

Mp3 Halcopresents - Move It And Lose It !!!



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A wonderful work out and weight loss cd, 14 great tunes to meditate,work out and cool down with.makes a great holiday gift or a really nice new year's resolution present for yourself.. 14 MP3 Songs EASY LISTENING: Mood Music, NEW AGE: Meditation Details: Hi!, Welcome to HalcoPresents,Our New CD,"Move It And Lose It" is an innovative Work Out,Exercise and Weight Loss Tool utilizing a "Follow The Beat" concept of physical Movement to help you Focus on a path to Weight Loss and Better Health!. All you have to do is " FOLLOW THE BEAT",Thats the most Important thing and its what makes this WORK for You!!. Its FUN and EASY!,just pop this disk into your player and GO!. NO Hip-Hop,Trip-Hop stuff here,just over 50 minutes of good Music with different genres for you to enjoy as you Walk,Jog or Bike, warm up,work out and cool down. We Thank You for supporting Independent Musicians and hope you visit us at our new Website,please leave your comments,suggestions and how its working for you,we look forward to hearing from you!. Thanks!, hal

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