2</b>	<b>10:00</b>			
12.	5AM – ASP Remix	SomethingAlaMode, K.Fløy	126'	01:59
13.	Kundalini	Headhunterz, Skytech	129'	02:41
14.	Pistols At Dawn – Culture Shock Remix	Seinabo Sey	175'	02:16
15.	Blue (Da Ba Dee) – Sound of Legend Version	Sound of Legend	130'	01:59
16.	Come on!	The Hives	93'/186'	01:05
<b>Avslutning</b>	<b>13:36</b>			
17.	Love Me Better (feat. Ariel Beesley)	Love Thy Brother	103'	03:37
18.	Ljuva Mekaniska Jag	1900	43'/86'	02:28
19.	-	-	-	05:00
20.	Somewhere in between	August Wilhelmsson	-	02:31
<b>Total tid</b>	<b>54:15</b>			