

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Run Wild Revealed Recordings, under exclusive license to Cloud 9 Music B.V. Written by van der Corpus, Giesbert van Rossum, van der Waart, Kneibma	Hardwell feat. Juke Poesse	5:47
2 SQUATS	Got (Vincent Price Remix) © 2016 Smash The House. Written by: Poken, Frank	Wolfpack & Avancade	5:56
3 CHEST	Spoken Word Courtesy of the Universal Music Group. Written by: Kinnert, Milton, Mpanga, Loderidge, Swanton, Coe	Chase & Status feat. George the Poet	3:27
	Spoken Word Courtesy of the Universal Music Group. Written by: Kinnert, Milton, Mpanga, Loderidge, Swanton, Coe	Chase & Status feat. George the Poet	1:45
4 BACK	LRAD © 2013 Warner Music UK Limited. Produced Under License From Warner Music UK Limited. Written by: Sade, Ted Gilson	Krifo Party	5:10
5 TRICEPS	Friday © 2014 Parlo Entertainment. Written by: Corina, Mando, Noddy, Gabriel	FWFES	5:31
6 BICEPS	Jungle Youth © 2016 Foxtel By Ramen, LLC Produced Under License From Atlantic Recording Corp. Written by: Tiley, Corina, Gadio, Dombach, Canada	Young The Giant	3:33
	Jungle Youth © 2016 Foxtel By Ramen, LLC Produced Under License From Atlantic Recording Corp. Written by: Tiley, Corina, Gadio, Dombach, Canada	Young The Giant	2:10
7 LUNGES	Ocho Cinco Courtesy of the Universal Music Group. Written by: Grigoriu, Foxlandchap, Tshutsu, Roshal	DJ Snake feat. Yellow Claw	3:48
	Ocho Cinco Courtesy of the Universal Music Group. Written by: Grigoriu, Foxlandchap, Tshutsu, Roshal	DJ Snake feat. Yellow Claw	1:36
8 SHOULDERS	Feel Your Love © 2016 Groove Records. Written by: Unknown	Flax Pavilion & NG'EMBE feat. Jamie Lewis	5:55
9 CORE	Closer © 2016 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Frank, Kinnert, Pangpain, Gade, King	The Chantmakers feat. Halsey	3:53
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10 COOLDOWN	Love On The Brain Courtesy of the Universal Music Group. Written by: Sal, Patsy Angel	Rihanna	3:47

Bodypump 89 Tracklist

Léo Pomar



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The Top Books of the Year Bodyump 89 Tracklist The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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