

Literaturverzeichnis

Historische Tänze 1: Fidula.

Andrea Straucher: Autogenes Training. Energie und Kraft durch Ruhe und Gelassenheit: ABOD München.

Beco: Aqua Disc SZ 1.

Beco: Aqua Disc SZ 1A.

Beco: Aqua Disc SZ 1C.

Beco: Aqua Disc SZ 1D.

Carlo Stottmeier: Athletic Moves. Afrikan Percussion 80-128 BPM: Pure Pleasure Musik GmbH.

Casa Musika: The Ballroom 5 Mix 2 CDs: casa musica GmbH und Co KG.

Dance House: Disco Fox.

David Guetta: Best of David Guetta. 67-140 BPM: Pure Pleasure Musik GmbH.

DJ FlimFlam: Megamix Chart Hits. 128-140 BPM: Sweatbeat Ab.

Fitzroy Gaynes: Playlist BODYSTYLING Ultimate Party Beats. 92-120 BPM.

Heiko Czichoschewski (65:26): Ski Fit. 79-140 BPM: Pure Pleasure Musik GmbH.

Ilaria Montagani: Powerstrike 10. 120-140 BPM.

Interactiv Music: Annual Deluxe 2019. 117-160BPM: Swedebeat Media Group.

Karl Heinz Taubert: Historische Tänze. Von der Volte zum Galopp: Schott Wergo Music Media GmbH.

MoveYa: 100% Clubsound Best of EDM, House & Dance #6 2 CDs. CD1 67-140 BPM CD2 67-128 BPM: Swedebeat Media Group.

MoveYa: 100% Clubsound EDM Fitness 2 CDs. CD1 95-140 BPM CD2 95-128 BPM: Pure Pleasure Musik GmbH.

MoveYa: 100% Pure Power Festival Edition. 102-140 BPM: Pure Pleasure Musik GmbH.

MoveYa: 2014 Most Wanted Clubhits. 98-135 BPM: Sweatbeat Ab.

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MoveYa: Best of Dream Trance. 70-143 BPM: Pure Pleasure Musik GmbH.

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MoveYa: Bo Tastic. 98-160 BPM. Winter 2019: Swedebeat Media Group.

MoveYa: Bo Tastic. 67-160 BPM. Autumn 2016: Swedebeat Media Group.

MoveYa: Bo Tastic. 84-160 BPM. Spring 2019: Swedebeat Media Group.

MoveYa: Bo Tastic. 73-160 BPM. Spring 2020: Swedebeat Media Group.

MoveYa: BO Tastic. 82-160 BPM. Spring 2017: Swedebeat Media Group.

MoveYa: BO Tastic. 63-160 BPM. Winter 15: Pure Pleasure Musik GmbH.

MoveYa: BO Tastic. 56-160 BPM. Spring 2016: Pure Pleasure Musik GmbH.

MoveYa: BO Tastic. 74-160 BPM. Spring 2018: Swedebeat Media Group.

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MoveYa (61:59): BO:Tastic. 119-160 BPM. Winter 14: Pure Pleasure Musik GmbH.

MoveYa: BO:Tastic. BPM 62-160. Winter 2022: Swedebeat Media Group.

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MoveYa: BODYSTYLING Pop & Dance Hits 5. 68-130 BPM.

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MoveYa: Bootcamp The non Stop Power Mix 2CDs. CD 1 120-135 BPM CD 2 120-145 BPM: Pure Pleasure Musik GmbH.

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MoveYa: Chart Attack. Cardio 71-135 BPM Toning 64-128 BPM. Autumn 2017: Swedebeat Media Group.

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MoveYa: Chart Attack 2 CDs. Cardio 85-135 BPM Toning 64-128 BPM. Spring 2017: Swedebeat Media Group.

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MoveYa: Chart Attack 2 CDs. CD1 Cardio 80-135 BPM CD2 Toning 92-128 BPM. Winter 2018: Swedebeat Media Group.

MoveYa: Chart Attack 2 CDs Cardio/ Toning. BPM CD1 Cardio 77-135 CD2 Toning 91-128. Spring 2022: Swedebeat Media Group.

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MoveYa: Chart Attack Step Cardio / Toning. Step Cardio 92-135 BPM Toning 86-128 BPM: Pure Pleasure Musik GmbH.

