

Mp3 Intensity Inc. - Exercise Music / Dance Music Volume

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High energy music great for exercising or dancing. 12 MP3 Songs in this album (62:33) ! Related styles: ELECTRONIC: Techno, ELECTRONIC: Dance Details: Intensity Inc. is dedicated to creating a variety of high energy exercise music from many genres for anyone from beginners to fitness professionals that can be used in your own personal workout or royalty free in a training or class setting(unless being filmed or recorded). Our music is also fun to dance to, use as background music at parties, or just kick back and listen to. The first CD Exercise Music / Dance Music Volume One is filled with fast-paced Techno music that is designed to be listened to in track specific order while walking, dancing, aerobicizing or various other aerobic workouts. The tracks begin with a warm-up intensity and progress into a calorie burning intensity back to a cool-down intensity providing a great cardiovascular workout. It also serves as fun background music for strength training sessions.

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