

CHART ATTACK

CARDIO | WINTER 2020

CD 1

TOTAL TIME | 79:40
MIX TIME | 66:23

01	Intro		
02	Robin Schulz, Nick Martin & Sam Martin	Rather Be Alone	130 2:57
03	Regard	Ride It (Jonas Blue Remix)	130 2:57
04	Ava Max	Torn (Remix)	130 2:42
05	Ed Sheeran Feat. Camila Cabello & Cardi B	South Of The Border (Remix)*	130 2:57
06	Jonas Brothers	Only Human (Dance Remix)	130 2:27
07	Post Malone	Circles (Dance Remix)	130 3:11
08	Sigala Feat. Ella Henderson	We Got Love (Extended)	130 3:41
09	Dermot Kennedy	Outnumbered (Dance Mix)	130 3:12
10	Dua Lipa	Don't Start Now (Pink Panda Remix)	131 2:41
11	Sam Feldt Feat. RANI	Post Malone (Joe Stone Remix)	131 3:10
12	Alle Farben & Jordan Powers	Different For Us	131 3:10
13	Camila Cabello	Liar (Remix)	131 2:26
14	Liam Payne Feat. A Boogie Wit Da Hoodie	Stack It Up (Remix)	131 2:26
15	Freya Ridings	Castles (Until Dawn Remix)	132 3:25
16	LAUV with Anne-Marie	Lonely (Danny Dove Remix)	132 3:23
17	Tones And I	Dance Monkey (Dance Remix)	132 3:38
18	Selena Gomez	Lose You To Love Me (Dance Mix)	132 2:40
19	Maroon 5	Memories (Dance Remix)	133 2:40
20	Felix Jaehn & Mesto Feat. VCATION	Never Alone	134 3:20
21	Diplo with Jonas Brothers	Lonely (Remix)	134 2:23
22	MEDUZA Feat. Becky & Goodboys	Lose Control (Extended)	135 3:33
23	Jonas Blue & HRVY	Younger (Club Mix)	135 3:16
24	FINAL / PERFORMANCE 1	Dance Monkey (2-6-2-6)	135 4:01
25	FINAL / PERFORMANCE 2	Dance Monkey (2-4-2-4)	135 3:03
26	OneRepublic	Wanted**	73 2:19
27	Lena & Nico Santos	Better (Acoustic Version)**	71 3:40

** no 32 cts.

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CHART ATTACK

TONING | WINTER 2020

CD 2

TOTAL TIME | 78:25
MIX TIME 128 BPM | 36:29
MIX TIME 127-122 BPM | 35:19

01	Intro			
02	Liam Payne Feat. A Boogie Wit Da Hoodie	Stack It Up	128	3:00
03	Parx	Finally	128	3:45
04	Tones And I	Dance Monkey	128	2:45
05	Lewis Capaldi	Bruises (Steve Void Remix)	128	3:15
06	Tiesto & Mabel	God Is A Dancer	128	3:00
07	Alle Farben & James Blunt	Walk Away	128	3:15
08	Drenchill Feat. Indiana	Never Never	128	3:00
09	Freya Ridings	Castles (Sam Feldt Remix)	128	3:45
10	P!nk Feat. Cash Cash	Can We Pretend	128	4:00
11	Jax Jones Feat. Ella Henderson	This Is Real	128	3:15
12	The Black Eyed Peas & J Balvin	RITMO (Remix)	128	3:30
13	Gaullin & Julian Peretta	Sweater Weather	127	2:46
14	Ava Max Vs. Madonna	Torn Vs. Hung Up (Mash Up Mix)	126	3:48
15	Regard	Ride It	126	2:32
16	Raye & Jess Glynne	Love Me Again	126	3:02
17	Post Malone	Circles	125	3:19
18	Dua Lipa	Don't Start Now	125	3:19
19	Young Bombs Feat. Aloe Blacc	Better Day	124	3:21
20	Maroon 5	Memories (Deepside DJs Remix)	124	3:36
21	Michael Schulte	All I Need	123	3:38
22	Kylie Minogue	Step Back In Time (Remix)	123	3:07
23	Ed Sheeran Feat. Camila Cabello & Cardi B	South Of The Border (Remix)	122	2:46
24	R3HAB & Ella Vos	Exhale**	65	2:55
25	Selena Gomez	Lose You To Love Me**	-	3:28

** no 32 cts.

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CHART ATTACK

CARDIO | AUTUMN 2019

CD 1

TOTAL TIME | 79:15

MIX TIME | 65:50

01	Intro		
02	Michael Schulte	Back To The Start	130 3:26
03	Avicii	Heaven	130 3:41
04	Gamper & Dadoni Feat. Emily Roberts	Bittersweet Symphony	130 3:26
05	Shawn Mendes	If I Can't Have You	130 3:26
06	Taylor Swift Feat. Brandon Urie	!ME (Remix)	131 2:41
07	Robin Schulz Feat. Harloe	All This Love (Remix)	131 3:10
08	Billie Eilish	Bad Guy (Remix)	131 2:26
09	Alphabeat	Shadows (Alphalove Remix)	131 3:25
10	Jess Glynne & Jax Jones	One Touch	131 3:39
11	Ed Sheeran Feat. Khalid	Beautiful People (Jack Wins Remix)	132 3:38
12	YOUNOTUS, Janieck & Senex	Narcotic (YouNotUs Club Mix)	132 3:23
13	Katy Perry	Never Really Over (Remix)	132 3:38
14	Mabel	Mad Love (Remix)	133 2:53
15	Meduza Feat. Goodboys	Piece Of Your Heart	133 2:53
16	Ed Sheeran & Justin Bieber	I Don't Care (Remix)	133 2:38
17	Jonas Brothers	Sucker (Remix)	134 4:03
18	Shawn Mendes & Camila Cabello	Señorita (Remix)	134 2:51
19	OneRepublic	Rescue Me (Remix)	134 3:34
20	Lil Nas x Feat. Billy Rae Cyrus	Old Town Road (Tribal Remix)	135 3:05
21	Kygo & Whitney Houston	Higher Love (Tribal Remix)	135 3:44
22	FINAL / PERFORMANCE 1	Higher Love (2-6-2-6)	135 4:02
23	FINAL / PERFORMANCE 2	Higher Love (2-4-2-4)	135 3:06
24	Stefanie Heinzmann	Shadows**	93 3:10
25	Alec Benjamin Feat. Alessia Cara	Let Me Down Slowly**	75 2:51

** no 32 cts.

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CHART ATTACK

TONING | AUTUMN 2019

CD 2

TOTAL TIME | 78:36
MIX TIME 128 BPM | 33:45
MIX TIME 127-122 BPM | 38:26

01	Intro		
02	Klaas & Londonbeat	I've Been Thinking About You	128 3:30
03	B. Sinclair, The S. Lovers, R. Williams	Romantico Starlight	128 3:15
04	VIZE Feat. Laniia	Stars	128 3:15
05	Jonas Blue Feat. Theresa Rex	That's What I Like About You (Remix)	128 3:00
06	Martin Garrix Feat. Macklemore	Summer Days (Remix)	128 3:30
07	Sigala & Becky Hill	Wish You Well (Extended Mix)	128 4:15
08	Ed Sheeran & Justin Bieber	I Don't Care (Remix)	128 2:45
09	Tiesto, Jonas Blue & Rita Ora	Ritual	128 3:00
10	DJ Snake, J Balvin & Tyga	Loco Contigo (Remix)	128 4:00
11	Robin Schulz Feat. Harloe	All This Love (Hook N Sling Remix)	128 3:15
12	David Guetta Feat. Raye	Stay	127 3:02
13	Shawn Mendes & Camila Cabello	(Remix)	126 3:18
14	Klingande & Jamie N Commons	By The River	126 3:02
15	Taylor Swift Feat. Brandon Urie	!ME (Remix)	125 2:48
16	Toto	Africa (Remix)	125 2:48
17	Sam Smith	How Do You Sleep (Remix)	124 2:34
18	Felix Jaehn Feat. Calum Scott	Love On Myself	124 2:34
19	Alvaro Soler	La Libertad (Marcus Layton Remix)	124 3:05
20	Katy Perry	Never Really Over	123 3:07
21	Ed Sheeran Feat. Khalid	Beautiful People (Remix)	123 3:38
22	Kygo & Whitney Houston	Higher Love	122 3:08
23	Avicii Feat. Aloe Blacc	SOS (Remix)	122 2:21
24	YOUNOTUS, Janieck & Senex	Narcotic (Original Version)	122 2:52
25	Lil Nas X Feat. Billy Rae Cyrus	Old Town Road**	68 2:38
26	Declan J Donovan	Pieces (Acoustic)**	- 3:34

** no 32 cts.

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CHART ATTACK

CD 2

TONING | SPRING 2019

TOTAL TIME | 79:27
MIX TIME | 72:20

01	Intro			
02	Lewis Capaldi	Someone You Loved	128	3:00
03	George Ezra	Hold My Girl (Kat Krazy Remix)	128	3:15
04	Robin Schulz Feat. Erika Sirola	Speedbless (Extended Mix)	128	3:30
05	David Guetta Feat. Bebe Rexha & J Balvin	Say My Name (Remix)	128	2:30
06	Rudimental Feat. Tom Walker	Walk Alone (Remix)	128	2:45
07	Clean Bandit Feat. Ellie Goulding	Manna (Tiesto Remix)	128	3:00
08	Dermot Kennedy	Power Over Me (Remix)	128	3:15
09	Kylie Minogue	Can't Get You Out Of My Head	128	3:45
10	Dean Lewis	Be Alright (Remix)*	128	5:00
11	Zara Larsson	Ruin My Life (Ft.rose Clean Remix)	128	2:30
12	Mabel	Don't Call Me Up (Remix)	127	2:46
13	Calvin Harris & Rag 'N Bone Man	Giant	126	4:03
14	Ariana Grande	7 Rings (Remix)	126	3:33
15	Gesafelstein & The Weeknd	Lost In The Fire (Remix)	126	3:33
16	Ava Max	So Am I	125	3:19
17	John Newman	Feelings (Eden Prince Remix)	125	3:04
18	Dynoro & Ina Wroldsen	Ossessed	124	3:36
19	Sam Smith & Normani	Dancing With A Stranger	124	2:34
20	Mark Ronson Feat. Miley Cyrus	Nothing Breaks Like A Heart	124	3:52
21	Imagine Dragons	Bad Lie (Remix)	123	2:51
22	Pink	Walk Me Home (Remix)	123	4:09
23	R3hab & Icona Pop	This Is How We Party	122	3:14
24	Joris	Du**	81	3:14
25	Billy Raffoul	Acoustic**	76	2:50

* explicit lyrics | ** no 32 cls.

