

MIXED CLIMB

SONG: BACK IN TIME (BASSLOUDER REMIX EDIT,) 3:43

ARTIST: NICK SKITZ,

ALBUM: SKITZMIX 41

0:00 intro



adjust resistance to reflect moderate climb, each rider selects target cadence

0:53 "Baby"



add resistance until standing is necessary to maintain target cadence

1:23 instrumental



in saddle, return to moderate resistance, stay in target

1:50 driving beat



add resistance until standing is necessary to maintain target cadence

2:29 "got the globe"



in saddle, return to moderate resistance, stay in target

3:23 driving beat



add resistance until standing is necessary to maintain target cadence