

## Recovery/Leg Strength/Pushups/Abdominals

Bench Direction	Song	Artist	Release
	Don't Turn Off The Lights	Enrique Iglesias	Bodystep 50
	Alive	Jennifer Lopez	Bodystep 51
	Why'd You Lie To Me	Anastacia	Bodystep 52
	Jenny From The Block	Jennifer Lopez	Bodystep 53
	When I See You	Macy Gray	Bodystep 54
	Get My Party On	Shaggy	Bodystep 56
	Dive(Chris Cox Club Anthem Radio Edit)	Debby Holiday	BodyStep 58
	My Prerogative (House Mix)	Rod Michael	BodyStep 59
	Is It Cause I'm Cool?	Les Mills	Bodystep 60
	Soldier (Maurice's Nu Anthem Mix)	Destiny's Child	Bodystep 61
	1,2 Step Featuring Missy Elliott (Ford's E-Hop Club Mix)	Ciara	Bodystep 62
	These Boots Are Made For Walkin / Don't Cha	Jessica Simpson / Pussycat Dolls Feat. Busta Rhymes	Bodystep 63
	Something(Buzz Kitchen Mix)	Silosonic	BodyStep 64
	Come Rain Come Shine (A & L Original Extended Mix)	Jenn Cuneta	BodyStep 65
	Brown Skin (Illcit Club Mix)	India.Arie	BodyStep 66
	Oh Yeah	Yello	Bodystep 67
	Deja Vu (Freemasons Radio Mix)	Byonce Feat. Jay-Z	BodyStep 68
	Happenin` All Over Again	Young Divas	BodyStep 68
	Upside Down	Disco Deejays	Bodystep 69
	Breakaway (Chris Fraser Radio Edit)	Naya Day	Bodystep 70
	Boogie Shoes	K.C. & The Sunshine Band	Bodystep 70
	Thriller (Original Mix)	Red Rhythm & Rilod	BodyStep 71
	I Fell In Love With The DJ (Cham Extended)	Che'Nelle Feat. Cham	BodyStep 71