

Intensivjympa *Adam Åbonde VT19*

	Titel	Artist	BPM	Längd
Uppvärmning	09:56			
1.	Makeba	Jain	117'	02:37
2.	With You	Otto Knows	160'	02:46
3.	Timebomb	Walk The Moon	123'	02:29
4.	Free Animal	Foreign Air	40'/80'	02:04
Styrka 1	09:56			
5.	Rocket Girl	Lemaitre, Betty Who	55'/110'	03:51
6.	27 Hours	BANKS	39'	02:57
7.	Blood In The Cut	K.Fløy	65'	03:08
Kondition 1	05:43			
8.	Make Way	Aloe Blacc	121'	03:12
9.	You Make Me Feel [Mighty Real]	Jimmy Somerville	136'	02:31
Styrka 2	06:02			
10.	Get Ready	Rayelle	43'/85'	02:39
11.	Waterline	GRANT	37'/74'	03:23
Kondition 2	10:10			
12.	Magic	Chris Malinchak	125'	03:12
13.	Winterman	Vaz	126'	02:39
14.	I'm Alright	Mustasch	178'	01:40
15.	Better When You're Gone	David Guetta, Brooks, Loote	129'	02:39
Avslutning	13:08			
16.	Heart	Boys Like Me	104'	02:15
17.	Hills	Kite	60'	03:38
18.	-	-	-	01:40
19.	Næturfrost	BRÍET	-	02:01
20.	In Too Deep	BRÍET	67'	03:34
Total tid	54:55			