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CHART ATTACK

CD 1

CARDIO | SPRING 2019

TOTAL TIME | 79:20
MIX TIME | 62:23

01	Intro			
02	Ava Max	So Am I (Remix)	130	3:12
03	Sam Smith & Normani	Dancing With A Stranger (Remix)	130	2:42
04	Sigrid	Don't Feel Like Crying (Remix)	130	3:12
05	Pink	Walk Me Home (Dance Remix)	130	2:27
06	Imagine Dragons	Bad Lie (Remix)	130	3:26
07	Mark Ronson Feat. Miley Cyrus	Nothing Breaks Like A Heart (Remix)	131	3:25
08	Freischwimmer Feat. HVM & Jona Sella	Dance	131	3:10
09	NOTD, Felix Jaehn & Captain Cuts	So Close	131	3:10
10	Zedd & Katy Perry	365 (Remix)	132	2:40
11	Lauv Feat. Troye Sivan	I'm So Tired (Danny Dove Remix)	132	2:54
12	Mabel	Don't Call Me Up (Remix)	132	2:40
13	Martin Garrix Feat. Bonn	No Sleep	132	2:39
14	Calvin Harris & Rag 'N Bone Man	Giant (Remix)	133	3:07
15	Lewis Capaldi	Someone You Loved (Remix)	133	3:36
16	Marshmello Feat. Chvrches	Here With Me (Remix)	133	3:22
17	Daddy Yankee Feat. Snow*	Con Calma (Remix)	133	3:07
18	Sean Finn & Corona	Rhythm Of The Night	134	3:20
19	Lukas Graham*	Love Someone (Stereothief Remix)	134	4:17
20	Galantis Feat. OneRepublic	Bones (Hook N Sling Remix)	135	3:04
21	George Ezra	Hold My Girl (Martin Jensen Remix)	135	2:44
22	Final / Performance 1	Giant (2-6-2-6)	135	4:00
23	Final / Performance 2	Giant (2-4-2-4)	135	3:03
24	Final / Performance 3	This Is How We Party (2-5-2-6)	135	4:00
25	Justin Jesso	Getting Closer**	104	3:01
26	Post Malone Feat. Swae Lee	Sunflower**	90	2:39

* made famous by | ** no 32 cls.

JACARANDA®

TOTAL TIME | 67:13

01	Rising Sun	100	5:29
02	Wake Up Spring	100	5:45
03	Ocean Breezes	100	5:45
04	Waterdrops	100	5:45
05	Around The World	100	5:45
06	Silent Summer	100	5:07
07	Sailing In The Wind	100	5:45
08	Feel So Free	100	5:26
09	Rainy Day	100	5:43
10	Falling Leaves	100	5:07
11	Sundown	100	5:26
12	Winter Silence	70	6:05



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Christmas Wonderland

114-124 BPM

TOTAL TIME | 73:14
WORKOUT TIME | 64:42

01	Intro		
02	Westlife	I Have A Dream	114 03:38
03	Kim Wilde	To France (Christmas Edit)	114 03:22
04	Boney M	Mary's Boychild (Oh My Lord)	115 04:27
05	Eurythmics	Winter Wonderland	115 02:30
06	Band Aid	Do They Know It's Christmas	116 03:18
07	Wham	Last Christmas	116 04:41
08	Spike	Sweet Emotions*	117 03:33
09	NSync	Merry Christmas, Happy Holiday	117 03:49
10	Spice Girls	Christmas Wrapping	118 04:04
11	Jackson 5	Frosty The Snowman	118 02:26
12	Love Unlimited	It May Be Winter Outside	119 02:41
13	Cee-Lo Green	White Christmas	119 02:41
14	Dana	It's Gonna Be A Cold, Cold Christmas	120 03:12
15	Leona Lewis	One More Sleep	120 03:44
16	Gloria Estefan	Love On A Layaway	120 04:00
17	Heidi Klum	Wonderland	121 03:42
18	Modern Talking	It's Christmas	122 03:40
19	Boney M	Feliz Navidad	123 02:51
20	Brenda Lee	Jingle Bell Rock	124 02:17
21	Backstreet Boys	Christmas Time**	72 04:15
22	Helene Fischer Feat. Frank Sinatra	Have Yourself A Merry Little Christmas**	70 04:04

* 16 cts. | ** no 32 cts.

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CHRISTMAS PARTY

128-140 BPM

TOTAL TIME | 78:49
WORKOUT TIME | 67:03

01	Intro		
02	Earth Wind & Fire	December	128 03:30
03	Lady Antebellum	Christmas	128 03:15
04	Girls Aloud	Jingle Bell Rock	128 01:59
05	Chris Rea	Driving Home For Christmas (Remix)	129 02:28
06	Lost Frequencies Feat. Janieck Devy	Reality (Christmas Edit)	129 02:43
07	Cascada	Last Christmas	130 03:41
08	Leona Lewis	One More Sleep (Cahill Remix)	130 04:40
09	Bananarama	Baby It's Christmas	130 03:41
10	Trisha Yearwood & Rosie O'Donnell	Santa On The Rooftop	131 03:54
11	Pet Shop Boys	It Doesn't Often Snow At Christmas	131 03:11
12	Mariah Carey	All I Want For Christmas Is You	132 04:28
13	Yello	Jingle Bells*	132 04:00
14	Audrey Hannah	It's December (And I'll Be Missing You)	133 03:50
15	Cher & Rosie O'Donnell	Christmas (Baby Please Come Home)	134 02:37
16	Cascada	Santa Claus Is Coming To Town	135 02:36
17	Ann Lee	2 Times (Christmas Edit)	136 03:17
18	Ice MC	It's A Rainy Day (Christmas Remix)	137 04:26
19	Kylie Minogue	At Christmas	138 04:10
20	Britney Spears	My Only Wish (This Year)	140 04:29
21	FINAL / PERFORMANCE 1	Christmas Medley (With Intermezzo)	135 04:03
22	FINAL / PERFORMANCE 2	Christmas Medley (No Intermezzo)	135 03:34
23	Melanie Thornton	Wonderful Dream (Holidays Are Coming)**	75 03:55

AUFBAU FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo
AUFBAU FINAL 2 | 2x32 Intro + 12x32 Choreo

* 16 cts. | ** no 32 cts.

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CHART ATTACK

TONING | WINTER 2019

CD 2

TOTAL TIME | 78:45
MIX TIME | 71:33

01	Intro	I Found You	128	3:30
02	Benny Blanco & Calvin Harris	All I Am	128	3:30
03	Jess Glynne	Happier (Breathe Carolina Remix)	128	3:00
04	Marshmello & Bastille	Let You Love Me	128	3:00
05	Rita Ora	The Riddle Anthem - Rework	128	2:44
06	Mike Candys & Jack Holiday	Without Me (Remix)*	128	3:00
07	Halsey	Drama	128	4:30
08	James Hype Feat. Craig David	Close To Me (Remix)*	128	3:00
09	Ellie Goulding x Diplo Feat. Swae Lee	1999 (Remix)	128	3:45
10	Charlie XCX & Troye Sivan	Electricity	128	2:59
11	Silk City Feat. Diplo, Dua Lipa & Mark Ronson	Sweet But Psycho	127	3:15
12	Ava Max	Promises	126	3:48
13	Calvin Harris & Sam Smith	Fading	126	3:18
14	Alle Farben & ILIRIA	Whenever (Joe Stone Remix)	126	3:32
15	Kris Kross Amsterdam & The Boy Next Door	Ocean (David Guetta Remix)	125	3:19
16	Martin Garrix Feat. Khalid	Polaroid (Remix)	125	3:19
17	Jonas Blue, Liam Payne & Lennon Stella	Lost In Music	125	3:50
18	Sean Finn & Lotus Feat. Sister Sledge	Thunderclouds (Remix)	124	3:36
19	LSD Feat. Sia, Diplo & Labrinth	Love Is Love (MOTI Remix)	124	4:07
20	Starley	Just Got Paid	123	3:54
21	Sigala & Ella Eyre & Meghan Trainor	Like I Love You	122	3:31
22	Lost Frequencies Feat. The NGHBRs	Be Alright**	64	3:18
23	Dean Lewis	Rewrite The Stars	63	3:40
24	James Arthur & Anne-Marie			

* explicit lyrics | ** no 32 cts.

