


















August 2017

1 Hour

Elapsed Time	Tune	Movement	Intensity	Tempo	Cadence	Notes	Duration
0 3:45	Into the Great Wide Open – Tom Petty			82			3:45
3:45 7:30	Mutual Friends - Boy			96			3:41
7:30 12:30	Blurred Lines Remix – Robin Thicke (Will Sparks)			128			5:00
12:30 15:30	Baby Did a Bad Thing – Chris Isaak			150 (75)			3:00
15:30 18:45	Ruffest Gun Ark – Topcat (DJ Rap)			84			3:15
18:45 22:20	Pompeii - Bastille			128			3:35
22:20 26:50	Pour Some Sugar on Me – Def Leppard			85			4:31
26:50 29:50	Shawty Come Back – Charlie Wilson			80			3:03
29:50 32:15	Live For the Night - Krewella			128			3:27
32:15 36:30	Inside and Out - Feist			100			4:15
36:30 39:30	Miracle Mile – Cold War Kids			143 (71-2)			3:00
39:30 43:00	Trust Me – The Streets			120			3:30
43:00 45:40	Wires - Telekinesis			79			2:38
45:40 49:40	Spectrum - Zedd			130			4:00
49:40 54:00	You Gots to Chill - EPMD			100			4:26
54:00 58:28	Steppin Out – Gap Band			145 (72-3)			4:28
	Indestructible - Robyn			120			3:41
		