

# Mp3 Mike Bell - Treadmill Music



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A treadmill workout that powerfully blends motivational spoken words with exhilarating music. 10 MP3 Songs ELECTRONIC: Virtual Orchestra, SPOKEN WORD: With Music Details: This is a unique exercise CD that powerfully blends motivational words and music for a high-spirited treadmill experience like no other. This music was specifically composed to energize the mind. The words were carefully chosen to inspire the soul and empower the mind. A creative tool you'll want to use for every workout! The perfect combination of positive words and powerful music takes you on an inner journey that is guaranteed to transform a negative day into an enlightened experience. Mike Bell has composed background music for radio and television commercials. He also is a firm believer in the power of positive thinking and it's ability to transform the human spirit. Combining the power of self-motivating words with the emotion of inspiring music is a labor of love Mike would like to share with you. Tracks 1 and 5 contains a 30 minute 3.4 mph workout Tracks 6 through 10 contains a 30 minute 3.8 workout. Enjoy the Power!!!

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