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CHART ATTACK

CARDIO | WINTER 2019

CD 1

TOTAL TIME | 79:00
MIX TIME | 60:10

01	Intro	Taki Tak!* (Dance Remix)	130	3:12
02	DJ Snake, Ozuna, Cardi B & Selena Gomez	Jennie	130	2:57
03	Felix Jaehn Feat. R City & Bori	Sweet But Psycho (Dance Remix)	130	3:26
04	Ava Max	Happier (Remix)	130	2:57
05	Marshmello & Bastille	High Hopes (Dance Remix)	130	4:11
06	Panic! At The Disco	Back & Forth	131	3:54
07	MK, Jonas Blue & Becky Hill	All For You (Remix)	131	3:54
08	Years & Years	Masterpiece (Jack Wins Remix)	131	3:25
09	Omi & Felix Jaehn	Natural (Dance Remix)	131	3:10
10	Imagine Dragons	Let You Love Me (Dance Remix)	132	3:52
11	Rita Ora	Moves (Sebastian Perez Mix)	132	2:54
12	Oily Murs	Woman Like Me (Wideboys Remix)	132	2:54
13	Little Mix	Promises (Remix)	133	2:38
14	Calvin Harris & Sam Smith	Shallow (Chris Cox Anthem)	133	2:53
15	Lady Gaga & Bradley Cooper	Speechless	133	3:22
16	Robin Schulz Feat. Erika Sirola	Breathin' (Dance Remix)	134	3:34
17	Ariana Grande	Like I Love You (The Him Remix)	134	2:51
18	Lost Frequencies Feat. The NGHBRs	Where Have You Gone (Anywhere)	135	2:22
19	Lucas & Steve	High On Emotion	135	1:36
20	Sultan + Shepard			
21	FINAL / PERFORMANCE 1	Mash Up Hit Medley (2-6-2-6)	135	4:02
22	FINAL / PERFORMANCE 2	Shallow (2-6-2-6)	135	4:02
23	FINAL / PERFORMANCE 3	Where Have You Gone (2-6-2-6)	135	4:00
24	FINAL / PERFORMANCE 4	Where Have You Gone (2-4-2-4)	135	3:03
25	Lukas Graham	Love Someone**	86	3:28

* explicit lyrics | ** no 32 cts.



Warm Up (85 BPM)

01. Remember The Name Fort Minor 4:31

Sequenz 1 (130 BPM)

02. Chakra W&W & Vini Vici 4:40
Mit freundlicher Genehmigung: Armada Music B.V. / Kontor Records GmbH (ISRC: NLF711709585)

Pause 01:00

Sequenz 2 (130 BPM)

03. I Live For That Energy (Asot 800 Anthem) Armin Van Buuren 3:41
Mit freundlicher Genehmigung: Armada Music B.V. / Kontor Records GmbH (ISRC: NLF711609193)

Pause 01:00

Sequenz 3 (130 BPM)

04. Seek A New Level eo production 3:41

Pause 01:00

Sequenz 4 (130 BPM)

05. Castle Of Glass Linkin Park (M. Shinoda Remix) 3:41

Pause 01:00

Sequenz 5 (130 BPM)

06. Heartbeat Mark Sixma Presents M6 3:41
Mit freundlicher Genehmigung: Armada Music B.V. / Kontor Records GmbH (ISRC: NLF711704763)

Pause 01:00

Sequenz 6 (130 BPM)

07. And Who Are You Peexbak 3:11

Pause 00:30

Cooldown

08. Legendary Welshly Arms 4:08

Gesamt 38:00

Nur für Aerobic- und Fitness-Training, kein Verleih, keine Vermietung, kein Weiterverkauf,
keine anderweitige öffentliche Wiedergabe, keine unkörperliche Lieferung.

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Swing In

01. Travel 05:06 120 bpm

5 Sekunden Pause

Cardio Swing

02. Storm 04:45 130 bpm

03. Thunderbolt 04:59 130 bpm

04. Downfall 06:09 130 bpm

20 Sekunden Pause

Balance Stability

05. Touy Remi 05:54 100 bpm

06. Origin 06:23 100 bpm

07. Nothingness 07:40 100 bpm

5 Sekunden Pause

Balance Workout

08. The Summer of Respect 06:39 125 bpm


09. C.T.L.C. 03:04 125 bpm

5 Sekunden Pause

Balance Relax

10. Cave Divin 07:30 100 bpm

Gesamtspielzeit 58:14

mit freundlicher
Unterstützung von: 

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COMPACT
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Bewegter RÜCKEN Vol. 05

Ein Konzept von Barbara Raab,
Gunda Slomka & Vroni Raab-Kronski.

01	Evolution	05:18
02	Ride The Wind	04:27
03	Chant No. 3	05:38
04	Midnight Passion	05:02
05	South African Flame	05:02
06	Mongabay	04:42
07	First Horizon	04:44
08	Mystic Rhythms	04:44
09	The Great Lioness	04:09
10	Huveane	04:27
11	In Bloom	04:44
12	One Presence	06:03

Gesamtspielzeit: 59:00

BPM: 108 konstant

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COMPACT
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feelRedondo® - ROBINSON *fit in den Sommer*
a concept by Gunda Slomka & Michaela Busch

Rhythm & Harmony

	Titel	Zeit	BPM
01.	African Morning	3:04	125
02.	Day of an African Dream	8:43	125
03.	Nightfall in Paris	5:20	120
04.	The Gate Revisited	5:28	120
05.	Wonders	4:56	120
06.	Travel	4:48	120
07.	Buddhas Dream	7:14	115
08.	Above all Revisited	5:17	115
09.	So close	3:56	115
10.	Saxes of Relaxation	7:22	100
11.	Elowave	5:07	100
12.	Below the rising sun	2:25	100

Gesamt: 63:41



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CHART ATTACK

CARDIO | AUTUMN 2018

CD 1

TOTAL TIME | 78:35
MIX TIME | 60:35

01	Intro			
02	El Profesor	Bella Ciao (Hugel Remix)	130	3:26
03	Alvaro Soler	La Cintura (Remix)	130	4:11
04	Maroon 5 Feat. Cardi B	Girls Like You (Remix)*	130	3:11
05	Clean Bandit Feat. Demi Lovato	Solo (Dance Remix)	130	3:12
06	Jonas Blue Feat. Jack & Jack	Rise (Remix)	130	2:42
07	Anne-Marie	2002 (TRP Remix)	131	3:25
08	Dynoro & Gigi D'Agostino	In My Mind (Power Mix)	131	2:11
09	George Ezra	Shotgun (Dance Mix)	131	3:25
10	Alle Farben & YOUNOTUS Feat. Kelvin Jones	The Only Thing We Know	131	2:41
11	David Guetta Feat. Anne-Marie	Don't You Leave Me Alone (Remix)	132	3:23
12	Tiesto & Dzeko Feat. Preme & Post Malone	Born To Be Yours (Dance Mix)	132	2:54
13	Jess Glynne	I'll Be There (Cahill Remix)	132	3:09
14	Robin Schulz & Piso 21	Oh Child (LOVRA Remix)	133	2:53
15	Plnk	Secrets (Until Dawn Mix)	133	3:07
16	Jax Jones & Mabel Feat. Rich The Kid	Ring Ring (Dance Remix)*	133	3:36
17	Loud Luxury	Body	134	2:37
18	Enrique Iglesias Feat. Pitbull	Move To Miami (Stonebridge Remix)	134	3:34
19	Sean Finn x Guru Josh	Infinity 2018	135	3:19
20	Lost Frequencies Feat. James Blunt	Melody (Angemi Remix)	135	3:30
21	FINAL / PERFORMANCE 1	Chart Hit Medley Aut. 2018 (2-6-2-6)	135	4:02
22	FINAL / PERFORMANCE 2	Chart Hit Medley Aut. 2018 (2-4-2-4)	135	3:05
23	FINAL / PERFORMANCE 3	Chart Hit Medley Autumn 2018 (2-12)	135	3:34
24	Nico Santos	Safe**	100	3:25
25	Aretha Franklin	Like A Natural Woman**	113	3:39

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo
FINAL 2 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo
FINAL 2 | 2x32 Intro + 4x32 Choreo + 2x32 Intermezzo + 4x32 Choreo

* explicit lyrics | ** no 32 cts.

CHART ATTACK

TONING | AUTUMN 2018

CD 2

TOTAL TIME | 79:27
MIX TIME | 72:13

01	Intro			
02	Dynoro & Gigi D'Agostino	In My Mind	128	2:30
03	Sigala, Fuse ODG & Sean Paul	Feels Like Home	128	3:45
04	Cardi B, Bad Bunny & J Balvin	I Like It (Remix)*	128	3:30
05	Jonas Blue Feat. Jack & Jack	Rise (TV Noise Ibiza Mix)	128	3:15
06	Post Malone	Better Now (Remix)	128	3:45
07	Kylie Minogue	Stop Me From Falling	128	2:45
08	Maroon 5 Feat. Cardi B	Girls Like You*	128	3:15
09	Klingande & Krishane	Rebel Yell	128	3:15
10	DJ Khaled Feat. Justin Bieber, Chance The Rapper	No Brainer (Remix)*	128	3:30
11	Ariana Grande	No Tears Left To Cry (Remix)	128	3:00
12	Tiesto & Dzeko Feat. Preme & Post Malone	Jackie Chan	128	4:15
13	Clean Bandit Feat. Demi Lovato	Solo	126	3:02
14	Cher	Gimme! Gimme! Gimme!	126	3:48
15	Alvaro Soler	La Cintura	125	3:04
16	Kygo & Imagine Dragons	Born To Be Yours	125	2:48
17	Lost Frequencies Feat. James Blunt	Melody (Ofenbach Remix)	124	3:05
18	Ed Sheeran	Happier (Tiesto Afterhrs Remix)	124	3:05
19	Dennis Lloyd	Nevermind	123	3:07
20	U2	Summer Of Love (Remix)	123	3:22
21	Hugel & Taio Cruz	Signs	122	2:52
22	Nico Santos	Safe (Deepend Remix)	122	3:24
23	Namika Feat. Black M	Je Ne Parle Pas Français (Remix)	122	3:44
24	Zedd Feat. Elley Duhe	Happy Now**	81	3:25
25	Martin Garrix Feat. Khaled	Ocean**	70	3:37

* explicit lyrics | ** no 32 cts.