MoveYa: Chart Attack Step Cardio / Toning. 75-136 BPM Step Cardio 96-128 Toning. Autumn 15: Sweatbeat Ab.

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MoveYa: Chart Hits 2CDs. Cardio 75-135 BPM Toning 65-128 BPM. Autumn 2020: Swedebeat Media Group.

MoveYa: Chart Hits Remixed. 90-136 BPM: Pure Pleasure Musik GmbH.

MoveYa: Chart Hits Step Cardio / Toning. 72-135 BPM Step Cardio 85- 128 BPM Toning. Winter 14: Pure Pleasure Musik GmbH.

MoveYa: Chat Attack 2CDs. Cardio 82-135 BPM Toning 95-128 BPM. Winter 2017: Swedebeat Media Group.

MoveYa: Chat Attack 2 CDs. Cardio 90-135 BPM Toning 76-128 BPM. Spring 2019: Swedebeat Media Group.

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MoveYa: Chat Hits 2CDs. Cardio 113-135 BPM Toning 70 -128 BPM. Autumn 2018: Swedebeat Media Group.

MoveYa: Chat Hits 2CDs. Cardio 62-135 BPM Toning 80-128 BPM. Spring 2020: Swedebeat Media Group.

MoveYa: Clubstyle Deluxe Amsterdam Edition. 110- 135 BPM: Pure Pleasure Musik GmbH.

MoveYa: Clubstyle deluxe Ibiza Edition. 90-135 BPM: Pure Pleasure Musik GmbH.

MoveYa: Cycle It Party Hits. 63-146BPM: Sweatbeat Ab.

MoveYa: Cycle it Party Hits VOL 2. 63-146 BPM: Sweatbeat Ab.

MoveYa: Deutsche Radio Hits #2. 70-130 BPM: Sweatbeat Ab.

MoveYa: Fit over 60 Aerobic. 72-128 BPM: Pure Pleasure Musik GmbH.

MoveYa: Hands Up Trance Hits 2012. 65-145 BPM: Pure Pleasure Musik GmbH.

MoveYa: Helene Meets Andrea. 108-134 BPM: Pure Pleasure Musik GmbH.

MoveYa: Hot Iron. 70-150 BPM: Swedebeat Media Group.

MoveYa: Intervall Chart hits 3 CDs. CD1 119-135 BPM CD2 119-135 BPM CD3 119-135 BPM: Sweatbeat Ab.

MoveYa: Its Partytime Discofox Hits. 96-134 BPM: Pure Pleasure Musik GmbH.

MoveYa: Mental Centering Vol 5. 50-90 BPM: Pure Pleasure Musik GmbH.

MoveYa: Most Wanted Chart Hts 2017. 64-140 BPM: Swedebeat Media Group.

MoveYa: Muscel, Activity, Excellance (M.A.X). 117-135 BPM: Sweatbeat Ab.

MoveYa: Partykracher Apres SKI/ Mallorca/ Karneval. 128-136 BPM: Pure Pleasure Musik GmbH.

MoveYa: Pilates & Yoga Grooves Vol 3. BPM 70-85. Lucia Nirmala schmidt: Pure Pleasure Musik GmbH.

MoveYa: Pilates Flow Tonic 4 fließende Kraft für starke Momente. BPM 90: Move Ya.

MoveYa: Pilates Grooves Vol 5. Lucia Nirmala schmidt: Pure Pleasure Musik GmbH.

MoveYa: Pilates Pop Lounge Vol 3. BPM 55-108: Pure Pleasure Musik GmbH.

MoveYa: Pilates Rhythm. BPM 40-98. Michael King: Pure Pleasure Musik GmbH.

MoveYa: Power Aerobic. 85-140 BPM: Swedebeat Media Group.

MoveYa: Power Aerobic. 82-140 BPM. Summer 2016: Swedebeat Media Group.

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MoveYa: Power Aerobic Charthits. 90-142 BPM. Summer 13: Pure Pleasure Musik GmbH.

MoveYa: Power Aerobic Good Vibrations. 62-140 Min: Swedebeat Media Group.

MoveYa: Power Aerobic Move your Body. BPM 87-140: Swedebeat Media Group.

MoveYa: Power Aerobic My Head My Herat My Body. 100-140 BPM: Swedebeat Media Group.

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MoveYa: Senior Beats Remixed 2X. 62-136 BPM: Pure Pleasure Musik GmbH.

