

# I\A\WAKE

— TECHNOLOGIES —

## WORKOUT ECSTASY

**RADICALLY IMPROVE  
YOUR WORKOUTS  
WITH MUSIC THAT  
MOVES YOUR BODY AND  
ENTRAINS YOUR BRAIN**

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## DISCLAIMER

The user of Workout Ecstasy (WE) agrees that this audio program is designed solely for meditation, self-improvement, and as an exercise and workout aid. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, expressed or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or who have had seizures

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of WE, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY WE AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of WE assumes all risks, waiving any claims against iAwake Technologies, LLC and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to WE.

In no case will iAwake Technologies, Integral Recovery, or other distributors of WE be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its program, instructions, or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Provo, Utah, or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived at. Judgment upon the award rendered by the arbitrators, if any, may be entered in any court having jurisdiction thereof.

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### File Information for Optimal Entrainment Results

**NOTE:** We strongly recommend not converting Workout Ecstasy (WE) to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality 320 kbps MP3 file. If you wish to burn WE to a CD, burning it as a 320 kbps MP3 file will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "MP3," then select "Custom," and set to 320 kbps.



### NOTE ON HEADPHONES

For the full entrainment effect, it is recommended that one use earbuds or headphones when listening to Workout Ecstasy.



### Compatible Players

#### MP3

- *Compatible with all MP3 players.*



### IMPORTANT NOTE ON USING WE:

Be sure to **drink at least one glass of water before your sessions and one glass of water afterward.** Brainwave entrainment increases blood flow to the brain, and drinking plenty of water helps your brain rid itself of waste byproducts.



## **Welcome to Workout Ecstasy**

*by Nadja Lind*

I am a very active personality, and I get bored and distracted easily. Sometimes I experience a lack of motivation when I step onto the treadmill or start working out at home, and I have also been distracted so completely, to the extent where I stopped training altogether.

So, I thought about creating something to help my brain stay assertive, alert, focused, and relaxed – all at the same time – that would also keep my body moving at a constant pace, and probably the most important factor to me: making the whole experience FUN!

Workout Ecstasy is a tool to enhance exercising, whether it's in the gym, outside, or at home; and can be used with or without headphones to increase fun, focus, energy level, perseverance, breathing, and constant pace.

There's enough going on in these tracks to keep the brain occupied at a level where it is not distracted by the surroundings or mental noise, and at the same time the music is repetitive enough to not distract or overwhelm you in and of itself.

Workout Ecstasy is created to be a gentle guide throughout the entire exercise period, helping the whole body-mind system align and orient effortlessly towards the training and its positive effects.

I combined electronic music with some acoustic elements and drone frequencies, and an additional binaural entrainment. Then I recorded my breathing to be reminded to breathe during training.

The alpha binaural frequency entrainment will help get you in the zone quickly, and deepen and enhance your workout concentration and productivity. It will help you keep on moving... and the beginning will remind you to breathe deeply and move your focus from mental noise to inner body awareness.

## About Nadja Lind



Nadja Lind has been creating (and using) binaural beat ambient meditations since 2011, producing electronic music since 2004, and dj-ing since 2003. Nadja works out approximately five times a week at the gym and likes to use entrainment + beats. She used to work as an aerobics instructor and fitness trainer.

Nadja is the creator of [Turning In Ambient Meditations](#). She has a DJ career that kicked off on New Year's Eve 2003 and has spawned a typically globetrotting calendar (Fabric London, Time Club Manila, Tresor and Berghain Kantine in Berlin, DC10 Ibiza), a production career that has seen several works as either a solo artist or with Klartraum production buddy Helmut Ebritsch, and the dizzying heights of being co-owner of the Lucidflow imprint, a record label which has started to rack up quality releases and remixes, seeing the likes of John Digweed and Hernan Cattaneo plucked from the catalogue, a strong seal of quality.

Her personal development and spiritual evolution led her to Ken Wilber's AQAL map and the idea of "Integral" many years ago, which was the catalyst for starting her own Meditation Series. Recording initially to support her own healing process, but quickly also appealing to her friends and DJ colleagues who requested more drone waves with the certain Nadja touch, was the beginning of Turning In Binaural Ambient Meditations.