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CHART ATTACK

CARDIO | SPRING 2018

CD 1

TOTAL TIME | 77:17
CARDIO TIME | 58:58

01	Intro			
02	Marshmello & Anne-Marie	Friends (Remix)*	130	3:12
03	Rudimental Feat. Jess Glynne	These Days (Remix)	130	3:41
04	Zedd, Maren Morris & Grey	The Middle (Remix)	130	4:11
05	Justin Timberlake Ft. Chris Stapleton	Say Something (Remix)	131	3:39
06	Luis Fonsi & Demi Lovato	Echame La Culpa (Remix)	131	3:10
07	David Guetta & Sia	Flames (Pink Panda Mix)	131	3:39
08	Liam Payne & Rita Ora	For You (Remix)	131	3:39
09	Sean Paul & David Guetta Ft. Becky G	Mad Love (Remix)	132	2:54
10	Dua Lipa	IDGAF (Remix)*	132	3:23
11	Robin Schulz & Marc Scibilia	Unforgettable (Plastik Funk Remix)	133	3:22
12	Sigala x Paloma Faith	Lullaby	133	4:05
13	Tom Walker	Leave A Light On (Remix)	133	3:07
14	Lost Frequencies & Zonderling	Crazy	134	3:20
15	Jason Derulo	Tip Toe (Crazy In Love Remix)	134	2:23
16	Jax Jones Feat. Ina Wroldsen	Breathe	134	3:34
17	Nightcrawlers & John Reid Ft. Big Narstie	Push The Feeling On	135	3:19
18	George Ezra	Paradise (Bokermot Remix)	135	4:12
19	FINAL / PERFORMANCE 1	Chart Medley Spring 2018 (6 Bl.)	135	4:02
20	FINAL / PERFORMANCE 2	Paradise (6 Blocks)	135	4:03
21	FINAL / PERFORMANCE 3	Paradise (4 Blocks)	135	3:06
22	Kygo Feat. Miguel	Remind Me To Forget**	99	3:38
23	Rea Garvey Feat. Kool Savas	Is It Love?* **	81	3:16

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo

FINAL 2 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo

FINAL 2 | 2x32 Intro + 4x32 Choreo + 2x32 Intermezzo + 4x32 Choreo

* explicit lyrics | ** no 32 cts.

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CHART ATTACK

TONING | SPRING 2018

CD 2

TOTAL TIME | 78:25
128 BPM MIX | 32:59
126-122 BPM MIX | 38:36

01	Intro			
02	Luis Fonsi & Demi Lovato	Echame La Culpa	128	3:15
03	Enrique Iglesias Feat. Bad Bunny	El Bano	128	3:15
04	Kylie Minogue	Dancing (Anton Powers Remix)	128	3:15
05	Bruno Mars Feat. Cardi B	Finesse (Pink Panda Remix)	128	3:00
06	Dua Lipa	IDGAF (CL Remix)*	128	3:30
07	John Newman	Fire In Me (Marlin Jensen Remix)	128	2:44
08	Tom Walker	Leave A Light On (Remix)	128	3:15
09	Felix Jaehn Feat. Marc E. Bassy	Cool (Remix)*	128	2:59
10	Marshmello & Anne-Marie	Friends (M-22 Remix)	128	3:45
11	Marlin Garrix & David Guetta	Far Away (Remix)	128	4:00
12	Justin Timberlake Feat. Chris Stapleton	Say Something (TwoDB Remix)	126	3:33
13	P!nk	Beautiful Trauma (Remix)	126	3:33
14	Zedd, Maren Morris & Grey	The Middle (Pop Mix)	125	3:19
15	Rudimental Feat. Jess Glynne, Macklemore	These Days	125	3:35
16	Rita Ora	Anywhere	124	3:21
17	Imagine Dragons	Whatever It Takes (Remix)	124	3:21
18	Roger Martin Feat. Maurice	Found Love	123	3:38
19	Robin Schulz & Marc Scibilia	Unforgettable (Remix)	123	3:38
20	Calvin Harris & Dua Lipa	One Kiss	122	3:40
21	The Chainsmokers	Sick Boy (Remix)	122	3:40
22	Jason Derulo	Colors	122	3:14
23	Topic & Ally Brooke	Perfect**	78	3:24
24	Calum Scott & Leona Lewis	You Are The Reason**	57	3:13

* explicit lyrics | ** no 32 cts.

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FLOWING STRETCH

COMPILED BY GUNDA SLOMKA

01 OUT OF TIME	100	05:07
02 YOUR HEART	100	05:07
03 CLOSER	100	05:07
04 MORNING SUN	100	05:07
05 PARADIES	100	05:07
06 MOONLIGHT	100	05:07
07 TILL THE SUNRISE	100	05:07
08 REFLECTION	100	05:07
09 CLOUDS	100	05:07
10 TRUE THOUGHTS	100	05:07
11 ONE DAY	100	05:07
12 SLEEPLESS	100	05:14

WRITTEN & COMPOSED BY STEFAN GESSINGER

TOTAL TIME: 61:35

GEMA
FREI!

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CHART ATTACK

CD 2

TONING | WINTER 2018

TOTAL TIME | 79:28
WORKOUT PART 1 | 35:45
WORKOUT PART 2 | 35:53

01	Intro			
02	Camila Cabello Feat. Young Thug	Havana (Barry Harris Remix)	128	4:00
03	James Hype Feat. Kelli-Leigh	More Than Friends	128	2:59
04	Dua Lipa	New Rules	128	3:30
05	Selenia Gomez x Marshmello	Wolves (Remix)	128	3:30
06	Riton & MNEK & The House Gospel Choir	Deeper	128	4:45
07	Justin Bieber & Bloodpop	Friends (Jason Reilly Remix)	128	3:30
08	Charlie Puth	How Long (First Remix)	128	2:30
09	Pitbull Feat. Ty Dolla \$ign	Better On Me (Joe Maz Remix)	128	4:15
10	Major Lazer Feat. Travis Scott	No Better (Remix)	128	3:15
11	DNCE Feat. Nicki Minaj	Kissing Strangers	128	3:30
12	Orenbach Vs. Nick Waterhouse	Katchi	126	3:02
13	Portugal. The Man	Feel It Still (Orenbach Remix)	125	3:04
14	Purdie Disco Machine Feat. Joe Killington	Devil In Me (Extended Mix)	124	4:25
15	Kungs Feat. Olliv Murs & Coely	More Mess	124	3:21
16	Allie Fabben & Scm Gray	Never Too Late	124	3:21
17	Ed Sheeran	Perfect (Robin Schulz Remix)	124	4:38
18	Wankemut & Bjoern Dixgard	I Keep Colling	124	3:36
19	Robin Schulz & Hugel	I Believe I'm Fine (Remix)	124	2:50
20	Zoyn Feat. Sia	Dusk Till Dawn	124	3:52
21	Marshmello Feat. Khalid	Silence (SUMR CAMP Remix)	124	3:42
22	Sam Smith	Too Good At Goodbyes**	92	3:25
23	Sia	Helium**	-	4:12

** no 32 cls.

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CHART ATTACK

CD 1

CARDIO | WINTER 2018

TOTAL TIME | 76:43
CARDIO TIME | 58:17

01	Intro			
02	Portugal. The Man	Feel It Still (Orenbach Remix)	130	2:57
03	Felix Jaehn Feat. Hearts & Gold	Like A Riddle	130	3:12
04	Camila Cabello Feat. Young Thug	Havana (Remix)	130	2:27
05	Kygo Feat. Justin Jesso	Stargazing (Remix)	131	3:54
06	Avicii Feat. Rita Ora	Lonely Together (Remix)	131	3:25
07	Jason Derulo	If I'm Lucky (Remix)	131	3:10
08	Dua Lipa	New Rules (Remix)	131	2:55
09	Zoyn Feat. Sia	Dusk Till Dawn (Remix)	132	4:21
10	Majoron 5 Feat. SZA	What...overs Do (Remix)	132	3:23
11	Sam Smith	Too Good At Goodbyes (Remix)	132	4:21
12	Robin Schulz & Hugel	I Believe I'm Fine (Remix)	133	3:36
13	Clean Bandit Feat. Julia Michaels	I Miss You (Cahill Remix)	133	4:19
14	Justin Bieber & Bloodpop	Friends (Remix)	133	3:07
15	Imagine Dragons	Whoever It Takes (Remix)	134	3:06
16	Klingande	Pumped Up	134	3:20
17	Orenbach Vs. Nick Waterhouse	Katchi (Extended Mix)	135	2:50
18	Marshmello Feat. Khalid	Silence (Tiesto Remix)	135	3:45
19	FINAL / PERFORMANCE 1	Chart Attack Hit Madley Winter 2018	135	4:01
20	FINAL / PERFORMANCE 2	Pumped Up (6 Blocks)	135	4:04
21	FINAL / PERFORMANCE 3	Come Here For Love (4 Blocks)	135	3:05
22	Nico Santos	Rooflop**	82	3:17
23	Post Malone Feat. 21 Savage	Rockstar (Clean Version)**	80	3:42

