

GEMINI v.19  
INTERVAL RIDE



1	So Cool—Wouldn't It Be Good (Ambient intro remix) (N. KERSHAW) COPYRIGHT CONTROL	3:29	104 BPM
2	Spirit & Flame—Água (F.LENZI-D.SORIANI)	7:06	95 BPM
3	The Plus Men Quartet—The Trumpet Wall (F. LENZI-D. SORIANI)	4:30	89 BPM
4	The Royal Club—Overture No. 1 (Red limited remix) (F. LENZI-D. SORIANI)	6:45	108 BPM
5	Groove Nation—Just Be Good to Me (Irresistible US mix) (HARRIS III-LEWIS) COPYRIGHT CONTROL	7:02	124 BPM
6	Zimo—Silk Touch Powder (A. BRACCONI) ED. BETASIX RECORDS	4:51	102 BPM
7	Viña Sol Club—Open Sunday (F. LENZI-D. SORIANI)	6:20	130 BPM
8	The Groom—Small Conversatio (F. LENZI-D. SORIANI)	5:11	100 BPM
9	Seven Seas—Song for a Guy (Sweet sensation remix) (JOHN) COPYRIGHT CONTROL	6:41	128 BPM
10	Seven Seas—Axel F (Euphoria jumping mix) (H. FALTERMEYER) COPYRIGHT CONTROL	6:53	108 BPM
11	Tribalya—Sax Song (F.LENZI - D.SORIANI)	5:30	132 BPM
12	Full Range—Trance Plane (Last climb musical chair mix) (F.LENZI - D.SORIANI)	7:16	140 BPM
13	Eveline Green—Kiss of Life (ADU - MATTHEWMAN - HALE - DENMAN) COPYRIGHT CONTROL	4:12	100 BPM



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v19

# GEMINI Volume 19

Mad Dogg Athletics has provided these suggested profiles using the music from this compilation. Shuffle the sequence or mix these tracks with your own favorites for an endless variety of Spinning® program rides. **REMEMBER:** You and only you are in control of your ride. The intensity of the training session and the interpretation of the music is your choice. Use a heart rate monitor, ride within your ability and go at your own pace.

*Always consult your physician before embarking on a regular exercise routine.*

## SYMBOL KEY

Seated Flat	Standing Flat	Seated Climb	Sprinting on a hill	Running w/ Resistance	Standing Climb	Jumps	Jumps on a Hill	Heart Rate Check	Cadence Check

## SUGGESTED PROFILES

TRACK #:

1	2	3	4	5	6	7	8	9	10	11	12	13				
1	2	3	4	5	6	7	8	9	10	11	12	13				
1	2	3	4	5	6	7	8	9	10	11	12	13				
1 & 2	4	6	8	9	5	7	11	13								
2	8	10	11	6	4	5	9	3								
1	9 & 10	11	12	8	7 & 5	2										

Profiles 1–3 by Barbara D’Onza & Francesco Sivieri. Profiles 4–6 by Josh Taylor.

Executive producers: **JOHN BAUDHUIN, ALFREDO VENTURI & FRANCESCO SIVIERI**

Track 1 arranged and mixed by: **EMANUELE FONTANA, SO COOL.**

Tracks 2–5, 7, 9–13 arranged and produced by: **DANIELE SORIANI & FABIO LENZI**

Track 6 produced by: **STEVE BATTARA**, Electric piano & bass by: **ELOX**, Special thanks to: **PASO D.J.**

Track 3 trumpet by: **MARIO COSIMI**

Additional arrangements by: **RICCARDO GALATOLO**

Extra percussions by: **ANDREA LEMMI**

Special Thanks to: **PAOLO SGINZO FOR BETASIX RECORDS, MARZIA GUARNACCIA, EMANUELE FONTANA, RICCARDO GALATOLO, RICCARDO CIONI DJ, CARLO RAFFALLI, FRANCESCO CHERUBINI, PAT, DIDA, LILÜ, MARCO COSIMI, D.FROLI**

Daniele Soriani & Fabio Lenzi appears courtesy of **IBIZA 92 COMMUNICATIONS & FALCON RECORDS**

Created by **hitechwell.com** music staff



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