## GEMINI v.19 INTERVAL RIDE

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

(ADU - MATTHEWMAN - HALE - DENMAN) COPYRIGHT CONTROL



Mad Dogg Athletics, Inc

13 Eveline Green—Kiss of Life

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**GEMINI** 

INTERVAL RIDE

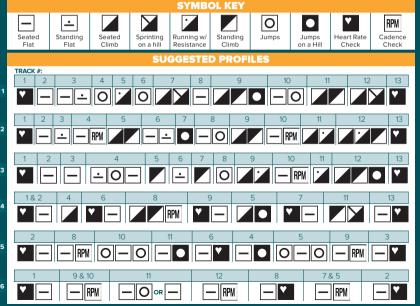
SPINNING.



## **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.



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, LILÙ, 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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