MoveYa: Senior Party. 85-130 BPM: Pure Pleasure Musik GmbH.

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MoveYa: Step Experience. 102-135 BPM. Spring 2018: Swedebeat Media Group.

MoveYa: Step Experience. 59-135 BPM. Spring 2017: Swedebeat Media Group.

MoveYa: Summer Dance Party. 78-135 BPM: Swedebeat Media Group.

MoveYa: Summer Dance Party. 90-135 BPM: Pure Pleasure Musik GmbH.

MoveYa: Summer Jam. 94-105 BPM: Swedebeat Media Group.

MoveYa: Ü 30 Party Hits. 82-134 BPM: Swedebeat Media Group.

MTrax: Aerobics 72 2 CDs. CD1 134-142 BPM CD2 137-155 BPM: Mtrax.

MTrax: Aerobics 74 2 CDs. CD1 134-142 BPM CD2 137-155 BPM: Mtrax.

MTrax: At the Movies. 130-142 BPM: Mtrax.

MTrax: Best of Clubbing 2015 2 CDs. CD1 130-137 BPM CD2 132-138 BPM: Mtrax.

MTrax: Hip Hop Funk 2 CDs. CD1 100-120 BPM CD2 98-120 BPM: Mtrax.

MTrax: Indoor Cycling 23 2CDs. CD1 95-192 BPM CD2 106-132 BPM: Mtrax.

MTrax: POPs Medley 6 2CDS. CD1 128-160 BPM CD2 127-137 BPM: Mtrax.

MTrax: The best of Aerobics 76 3 CDs. CD1 139-142 BPM (nicht vorhanden) CD2 115-139 BPM CD3 137-157 BPM: Mtrax.

MTrax: Xmas Countdown. 130-142 BPM: Mtrax.

Musik e Motion: Platinum Chats. 126-134 BPM. Autumn 2019: Musik e Motion.

Pierre Ammann: Fila Kick Power 10 most Wanted. 80-140 BPM: Pure Pleasure Musik GmbH.

prandisound: Dance Super Star Ballroom 8: Prandi Sound Records.

Pure Pleasure Musik GmbH: Bodyshape Chart Hits. 85-128 BPM.

Pure Pleasure Musik GmbH: HOT IRON Bang Bang. 63-128 BPM: Move Ya.

Pure Pleasure Musik GmbH: Party Forever Top 40 Hits. 105-140 BPM.

Pure Pleasure Musik GmbH: Power Intervall. 118-144 BPM.

Saskia Krause: Classic Dream Trance. 90-142 BPM: Pure Pleasure Musik GmbH.

Stephan Suh: high kicks also for Thai Bo 2CDs. CD1 0-144 BPM CD2 0-149 BPM: 4 aerobic.

Stravinsky: The Royal Philharmonic Orchestra. The Rite of Spring The Firebird Ballet Suite 1945: MAT Musik Theme Licensing Ltd.

Swedebeat: Best of Chartmix 2015 3 CDs. CD1 80-140 BPM CD2 79- 145 BPM CD 3 82- 135 BPM: Aeromix.

Techniker Krankenkasse: Atementspannung. Stoppt den Alltagsstress.

Techniker Krankenkasse: Progressive Muskelentspannung. Ausgeglichen durch den Alltag.

Tomahawk: Cycling Symphonica. 65-155 BPM: Pure Pleasure Musik GmbH.

Toso: Tribute to Avici. 98-165 BPM: Pure Pleasure Musik GmbH.

Universal Studios: We Love Fitness. Various: Polystar (Universal Music).

Uptrax records: Running Hits Volume 4. 125-143 BPM.

Zumba Fitness: Zumba Mega Hits 46 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba 50 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba 53 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba 58 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba 59 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba Mega Hits 44 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba Mega Hits 45 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba Mega Hits 47 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba Mega hits 48 CD: Zumba Fitness LLC.

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Zumba Fitness: Zumba Mega Hits 53 CD: Zumba Fitness LLC.

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Zumba Fitness: Zumba Mega Hits 55 CD: Zumba Fitness LLC.

Zumba Fitness (33:96 Min): Zumba Mega Hits 56 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba Mega Hits 57 CD: Zumba Fitness LLC.

Zumba Fitness: Zumba Mega Hits 58 CD: Zumba Fitness LLC.

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Zumba Fitness: Zumba Voulume 61 CD: Zumba Fitness LLC.