

Fitness und Bewegung auf Musik

Musik zur Entspannung (zum Dehnen, für Yoga oder Pilates, zum Ausklang, etc.)

- Café del Mat (alle Alben)
- Karunesh („colours of light“, „Sky beyond“, „Sounds of the heart“)
- Mental Centering
- Putumayo (World Music)
- Suresha Hill („Secrets“)

Musik zum Aufwärmen – Low Impact (Schritte/Gehen/Federn)

- Dance Hall Music (100 – 130 bpm):

Titel	Interpret	Bpm/ Tempo	Wo? (Link)
CeCile	Hot Like We	106	http://www.youtube.com/watch?v=5P4iyWIW8Yw
Major Lazar	Watch Out For This	108	http://www.youtube.com/watch?v=_zCoCa6b6cU
Sean Paul Feat. Mr Vegas	Hey Ya She's A Cutie (Remix)	110	http://www.youtube.com/watch?v=8JIW_5Djz6k
Spice	Hot Patty Wine	110	http://www.youtube.com/watch?v=5wEkETEbIKw
Konshens	Soldier/From Yuh See Mi	113	
Vybz Kartel	Half On A Baby	118	http://www.youtube.com/watch?v=bXi-e0qUKos
Vybz Kartel Feat. Tommy Lee	Betray Di Gaza Boss	118	http://www.youtube.com/watch?v=jTnLoHZYXk4
Busy Signal	step out	121	http://www.youtube.com/watch?v=ISVbc2CxQ_E
Iyanya	Kukere	124	http://www.youtube.com/watch?v=4YvzTizFakk
KES	Precision Wine - Dancehall Soca	128	http://www.youtube.com/watch?v=RsZNfJKKelw
Fuse ODG Ft Wyclef Jean	Million Pound Girl	128	http://www.youtube.com/watch?v=6LCoksSQMzs
Sean Paul	Temperature	128	http://www.youtube.com/watch?v=EIFjZ_AAF_g
Sean Paul	Come & Get It	130	http://www.youtube.com/watch?v=RMoX92a9-ho

Musik zum Hüpfen

- Housestyle/Eletronic Music/Dance (ca. 130 bpm):

Titel	Interpret	Bpm/ Tempo	Wo? (Link)
Wankelmut & Emma- Louise	My Head is a Jungle	124	http://www.youtube.com/watch?v=pz6EAyXv4E8
Moonbootica	Hotzstuff	124	http://www.youtube.com/watch?v=-o5DyoUaX_E

Alan Braxe	Music Sounds Better with You	124	http://www.youtube.com/watch?v=vhhp-dQpHpo
Eric Prydz vs. Floyd (Sebastian Ingrosso Remix)	Proper Education (Remix)	125	http://www.youtube.com/watch?v=JDu9YPfVJpY
Spencer & Hill	Cool (Afrojack Remix)	126	http://www.youtube.com/watch?v=9yb_sOoKGpc
Parachute Youth	Can't Get Better Than This	127	http://www.youtube.com/watch?v=OHpTNLkZVHs
Fritz & Paul Kalkbrenner	Kruppzeug	127	http://www.youtube.com/watch?v=YqSx9YePAcY
Moonbootica	To the Club	127	http://www.youtube.com/watch?v=CebmrW9mK7o
The ian carey project	get shaky	128	http://www.youtube.com/watch?v=HJJ-GE0220M
Paul Kalkbrenner	Mad World	128	http://www.youtube.com/watch?v=ss8MZAKaLiw
Martin Solveig Feat. Dragonette	Hello (Blasterjaxx 'Dutch Afro' Bootleg)	128	http://www.youtube.com/watch?v=r4TmVvgDimk
Macklemore	And we Danced	128	http://www.youtube.com/watch?v=Vhf5cuXiLTA
Fritz Kalkbrenner	Grove	128	http://www.youtube.com/watch?v=-zY8xMVXo5s
Funkerman & Fedde Le Grand	Wheels In Motion	128	http://www.youtube.com/watch?v=b97v3Y44UUU
Tove Styrke	Call My Name	129	http://www.youtube.com/watch?v=M63HKB9RzNM
Ida Corr	Let Me Think About It	129	http://www.youtube.com/watch?v=19WUwZYM7bM
SCOTTY	Children	130	http://www.youtube.com/watch?v=xxhWIKFIGmk
Coldplay	Paradise (Fedde le Grand Remix)	130	http://www.youtube.com/watch?v=1G4isv_Fylg
Jasper Forks	River Flows In You	132	http://www.youtube.com/watch?v=0kHDwc78uTk
Earth Wind & Fire	"September 99"	132	http://www.youtube.com/watch?v=dAS-Ep2Kjbjk

Musik zum Laufen

- Rock`n`Roll Musik (150 – 180 bpm):

Titel	Interpret	Bpm/ Tempo	Wo? (Link)
Blues Brothers	Do You Love Me	145	http://www.youtube.com/watch?v=owCtCy55S2k
Wanda	Let`s Have a	155	http://www.youtube.com/watch?v=7ksBcV-qrgo

Jackson	Party		
Blak & Blu-5	Travis County	155	http://www.youtube.com/watch?v=U54SAR1wHc4
Bill Haley & His Comets	See You Later Alligatorv	157	http://www.youtube.com/watch?v=E4iKCugYVhA
John Travolta	Grease Lighting	160	http://www.youtube.com/watch?v=wK63eUyk-iM
Blues Brothers	Shake Your Tail Feather	161	http://www.youtube.com/watch?v=KDFDLcd5IOg
Jack White	I'm Shakin'	162	http://www.youtube.com/watch?v=XkcGuZHPbKk
Chubby Checker	The twist	162	http://www.youtube.com/watch?v=im9XuJJXylw
Jerry Lee Lewis	Great Balls of Fire	163	http://www.youtube.com/watch?v=ZD8YPY8RBQc
Wham!	Wake-me-up-Before-you-Go-Go	164	http://www.youtube.com/watch?v=plgZ7gMze7A
Chubby Checker	Let`s Twist Again	168	http://www.youtube.com/watch?v=BqvUkmnDVkM
Bill Haley	Shake, Rattle and Roll lyrics	170	http://www.youtube.com/watch?v=nfaf2IDscce
Shirley Ellis	The Clapping Song	170	http://www.youtube.com/watch?v=qWuSPPLtkEQ
Elvis Presley	All shook up	172	http://www.youtube.com/watch?v=3rQEbQJx5Bo
Blues Brothers	Jailhouse Rock	186	http://www.youtube.com/watch?v=plaDFJpOfMs
Boston Rockability	Rock-a-Beatin-Boogie	189	http://www.youtube.com/watch?v=WpqQ5OBaX8U
Blues Brothers	Everybody Needs Somebody	202	http://www.youtube.com/watch?v=IAG8iD-XS44
The Benny Goodman Orchestra	Sing Sing Sing	220	http://www.youtube.com/watch?v=62ZSQUyU00s

Tempo festlegen mit Hilfe von BPM-Counter (online).

- <http://www.all8.com/tools/bpm.htm>
- <http://www.beatsperminuteonline.com>
- <http://www.abysmedia.com/bpmcounter/>

Hinweis:

Alle Lieder sind auf Lautstärke, Anfang und Ausklang hin zu überprüfen → Lieder so schneiden, dass der entsprechende gewünschte Teil sofort beginnt.