** no 32 cls.

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THANK YOU 2017

TOTAL TIME | 72:29
CARDIO TIME | 64:08

01	Intro		
02	Dua Lipa	New Rules (House Remix)	130 03:26
03	Ne-Yo	Closer (Special Remix)	130 03:27
04	Charlie Wilson	Good Time (Moto Blanco Mix)	130 03:12
05	Usher	Yeah (VIP Remix)	130 02:57
06	Aretha Franklin	Respect (Remix)	130 03:12
07	Kaleo	Way Down We Go (Dance Remix)	130 04:11
08	Jonas Blue Feat. JP Cooper	Perfect Strangers (Gerald Le Funk Remix)	130 02:57
09	Rag 'N' Bone Man	Skin (Special Dance Mix)	130 02:57
10	Tim Meyers	Lover My Love (Dave Aude Mix)	130 03:27
11	Clean Bandit Feat. Sean Paul	Rockabye (Exclusive Remix)	130 03:12
12	Haddaway	What is Love (Another Remix)	130 02:42
13	One Republic	Apologize (FH Remix)	130 03:26
14	Maroon 5	Sugar (Remix)	130 02:27
15	The Chainsmokers & Coldplay	Something Just Like This (Remix)	130 03:12
16	Neon	U Remind Me	130 02:57
17	Yello	The Race (Mamakossa Remix)	130 03:26
18	Craig David	When The Bassline Drops (MJ Remix)	130 02:57
19	Kungs Vs Cookin' On 3 Burners	This Girl (VIP Remix)	130 02:57
20	Enrique Iglesias	Subeme La Radio (Future House Remix)	130 02:57
21	Martin Jensen	Solo Dance (Tribal Remix)	130 03:49
22	Bruno Mars	Locked Out Of Heaven (Remix)	71 04:04
23	Robin Thicke	Lost Without You	85 04:17

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CHART ATTACK

CARDIO | AUTUMN 2017

CD 1

TOTAL TIME | 77:23
CARDIO TIME | 59:26

01	Intro			
02	Ofenbach	Be Mine (Extended Mix)	130	3:12
03	Felix Jaehn, Hight & Alex Aiono	Hot2Touch (Extended Mix)	130	2:42
04	David Guetta Feat. Justin Bieber	2U (Remix)	130	3:56
05	French Montana Feat. Swae Lee	Unforgettable (Remix)*	130	2:57
06	Calvin Harris Feat. Pharrell, u.a.	Feels (Funky House Mix)*	131	1:57
07	Jax Jones Feat. Demi Lovato	Instruction (Extended)*	131	3:39
08	Jonas Blue Feat. William Singe	Mama (Syn Cole Mix)	131	3:10
09	Rita Ora	Your Song (Cahill Remix)	132	3:52
10	Martin Solveig Feat. Alma	All Stars (Club Mix)	132	4:21
11	Robin Schulz Feat. James Blunt	OK (Remix)	132	2:54
12	J Balvin Feat. Willy William	Mi Gente (Remix)	133	3:50
13	Charlie Puth	Attention (Remix)	133	3:22
14	Liam Payne Feat. Quavo	Strip That Down (Remix)	134	3:49
15	Sigala Feat. Ella Eyre	Came Here For Love	134	3:49
16	Cheat Codes Feat. Demi Lovato	No Promises (CCM Mix)	135	4:16
17	Axwell & Ingrosso	More Than You Know (Festival Mix)	135	4:01
18	Avicii Feat. Sandro Cavazzo	Without You*	135	3:52
19	FINAL / PERFORMANCE 1	Chart Attack Hit Medley Autumn 2017	135	4:03
20	FINAL / PERFORMANCE 2	Without You* (6 Blocks)	135	4:02
21	FINAL / PERFORMANCE 3	Without You* (4 Blocks)	135	3:07
22	DJ Khaled Feat. Rihanna & B. Tiller	Wild Thoughts (Clean Version)**	96	3:26
23	Marshmello Feat. Khalid	Silence**	71	3:03

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo
FINAL 2 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo
FINAL 2 | 2x32 Intro + 4x32 Choreo + 2x32 Intermezzo + 4x32 Choreo

* explicit lyrics | ** no 32 cts.

CHART ATTACK

TONING | AUTUMN 2017

CD 2

TOTAL TIME | 79:09
WORKOUT PART 1 | 34:00
WORKOUT PART 2 | 37:44

01	Intro			
02	Alice Merton	No Roots	128	4:15
03	Shawn Mendes	Nothing Holding Me Back	128	3:15
04	Joe Stone	Make Love	128	3:29
05	Luis Fonsi Feat. Daddy Yankee	Despacito (Remix)	128	2:45
06	Liam Payne Feat. Quavo	Strip That Down (Another Remix)	128	3:15
07	Rita Ora	Your Song	128	3:00
08	Felix Jaehn, Height & Alex Aiono	Hot2Touch	128	2:45
09	Enrique Iglesias Feat. Descemer Bueno	Subeme La Radio (R. Rivera Rmx)	128	2:15
10	Calvin Harris Feat. Pharrell Williams	Feels (Remix)*	128	3:45
11	Pink	What About Us (Remix)	128	3:15
12	Axwell & Ingrosso	More Than You Know (Remix)	124	3:52
13	Imagine Dragons	Thunder	124	2:50
14	Ofenbach	Be Mine	124	2:34
15	Kai Schwarz Feat. Tom Marks	What's Up	124	4:25
16	Jonas Blue	Mama (Club Mix)	124	3:36
17	Micar	Burden Down (Extended Mix)	124	3:37
18	Robin Schulz Feat. James Blunt	OK (Extended Mix)	124	3:36
19	DJ Khaled Feat. Rihanna & Bryson Tiller	Wild Thoughts (Remix)*	124	3:56
20	David Guetta Feat. Justin Bieber	2U (Robin Schulz Remix)	124	4:23
21	French Montana Feat. Swae Lee	Unforgettable (Remix)*	124	3:13
22	JP Cooper	September Song (Acoustic)**	95	3:35
23	Clean Bandit Feat. Zara Larsson	Symphony (Acoustic Version)**	64	3:37

* explicit lyrics | ** no 32 cts.

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CHART ATTACK

CARDIO | SPRING 2017

CD 1

TOTAL TIME | 77:09
CARDIO TIME | 57:48

01	Intro		
02	Jax Jones Feat. Raye	You Don't Know Me*	130 3:41
03	Ed Sheeran	Shape Of You (Remix)	130 3:26
04	Martin Garrix Feat. Dua Lipa	Scared To Be Lonely (Remix)	130 3:26
05	Zayn Feat. Taylor Swift	I Don't Wanna Live Forever (C D Remix)	130 3:56
06	Mahmut Orhan Feat. Sena Sener	Feel (Remix)	131 2:41
07	Luis Fonsi Feat. Daddy Yankee	Despacito (Remix)	131 3:39
08	The Chainsmokers & Coldplay	Something Just Like This (T B Mix)	131 3:40
09	Kygo & Selena Gomez	Il Ain't Me (Remix)	132 4:07
10	Katy Perry Feat. Skip Marley	Chained To The Rhythm (Remix)	132 2:54
11	Clean Bandit Feat. Zara Larsson	Symphony (Remix)	132 3:52
12	Bakerlat	Baby	133 2:53
13	Zedd Feat. Alessia Cara	Stay (Remix)	133 3:07
14	Zak Abel	Unstable (Culmore Remix)	134 4:32
15	The Chainsmokers	Paris (Rios & Sparks Remix)	134 3:06
16	Marlin Jensen	Solo Dance (Anton Powers Remix)	135 3:19
17	Ed Sheeran	Galway Girl (Remix)	135 3:19
18	Alan Walker	Alone (Remix)	135 3:32
19	FINAL / PERFORMANCE 1	Solo Dance (6 Blocks)	135 4:02
20	FINAL / PERFORMANCE 2	Solo Dance (4 Blocks)	135 3:05
21	FINAL / PERFORMANCE 3	Something Just Like This vs. Paris (6 Blocks)	135 4:02
22	Burak Yeter Feat. Danelle Sandoval	Tuesday**	99 3:58
23	Rag'n'Bone Man	Skin**	85 3:59

