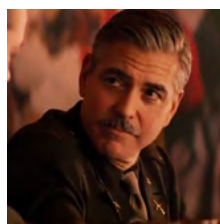


TOP 5

BESTFITS CHOICE PICKS, WHETHER YOU'RE HITTING THE BIG SCREEN OR HITTING THE SOFA

MUSIC >>>

FILMS



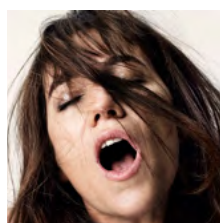
THE MONUMENTS MEN (FEBRUARY 14)

Comedy starring George Clooney on a mission to rescue masterpieces looted by Nazis.



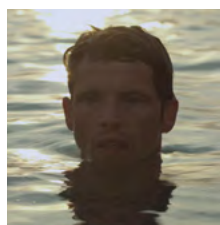
CUBAN FURY (FEBRUARY 14)

Nick Frost (that fella what hangs around with Simon Pegg) is a former teen dancing prodigy making a comeback.



NYMPHOMANIAC: PART ONE (FEBRUARY 21)

The first episode in Lars Von Trier's dark and wild sex drama.



STRANGER BY THE LAKE (FEBRUARY 21)

A body is dredged from a gay-cruising lake in this acclaimed Hitchcockian French thriller



NON-STOP (FEBRUARY 28)

Liam Neeson is in gun-toting action-Dad for hire mode again.

DVDs



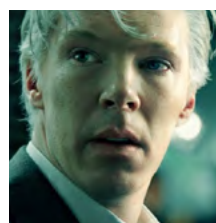
FILTH (FEBRUARY 10)

James McAvoy stars as a corrupt, sociopathic Edinburgh cop in a fast-paced black comedy adapted from the novel by Irvine Welsh.



CAPTAIN PHILLIPS (FEBRUARY 10)

Tom Hanks stars in this Academy Award-nominated drama directed by Paul Greengrass based on the real life hijacking of a US cargo ship by Somali pirates.



THE FIFTH ESTATE (FEBRUARY 17)

An activist (Benedict Cumberbatch - Star Trek Into Darkness) and computer hacker (Daniel Brühl - Rush) team up to become the underground watchdogs of the privileged and powerful.



GAME OF THRONES SEASON 3 (FEBRUARY 17)

The complete third season of the HBO medieval fantasy drama based on the best-selling novel series 'A Song of Ice and Fire' by George R.R. Martin.



THOR: THE DARK WORLD (FEBRUARY 24)

Action adventure sequel featuring Chris Hemsworth as the Marvel Comics superhero Thor, based on the mythical Norse God of Thunder.

TOP 10 WORKOUT TUNES

I'M ALEX SIMMONS OWNER OF CUTTING EDGE RADIO STATION ALL STAR FM AND A PROFESSIONAL DJ OF 15 YEARS! **MUSIC IS THE FOOD OF THE SOUL AND IT IS ESSENTIAL WHEN YOUR WORKING OUT YOU FEED YOUR BODY WITH THE BEST SOUNDS TO GET A PUMP AND BURN THOSE CALORIES!**



HERES MY TOP 10 UNDERGROUND WORKOUT TUNES... SPECIFICALLY TO KEEP YOU SMILING WHILE YOU WORK HARD!



SOLOMUN - SOMETHING WE ALL ADORE

Great warm up track for a work out not to fast but has a wicked 2pac sample and a repetitive beat.



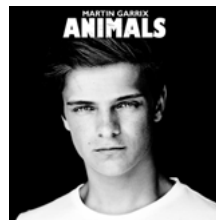
ALUNA GEORGE TCHAMI - YOU KNOW YOU LIKE IT

UK duo smashing the charts and the gym with this hot record.



TECHNOTRONIC - PUMP UP THE JAM

Classic remixed by the Dimitri Vegas... Gets any gym going!



MARTIN GARRIX - ANIMALS

Biggest Dance anthem of 2013 still does the business in the gym.



GROOVE ARMADA - SUPERSTYLIN

Epic timeless record house anthem that has one of the all time drops!



TJR - FUNKY VODKA

Ruined by a US hip hop artist but the original is immense.



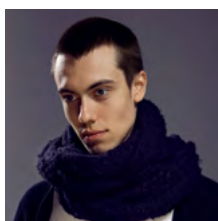
MK - MY HEAD IS A JUNGLE

Weapon of gym destruction when your lifting high reps.



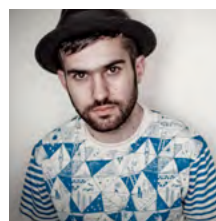
P.DIDDY - LAST NIGHT (HOPELESS REMIX)

The Ladies favourite that always gets the girls moving.



MARLON HOFFSTADT - SHAKE THAT

Metronomic with a soulful male vocal.



A-TRAK - HEADS WILL ROLL

The big indie anthem gets a pumping house going over perfect for a big set.



CATCH ME WEEKDAYS 7:30AM-10AM



@ALEXSIMMONSDJ



ALL STAR FM APP