# How To Use Workout Ecstasy

## Workout Ecstasy can help you:

- be more inspired and focused during your workouts
- maintain a steady pace while jogging or doing cardio exercise
- energize and focus your strength training sessions
- motivate and get more out of your exercise program
- exercise your brain while you exercise your body
- have spontaneous dance sessions at work or at home  
(in other words, just listen and move your body as you feel inspired to!)
- feel joy and ecstasy as you exercise

Remember that exercise can and should be fun, and not a burden.

In this offering, you will notice there are two tracks. Both are very powerful and effective, one is simply shorter for your shorter workouts (26 minutes) and the longer track is for longer, more extended workouts (46 minutes).

The way we recommend using these tracks for the greatest effectiveness in your workout routine (and we know you will find new and exciting ways to use this on your own) is to start the track at the beginning of your workout.

Notice there is a gentle drone before the beats kick in. Use this time to center down, visualize your meditation, and we highly recommend dedicating your workout to your highest good at this moment in your life. This infuses the exercise with additional energy, purpose, and focus.

When the beats kick in, start moving your body and get to work.

At the end of the tracks, the music moves into a calming drone sound. At this time, you can refocus, relax your muscles, thank your higher power, and be done with your workout. Or, if you're really going for it, simply put the track on a loop, play it again, and kick some more exercise butt.

Another way to use this track is when you are working in your office or at home, and starting to feel tired and drained, you can put the track on (either using your mobile device with headphones or earbuds, or simply listening through speakers) and begin to dance and move with the music. This is a tremendous way to revitalize and energize your day.

Good luck finding new and exciting applications to these beautiful tracks and feel free to share them with the iAwake team at [support@iawaketechnologies.com](mailto:support@iawaketechnologies.com). We'd love to hear what you come up with.

**So get moving, get sweating, and start grooving!**

Workout Ecstasy can be played on any computer, MP3 player, smart phone, or stereo symposium.

# Workout Ecstasy's Technology

**Workout Ecstasy 26 minutes (binaural alpha, vibroacoustic drones)**

**Workout Ecstasy 46 minutes (binaural alpha, vibroacoustic drones)**

**Target Brainwaves - Alpha 12 Hz** - These tracks offer a combined approach to accomplish guiding the listener into the desired brainwave state and eliciting the experience of an effortlessly focused and practiced workout exercise.

**Phase One** - Warm up the muscles, move the joints, and slowly increase the heart rate. Reminds the listener to breathe deeply in order to provide enough oxygen to the muscles for building up the energy level in the body for the exercise to come.

**Phase Two** - The workout beat gets the listener into an exercise mood at a constant 127 bpm (beats per minute).

**Binaural Entrainment** - The entire recording has been encoded with a binaural entrainment modulation rhythm of 12 Hz targeting the alpha state to foster a sense of being at ease, calm, assertive, and in harmony with the body-mind and the surroundings. This modulation is perceived by the brain as a stimulus to entrain to and to focus on during the training.

**Vibroacoustic Drones** - These tracks employ the use of low frequency droning tones in order to promote a sustained sense of comfort, releasing stress from the mind and body, guiding and allowing for a deepening of energy and focus.

These tracks can be listened to with or without headphones. However, when listened to without headphones, the binaural frequency will not work.

Produced by Nadja Lind using two oscillators (entrainment), several synthesizers, effects, and samples.



# iAwake Support Links



## **Profound Meditation on Facebook:**

<https://www.facebook.com/ProfoundMeditationProgram>



## **Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



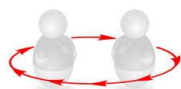
## **Profound Meditation Practitioners Forum:**

<https://www.facebook.com/groups/profoundmeditation>



## **Free Weekly Teleseminars:**

<http://www.iawaketechnologies.com/support/teleseminars>



## **Coaching:**

<http://www.iawaketechnologies.com/support/coaching>



## **FAQ:**

<http://www.iawaketechnologies.com/frequently-asked-questions>



## **Blog:**

<http://www.iawaketechnologies.com/blog>



## **Customer Support:**

[support@iawaketechnologies.com](mailto:support@iawaketechnologies.com)

# PROFOUND MEDITATION 3.0

## FULL SPECTRUM



## *Science Meets Stillness*

An integrated synthesis of leading-edge  
neurotechnology and energy medicine

"iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of *Profound Meditation 3.0*. I've been a fan of their products from the beginning, and I can say that they just keep getting better. So if you've never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won't be disappointed."

**Ken Wilber**—*The Integral Vision*

**[www.iawaketechologies.com](http://www.iawaketechologies.com)**