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo

FINAL 2 | 2x32 Intro + 4x32 Choreo + 2x32 Intermezzo + 4x32 Choreo

FINAL 2 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo

* explicit lyrics | ** no 32 cls. | *** originally performed by

CHART ATTACK

TONING | SPRING 2017

CD 2

TOTAL TIME | 79:08
WORKOUT PART 1 | 35:34
WORKOUT PART 2 | 35:41

01	Intro		
02	Katy Perry Feat. Skip Marley	Chained To The Rhythm (Remix)	128 3:44
03	Maroon 5 Feat. Future	Cold (Remix)	128 3:44
04	Sean Paul Feat. Dua Lipa	No Lie (Remix)	128 3:30
05	The Chainsmokers & Coldplay	Something Just Like This (Remix)	128 2:44
06	Ed Sheeran	Castle On The Hill (A Remix)	128 4:14
07	Robin Schulz & David Guetta	Shed A Light (Remix)	128 3:30
08	Kato & Sigala Feat. Hailee Steinfeld	Show You Love	128 3:30
09	John Legend	Love Me Now (Dave Aude Mix)	128 3:59
10	The Weeknd Feat. Daft Punk	I Feel It Coming (Remix)	128 2:59
11	Kygo & Selena Gomez	Il Ain't Me (Chart Mix)	128 3:22
12	Martin Jensen	Solo Dance (Extended)	126 3:04
13	Ed Sheeran	Shape Of You (C D Remix)	126 4:03
14	Martin Solveig Feat. Ina Wroldsen	Places	125 4:05
15	Alex Ross Feat. Dakota & T-Pain	Dreams	125 4:05
16	Milky Chance	Cocoon (Remix)	124 3:36
17	The Chainsmokers	Paris (C.L. Remix)	124 2:50
18	Jax Jones Feat. Raye	You Don't Know Me (Extended Clean)	123 4:40
19	Burak Yeter Feat. Danelle Sandoval	Tuesday (Remix)	123 3:07
20	Calvin Harris Feat. Frank Ocean & Migas	Slide (Remix)	122 2:53
21	Julia Michaels	Issues (Riddler Clean Extended)	122 3:13
22	Kaleo	Way Down We Go**	81 3:35
23	Martin Garrix & Dua Lipa	Scared To Be Lonely (Acoustic)**	64 4:16

* explicit lyrics | ** no 32 cls. | *** originally performed by

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CHART ATTACK

CD 2

TONING | WINTER 2017

TOTAL TIME | 75:58
WORKOUT PART 1 | 34:49
WORKOUT PART 2 | 34:08

01	Intro				
02	Calvin Harris	My Way (Extended Radio Mix)	128	3:44	
03	Kungs Feat. Jamie N Commons	Don't You Know	128	3:30	
04	Mike Perry Feat. Shy Martin	The Ocean (Remix)	128	2:30	
05	Christina Aguilera Feat. Nile Rodgers	Telepatía (Moto Blanco Mix)	128	3:59	
06	Clean Bandit Feat. Sean Paul	Rockabye	128	3:30	
07	OneRepublic	Kids (Remix)	128	3:29	
08	NE!KED Feat. Dyo	Sexual (Remix)	128	3:15	
09	Miami Rockets & Nicola Fossano Feat. Anni	How Will I Know	128	3:30	
10	Tove Lo	Cool Girl (Remix)*	128	3:30	
11	Golanits & Hook N Sling	Love On Me	128	3:35	
12	David Guetta, Cedric Gervais & Chris Willis	Would I Lie To You (Radio Edit)	124	3:52	
13	The Chainsmokers Feat. Halsey	Closer (Remix)	124	3:05	
14	Fois Feat. Afrojack	Hey (Remix)	124	3:21	
15	Jonas Blue Feat. Raye	By Your Side (Extended)	123	3:53	
16	Navodja Feat. Mark Morrison & Fetty Wap	The Mock (Remix)	123	3:38	
17	The Weeknd Feat. Dqif Punk	Starboy*	122	3:08	
18	Richard Orfinski & Eva Simmons	Heartbeat (Remix)	121	3:26	
19	Cocokin* On 3 Burners Feat. Kylie Auldist	Mind Mode Up	121	3:58	
20	Kevin David Feat. Aneta Sablik	Perfect Love	120	2:40	
21	Allie Forben	Bad Ideas	120	3:02	
22	Robbie Williams	Love My Life**	96	3:28	
23	James Arthur	Say You Won't Let Go**	95	3:35	

* explicit lyrics | ** no 32 cls. | *** 16 cls.

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CHART ATTACK

CD 1

CARDIO | WINTER 2017

TOTAL TIME | 78:20
CARDIO TIME | 59:30

01	Intro				
02	Mark Forster	Chore	130	3:56	
03	Craig David & Sigala	Ain't Giving Up	130	3:12	
04	Calvin Harris	My Way (Remix)	130	3:26	
05	Clean Bandit Feat. Sean Paul & Anne-Marie	Rockabye (Remix)	130	3:56	
06	Sia Feat. Kendrick Lamar	The Greatest (Remix)	131	2:55	
07	The Weeknd Feat. Kendrick Lamar	Starboy (Remix)*	131	3:39	
08	Ellie Goulding	Still Falling For You (Remix)	131	3:24	
09	DJ Snake Feat. Justin Bieber	Let Me Love You (Remix)	132	2:40	
10	Kungs Feat. Ephemerals	I Feel So Bad	132	3:24	
11	David Guetta, Cedric Gervais & Chris Willis	Would I Lie To You (Remix)	132	3:37	
12	Fitz & The Tantrums	HandClap (Original)	133	3:22	
13	DNCE	Body Moves (Eric Kupper Mix)	133	4:05	
14	Oily Murs	Grow Up (Danny Dove Remix)	133	3:51	
15	Golanits & Hook N Sling	Love On Me (CID Remix)	134	3:05	
16	Martin Garrix & Bebe Rexha	In The Name Of Love (Remix)	134	3:34	
17	J. Perreffe, F. Yates & M. Zeltmerlöw	Stayin' Alive (Nathan C Remix)	135	3:48	
18	Bckernat Feat. Alex Clare	Living (Remix)	135	3:15	
19	FINAL / PERFORMANCE 1	Love On Me (6 Blocks)	135	4:00	
20	FINAL / PERFORMANCE 2	Love On Me (4 Blocks)	135	3:03	
21	FINAL / PERFORMANCE 3	Stayin' Alive (6 Blocks)	135	4:00	
22	Maroon 5 Feat. Kendrick Lamar	Don't Wanna Know**	100	3:36	
23	Disturbed	The Sound Of Silence**	82	4:11	

* explicit lyrics | ** no 32 cls. | *** 16 cls.

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo
FINAL 2 | 2x32 Intro + 4x32 Choreo + 1x32 Intermezzo + 4x32 Choreo
FINAL 2 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo

PILATES FLOWTONIC 4

01	Glass And Earth	90	5:20
02	Star Drops	90	3:54
03	Antigravity	90	4:37
04	Time In The Time	90	4:15
05	In Between	90	4:37
06	Being	90	5:20
07	Arise	90	4:37
08	Purple Morning	90	5:19
09	Pure Sense	90	4:16
10	Henceforward	90	4:12
11	Daydream	90	4:16
12	Unknown Deep Blue	90	3:12
13	Center	90	5:28
14	Trust	90	6:34

TOTAL TIME | 65:57

All Tracks composed by Alexander Mirzadi

BEVIA
FREI!



CHART ATTACK

CD 2

TONING | AUTUMN 2016

TOTAL TIME | 76:10
 WORKOUT PART 1 | 34:52
 WORKOUT PART 2 | 35:30

01	Intro				
02	Sigala Feat. John Newman	Give Me Your Love	128	4:00	
03	David Guetta Feat. Zara Larsson	This One's For You (Kungs Remix)	128	2:45	
04	Michael Coifan	Nobody Does It Better	128	2:45	
05	Alma Grande	Into You (Noocles Remix)	128	3:45	
06	Fifth Harmony Feat. Fetty Wap	All in My Head (Flex) [Remix]	128	3:30	
07	OneRepublic	Wherever I Go (Dany Dove Remix)	128	5:15	
08	Little Mix Feat. Sean Paul	Hair (Widaboy's Summer Flex Remix)	128	3:50	
09	Pulsedriver & Chris Dealoy	Follow Me (Andrew Spencer Remix)	128	3:45	
10	Cheeky Codes x Kris Kross Amsterdam	Sex (Remix)*	128	3:45	
11	Alvaro Soler	Sofa	128	3:38	
12	Major Lazer Feat. Justin Bieber & MØ	Cold Water (Remix)	124	3:52	
13	Backstreet Boys	I Want It That Way (Remix)	124	3:21	
14	Imonly	Don't Be So Shy (Filatov & Karas Remix)	123	3:22	
15	Bodybangers	All That She Wants (Radio Edit)	123	2:04	
16	Bob Marley Ft. LVNDSCAPE & Boiler	Is This Love	122	3:25	
17	Bingo Players	Cry (Just A Little)	122	3:40	
18	Alon Walker	Sing Me To Sleep (Remix)	121	2:58	
19	Felix Jaehn Feat. Alma	Bonfire**	120	2:54	
20	Robin Schulz Feat. Akon	Heartwave (Deepend Remix)	120	4:15	
21	Justin Timberlake	Can't Stop The Feeling (Original)	120	5:54	
22	DJ Snake Feat. Justin Bieber	Let Me Love You**	100	3:25	
23	Calum Scott	Dancing On My Own**	110	4:22	

