



TOP 40 CARDIO WORKOUT

1. Footloose/Kenny Loggins
2. Boogie Wonderland/Earth, Wind & Fire
3. We Got The Beat/Go Go's
4. One Way Or Another/Blondie
5. 1999/Prince
6. Play That Funky Music/Wild Cherry
7. Brick House/Commodores
8. Steppin' Out/Joe Jackson
9. Y.M.C.A./Village People
10. Born To Run/Bruce Springsteen
11. I'm Coming Out/Diana Ross
12. Working For The Weekend/Loverboy
13. Shake Your Body (Down To The Ground)/Jacksons
14. Maniac/Michael Sembello
15. I Will Survive/Gloria Gaynor
16. Mony Mony (Live) /Billy Idol
17. Celebration/Kool and the Gang
18. I'm Your Boogie Man/K.C. & The Sunshine Band
19. Dancing In The Dark/Bruce Springsteen
20. Boogie Nights/Heatwave
21. Bang The Drum All Day/Todd Rundgren
22. Turn The Beat Around/Vickie Sue Robinson
23. Rock & Roll All Night (Live)/Kiss
24. Funkytown/Lipps, Inc.
25. U Can't Touch This/M.C. Hammer
26. You Should Be Dancing/Bee Gees
27. Walking On Sunshine/Katrina & The Waves
28. Hot Stuff/Donna Summer
29. Physical/Olivia Newton-John
30. Disco Inferno/Trammps
31. Vacation/Go Go's
32. Vogue/Madonna
33. Super Freak (Part 1)/Rick James
34. Who Loves You/Four Seasons
35. Love Shack/B-52's
36. Conga/Miami Sound Machine
37. Born To Be Alive/Patrick Hernandez
38. Fame/Irene Cara
39. I Want You to Want Me/Cheap Trick
40. White Wedding/Billy Idol