

Mp3 :: Mid Tempo Inst Mix 140bpm

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140bpm / 66min / Non-stop Mix (32ct) An energetic instrumental mix geared for all ages!! Perfect for Kickboxing, bootcamp, aqua, & mid tempo aerobics. Because this mix is designed as an instrumental program, you don't have to worry about suggestive lyrics being blasted in your group fitness class. You are safe!

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