* explicit lyrics / ** no 32 counts

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CHART ATTACK

CD 1

CARDIO | AUTUMN 2016

TOTAL TIME | 78:00
 CARDIO TIME | 60:04

01	Intro				
02	Frans	If I Were Sorry (Syn Cole Remix)	130	3:56	
03	Imonly	Don't Be So Shy (Filatov & Karas Remix)	130	3:12	
04	The Chainsmokers Feat. Daya	Don't Let Me Down (Remix)	130	2:42	
05	Jonas Blue Feat. JP Cooper	Perfect Stranger	131	3:10	
06	Alle Farben Feat. YOUNIOTUS	Please Tell Rosie	131	2:26	
07	Dua Lipa	Hotter Than Hell (Jack Wins Remix)	131	3:25	
08	Bob Sinclar	Someone Who Needs Me	132	2:54	
09	Jennifer Lopez	Ain't Your Mama (Remix)	132	3:38	
10	Major Lazer Feat. Justin Bieber & MØ	Cold Water (Remix)	132	3:38	
11	Pitbull Feat. Flo Rida & LunchMoney Lewis	Greenlight (Remix)	132	3:38	
12	Martin Solveig Feat. Tlay Maidza	Do It Right	133	3:07	
13	Gnash	I Hate You, I Love You* (Remix)	133	3:50	
14	David Guetta Feat. Zara Larsson	This One's For You (Remix)	133	3:22	
15	Calvin Harris Feat. Rihanna	This Is What You Came For	133	3:36	
16	Justin Timberlake	Can't Stop The Feeling (Remix)	134	3:35	
17	Galantis	No Money	134	2:52	
18	MØ	Final Song (Wideboys Remix)	135	3:33	
19	Sam Feldt x Lucas & Steve Feat. Wulf	Summer On You	135	3:25	
20	FINAL / PERFORMANCE 1	Ain't Your Mama (6 Blocks)	135	4:01	
21	FINAL / PERFORMANCE 2	Final Song (6 Blocks)	135	4:01	
22	FINAL / PERFORMANCE 3	No Money (4 Blocks)	135	2:48	
23	Enrique Iglesias Feat. Wisin	Duel El Corazon**	91	3:21	
24	Clean Bandit Feat. Louisa Johnson	Tears (Acoustic Piano Mix)**	65	3:43	

* explicit lyrics / ** no 32 counts

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermzzo + 6x32 Choreo
 FINAL 2 | 2x32 Intro + 6x32 Choreo + 2x32 Intermzzo + 6x32 Choreo
 FINAL 2 | 2x32 Intro + 4x32 Choreo + 1x32 Intermzzo + 4x32 Choreo

POWER AEROBIC

SUMMER 2016

Total: 77:44 | Cardio: 56:25

01	Intro		0:11
02	Alan Walker	Faded (Remix)	135 3:47
03	Calvin Harris Feat. Rihanna	This What You Came For (Remix)	135 3:47
04	G-Eazy x Bebe Rexha	Me Myself & I (Remix)*	135 3:05
05	DNCE	Cake By The Ocean (Remix)*	136 3:17
06	DJ Tonka & Stefan Rio	I Gotta Let You Go (Club Mix)	136 3:03
07	Flo Rida	My House (Remix)	136 3:17
08	Sia Feat. Sean Paul	Cheap Thrills (Remix)	137 2:20
09	A. Newell, J. Glynne & DJ Cassidy	Kill The Lights (Audien Remix)	137 3:15
10	Mike Posner	I Took A Pill In Ibiza (Remix)*	137 3:30
11	Sweet Flame	Lush Life (Jumpin Jax Remix)	137 2:34
12	Sigala Feat. J. Newman	Give Me Your Love	138 3:58
13	Bodybangers	Dreamer	138 3:14
14	Pulseedriver & Andrew Spencer	Touch Me (Limelight Remix)	138 3:01
15	Two Knobs	StupiDisco (Crystal Rock Remix)	139 2:18
16	Adam & Bombs	Locked Away (Smithee Remix)	139 3:54
17	Starchild	One Call Away (Kromax Remix)	140 2:59
18	Andrew Spencer Feat. La Toya	You Keep Me Hangin On (Raindropz! Remix)	140 4:47
19	FINAL/PERFORMANCE	Faded (6 Blocks)	140 3:54
20	FINAL/PERFORMANCE	Faded (4 Blocks)	140 3:00
21	FINAL/PERFORMANCE	Touch Me vs. You Keep Me Hangin On (6 Blocks)	140 3:40
22	FINAL/PERFORMANCE	Touch Me vs. You Keep Me Hangin On (No Intermezzo)	140 3:29
23	Fifth Harmony Feat. Ty Dolla \$ign	Work From Home**	105 3:36
24	P!nk	Just Like Fire**	82 3:37

FINAL 1 | 2x32 Intro + 6x32 Choreo + 2x32 Intermezzo + 6x32 Choreo

FINAL 2 | 2x32 Intro + 4x32 Choreo + 2x32 Intermezzo + 4x32 Choreo

FINAL 3 | 2x32 Intro + 6x32 Choreo + 1x32 Intermezzo + 6x32 Choreo

FINAL 4 | 2x32 Intro + 12x32 Choreo

* explicit lyrics | ** no 32 counts

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POWER INTERVALL 2

CD1

TABATA

- 01 Intro
- 02 Ron Rockwell
- 03 The Booty Jocks
- 04 Crystal Rock & Hornyshakerz
- 05 The Booty Jocks
- 06 Criminal Vibes
- 07 Criminal Vibes
- 08 Milk & Sugar
- 09 Dan Winter
- 10 Countdown Singers
- 11 Ron May & Shena

Axel F	1:44	4:07
Energy	1:44	4:07
How Will I Know?	1:44	4:07
Last Night A DJ Saved My Life	1:44	4:07
Sweet Dreams	1:44	4:07
Another Brick In The Wall	1:44	4:07
Tell Me Why?	1:44	4:07
Get The Party Started	1:44	4:07
Levels	1:44	4:07
You Make Me Feel	1:44	4:07

INTERVALL 64-96

- 12 Ron Rockwell
- 13 The Booty Jocks
- 14 Crystal Rock & Hornyshakerz
- 15 The Booty Jocks
- 16 Criminal Vibes
- 17 Remady P & R
- 18 Tradelove
- 19 The Booty Jocks
- 20 DJ Gollum ft. Scarlet
- 21 Criminal Vibes

Axel F	1:35	3:40
Energy	1:35	3:40
How Will I Know?	1:35	3:40
Last Night A DJ Saved My Life	1:35	3:40
Sweet Dreams	1:35	3:40
No Superstar	1:35	3:40
Seven Nation Army	1:35	3:40
Let The Music Play	1:35	3:40
Poison	1:35	3:40
Pum Up The Jam	1:35	3:40

TABATA 41:10 | INTERVALL 36:40 | TOTAL 77:50



POWER INTERVALL 2

CD2

WARM UP

- 01 Intro
- 02 Countdown Singers
- 03 Project Black
- 04 Countdown Singers

thatPower	1:32	3:23
Million Voices	1:32	3:09
I Need Your Love	1:32	3:29

INTERVALL 1 = 52:34

- 05 Ron Rockwell
- 06 The Booty Jocks
- 07 Crystal Rock & Hornyshakerz
- 08 The Booty Jocks
- 09 Criminal Vibes
- 10 Remady P & R
- 11 Tradelove
- 12 The Booty Jocks
- 13 DJ Gollum ft. Scarlet
- 14 Criminal Vibes

Axel F	1:35	2:53
Energy	1:35	2:53
How Will I Know?	1:35	2:53
Last Night A DJ Saved My Life	1:35	2:53
Sweet Dreams	1:35	2:53
No Superstar	1:35	2:53
Seven Nation Army	1:35	2:53
Let The Music Play	1:35	2:53
Poison	1:35	2:53
Pump Up The Jam	1:35	2:53

INTERVALL 2 = 64:96

- 15 Ron Rockwell
- 16 The Booty Jocks
- 17 Crystal Rock & Hornyshakerz
- 18 The Booty Jocks
- 19 Criminal Vibes
- 20 Remady P & R
- 21 Tradelove
- 22 The Booty Jocks
- 23 DJ Gollum ft. Scarlet
- 24 Criminal Vibes

Axel F	1:35	3:54
Energy	1:35	3:54
How Will I Know?	1:35	3:54
Last Night A DJ Saved My Life	1:35	3:54
Sweet Dreams	1:35	3:54
No Superstar	1:35	3:54
Seven Nation Army	1:35	3:54
Let The Music Play	1:35	3:54
Poison	1:35	3:54
Pump Up The Jam	1:35	3:54

WARM UP 10:01 | INTERVALL 1 29:20 | INTERVALL 2 33:00 | TOTAL 77:50



BEST OF 90S

STEP & CARDIO



GD 2

01	Intro	United	134	4:03
02	Prince &al Joe ft. Marky Mark	Sing Hallelujah	134	3:34
03	Dr. Alban	Blue	134	3:49
04	Eiffel 65	Ready Or Not	135	4:01
05	The Course	Insomnia (Armand van Helden Remix)	135	3:47
06	Faithless	U Don't Know Me	135	3:33
07	Armand van Helden ft. Duane Harden	Don't You Want My Love	136	3:45
08	Felix	No More (I can't Stand It)	136	4:42
09	Maxx	Up N' Away	137	3:30
10	Mr. President	The Music's Got Me	137	3:02
11	Bas Bumpers	Right In The Night	138	3:29
12	Jam & Spoon	U Got To Know	138	3:42
13	Cappella	Ecuador	139	4:09
14	Sashi	I'm A Scatman	139	3:54
15	Scatman John	Knockin'	140	3:25
16	Double Vision	No Limit	140	4:17
17	Z Unlimited	U Got To Let The Music vs. No Limit	140	3:25
18	FINAL / PERFORMANCE 1	U Got To Let The Music vs. No Limit (with Intermzzo)	140	3:41
19	FINAL / PERFORMANCE 2	Frozen	108	5:33
20	Madonna	Return To Innocence	88	4:09
21	Enigma			

