

Mp3 Head Full Of Drums - 30 Minute Cardio Workout Non-stop Drum Mix All Drums

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30 Minute Cardio Workout with a ton of real drums. 1 MP3 Songs in this album (30:00) ! Related styles: WORLD: Drumming, NEW AGE: New Age People who are interested in Blue Man Group Stomp should consider this download. Details: This is an intense non-stop mix containing mutiple high-energy up-tempo drum songs by Head Full Of Drums all connected together into a single 30-minute remix track. It is a ton of real drums. You wont find any narrative, vocals, guitars, or keyboards on this music. No drum machines here! Just real drums, and some unique percussion instruments mixed into an energizing music track you can crank up and enjoy during your 30-minute workout at home or at the gym. This Head Full Of Drums Cardio mix is great for working out on exercise machines, aerobics, dancing, martial arts style workouts, bicycling, weight lifting, rock climbing or whatever you like to do! Music can deeply alter our mood, our perception and our lives. Music is the soundtrack of our life. Head full Of Drums is music that uplifts, enlightens and energizes the soul. Each song is composed and played with the spirit of healing and bringing positive change to the listener. The primal rhythms and upbeat tempos heighten awareness, stimulate your senses, and energize your cardio workout. I truly believe that the power of music and the effect it has on our lives and our universe is far more profound than many people realize. Today there are many modern medical and scientific professionals that have clinically proven the power of music to inspire, heal and improve many facets of our existence. Other uses for this music: You can simply listen to this disk and enjoy the music. Better yet, go out somewhere in public with a portable music player with headphones on and walk around. You will feel the heightened awareness as you listen to the music and experience your surroundings. The rhythms allow you to see things in a different way. Another great way to enjoy this CD is to play along. All you need is a pair of sticks (about \$10 at any music store) and something to play on. You don't even need an actual drum. You can just use something like a wastebasket or a plastic 5-gallon bucket. Just turn up the CD and play along whatever feels good. There is a magical thing about Drumming. It's a form of meditation and is great for stress relief. Express yourself and have fun! You may eventually want to invest in a hand drum, set of congas or even a drum set! This

one-track recording is a digitally remastered compilation of songs from the Head Full Of Drums CDs Drum The Drums and Drum Circle Around The World. The songs on this 30 Minute Cardio Workout Non-Stop Drum Mix (all in one track, remix):

Energy: An audio all natural energy drink. Use this song to increase vitality and intensity of expression. Although this song can provide energy it is not a substitution for a good nights sleep. This song gets your blood pumping, and your body and mind going. It is a great way to start your workout.

Motivation: This song simply has a motivating upbeat feel. It's great for working out, walking, or a boost to get you going and keep you going.

Discipline: This is a song about self-discipline. Sometimes we need a little help or inspiration. That's what this song is here for. Use the energy of this song to stay focused and on track with your personal goals.

Velocity: Another audio all-natural energy booster. Use this song to increase speed and agility and stamina. When it kicks in you will feel an increase in tempo (BPM), as you shift into a faster pace.

Opportunity: Also a high BPM song that is made to help you take on the world, seize the opportunities of life. Give it all you got. You CAN do it!

Man To The Moon: We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too. - JFK 1962

Ideas Into Action: Use this song to turn your great ideas into reality. Dont tell everyone in your life about your big ideasshow them with action.

Subject To Change: This song was inspired by a wise man that told me- "Everything in life is subject to change". That means with faith and perseverance we can change our financial situation, our health, our body, or any challenge that presents itself in our life. You must always consult a physician or professional medical practitioner if you have health and fitness related issues problems or questions before undertaking any kind of exercise activity, and or cardio workout. If you feel like 30 minutes is too much, and experience any pain or discomfort, stop the music and end your workout early. -----

About Vic Sorisio creator of Head full Of Drums: Starting from my early childhood, music was a great healer for me. Drumming was the therapeutic outlet for me to release pent up energy, and help me though a lot of the challenges I was going through. Without that outlet I can't imagine what would have happened to my life. I went on to college and received a degree in music. Since then I've toured extensively performing on a variety of instruments. I perform weekly and keep busy the rest of the time composing, producing and recording at my studio called Quality Music Recording Studio

in Vancouver, Washington.

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