

Mp3 Gordon Mcghie - Kung Fu



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High energy workout with drive to make you sweat. A heavy techno beat to keep your pulse pounding. 7 MP3 Songs ELECTRONIC: Drum 'n Bass/Jungle, ELECTRONIC: Industrial Details: This is the workout of the year music. If you can stay alive at the end of this CD then you are in amazing shape and should be running the Kung Fu class! The music starts at a fast 130 beats per minute and continues to drive on and up for almost an HOUR to a stunning cardio kicker of 152! The last track 'Down Time' will be a gift to stretch with to bring your best workout mentally back into focus. Designed at the request of the Canadian Wing Chun Kung Fu Academy this CD will also work for those of you who have a hunger for energy driven pace.

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