TOTAL TIME | 77:54

CARDIO TIME | 61:03



BEST OF 90S

STEP & CARDIO



GD 1

01	Intro	It's Alright (The Gumbo Mix)	129	3:13
02	East 17	The Rhythm Of The Night	129	3:13
03	Corona	Rhythm Is A Dancer	139	2:43
04	Snap!	What Is Love	130	3:56
05	Haddaway	Another Night	130	3:26
06	MC Sar & The Real McCoy	It's My Life (RaggaDag Remix)	130	3:27
07	Dr. Alban	Moving On Up	131	3:54
08	M People	September '99	131	3:23
09	Phats & Small vs. Earth, Wind & Fire	Freed From Desire	131	4:22
10	Cala	Saturday Night	132	3:26
11	Whigfield	New York City Boy	132	3:23
12	Pet Shop Boys	Believe	132	4:21
13	Cher	Around The World (La La La La)	133	4:05
14	A Touch Of Class	Pump Up The Jam	133	3:07
15	Technronic ft. Fely	Mr. Vain	134	3:06
16	Culture Beat	Tribal Dance	134	3:49
17	Z Unlimited	Cotton Eye Joe	134	3:23
18	Rednex	Pump Up The Jam vs. Tribal Dance	134	3:37
19	FINAL / PERFORMANCE 1	Pump Up The Jam vs. Tribal Dance (with Intermzzo)	134	3:52
20	FINAL / PERFORMANCE 2	Baby One More Time	93	3:36
21	Britney Spears	Kiss From A Rose	66	4:49
22	Seal			

TOTAL TIME | 78:00

CARDIO TIME | 58:40



GOOD TIMES

GD 1

GOOD TIMES

GD 2

01	Intro								
02	Donna Summer	On The Radio	132	3:08	02	Intro	Survivor/Will Survive	130	3:26
03	Diana Ross	I'm Coming Out	132	4:07	03	Clee Cast	Bad Girls	130	3:11
04	Christopher Cross	Ride Like The Wind	132	2:54	04	Juliet Roberts	Love Will Save The Day	130	4:11
05	Irene Cara	Fame	133	3:22	05	Whitney Houston	Together Again	130	2:27
06	Rose Royce	Car Wash	133	3:22	06	Janelt Jackson	Into The Groove	130	3:41
07	Aretha Franklin	Think!	134	1:54	07	Madonna	Two Can Play That Game	130	3:41
08	Dan Hartman	Relight My Fire	134	4:03	08	Bobby Brown	Return Of The Mack	130	2:42
09	The Trammps	Disco Inferno	135	3:04	09	Mark Morrison	Space Cowboy	130	3:41
10	Earth, Wind & Fire	September	136	3:17	10	Jamiroquai	Good Times	130	3:26
11	Pointer Sisters	Jump (For My Love)	137	3:02	11	Chic	Don't Stop The Music	130	4:10
12	Irene Cara	Flashdance	138	3:56	12	Rihanna	Last Night A DJ Saved My Life	130	2:57
13	Michael Jackson	Beat It	139	3:54	13	Indeep	Billie Jean	130	3:56
14	Alcazar	Crying At The Discotheque	140	3:39	14	Michael Jackson	And The Beat Goes On	130	3:11
15	Bonnie Tyler	Holding Out For A Hero	141	3:51	15	The Whispers	Straight Ahead	130	4:11
16	Michael Sembello	Maniac	143	3:34	16	Kool & The Gang	I Got This Feeling	130	5:39
17	Frank Stallone	Far From Over	145	4:24	17	Baby Bumps	Turn The Beat Around	130	4:48
18	FINAL / PERFORMANCE	Turn The Beat Around	135	3:06	18	Silje Nergard	Human	54	4:48
19	FINAL / PERFORMANCE	Resistance	138	3:44					
20	FINAL / PERFORMANCE	Holding Out For A Hero vs Maniac	145	3:31					
21	Randy Crawford	One Day I'll Fly Away	78	5:02					

TOTAL TIME | 72:12

CARDIO TIME | 56:49

FINAL 1 | 2 x 32 Intro + 4 x 32 Choro + 2 x 32 Intermzzo + 4 x 32 Choro
 FINAL 2 | 1 x 32 Intro + 6 x 32 Choro + 2 x 32 Intermzzo + 5 x 32 Choro
 FINAL 3 | 2 x 32 Intro + 6 x 32 Choro + 1 x 32 Intermzzo + 5 x 32 Choro

TOTAL TIME | 64:15

CARDIO TIME | 59:27

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LATIN FIESTA

VOL. 3

TOTAL TIME | 68:22
 Cardio TIME | 56:10

01	Intro		
02	Borja Rubio ft. Diego A.	No Te Vayas	130 3:56
03	Mulato Cardenas ft. Profeta	Zumbalo	130 2:57
04	Blank	Dame Tu Corazon	130 3:56
05	Dr. Bellindo	Me Primer Amor	131 2:55
06	D.T.S. ft. Mr.Via	Bum Bum	131 3:25
07	Nony ft. Two Tone & Papi Wilo	Que Paso	131 3:39
08	Rodriguez	No Voy A Llorar	132 3:24
09	Mulato Cardenas	Amor Y Sexo	132 3:23
10	Sonia Madoc	Bailamos En El Sol	132 3:09
11	Marco Hinojosa	Hasta Que Salga El Sol	133 2:54
12	Kiko Rivera	Chica Loca	133 3:22
13	Bastida	Me Enamore	133 2:53
14	Albert Novo ft. C-Milo	Me Llamen El Loco	134 2:53
15	Valerio M & Tony La Rocca ft Kiello	Mamita	134 4:18
16	El Simbolo	La Fiesta Loca	135 5:26
17	Don Lore V	Hasta Que Salga El Sol	135 3:29
18	FINAL // PERFORMANCE	La Fiesta Loca (6 Blocks)	135 3:55
19	FINAL // PERFORMANCE	La Fiesta Loca (4 Blocks)	135 2:59
20	Los Ragga Twins	El Verano Sera Caliente	95 5:18

Aufbau FINAL 1 | 2x32+6x32+1x32+6x32
 Aufbau FINAL 2 | 2x32+4x32+1x32+4x32

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Muscle Activity Excellence

Vol.5

WORK: 45s | REST: 15s

01 Deepdisco	Pump Up The Volume	135	2:55
02 Michael Calfan	Resurrection	135	2:55
03 Jessie J	Burning Up	135	2:55
04 Chris Black	Flying High	135	2:55
05 Survivor	Eye Of The Tiger	135	2:55
06 Yamboo & Dr.Alban	Sing Hallelujah	135	2:55
07 My Digital Enemy & Jason Chance	Put Your Hands Up	135	2:55
08 Morris Corti + Eugenio LaMedica	I Rock, I Sweat, I Dance	135	2:55
09 Selena Gomez	Come & Get It	135	2:55
10 Martin Solveig ft. GTA	Intoxicated	135	2:55
11 Global Deejays	Hardcore Vibes	135	2:55
12 Charli XCX	Break The Rules	135	2:55
13 My Digital Enemy	Hear No Evil	135	2:55
14 Mikael Weermets	I'll House You	135	2:55
15 Ed Sheeran	Don't	135	2:55
16 Groove Chasers	DJ Got Us Falling In Love	135	2:55
17 Little Mix	Little Me	135	2:55
18 Republica	Ready To Go	135	2:55
19 Tune Brothers	Everybody In The Club	135	2:55
20 Earl & Turner ft. Indygo & PDJ	Catalina	135	2:55
21 Hardwell	Sally	135	2:55
22 Madonna	Living For Love	135	2:55
23 Sam Feldt ft. Kimberly Anne	Show Me Love (EDX Summer Mix)	121	5:56
24 Felix Jaehn ft. Jasmine Thompson	Ain't Nobody	117	3:10

TOTAL TIME | 73:16

INTERVAL TIME | 64:10



Musik, älter als jede Sprache dieser Welt.
Musik, die im Inneren berührt.
Musik, die den Yoga-Flow unterstützt.

- | | |
|------------------------------------|-------|
| 1. sich verbinden | 24.00 |
| 2. eintauchen | 25.00 |
| 3. ankommen | 24.00 |

Deep Dive - fließende Musik und ein sanftes Tempo, beeinflusst von den Bewegungen der Gezeiten Ebbe und Flut. Sie bilden mit Ihrem Ausdruck und ihrer Schwingung einen tragenden Rahmen für den Vinyasa-Yoga-Unterricht.

Unser mehrheitlich aus Wasser bestehender Körper drückt sich auf der sub-atomaren Ebene des Quantenfelds in einer pulsierenden, wellenförmigen Bewegung aus. Deep Dive lässt dich die natürliche Heilkraft dieses kreativen Impulses erfahren, der sich organisch fließend und wellenförmig ausdrückt und alles durchdringt. Von diesem inneren Impuls werden wir bewegt und Yoga entfaltet sich ganz natürlich, mühelos und fließend. Deep Dive öffnet den Raum, der es dir leicht macht, deine innere Welt zu erforschen und in deine innere Natur einzutauchen. Ein Abenteuer, bei welchem uns der Atem – gepaart mit Achtsamkeit – als Impulsgeber für Bewegung begleitet. Wenn du tief in deinen Körper eintauchst, erlebst du die unmittelbare Berührung mit dem Leben.



www.body-mind-spirit.ch
www.chiyoga.ch

