






MIXED CLIMB

SONG: TENNESSEE, 4:32

ARTIST: ARRESTED DEVELOPMENT

ALBUM: 3 YEARS, 5 MONTHS & 2 DAYS IN THE LIFE OF

0:00	intro		resistance set to reflect moderate / heavy climb, cadence 65
0:48	"Take me to"		add resistance but maintain 65
1:07	"Lord it's"		remove added resistance, maintain 65
1:45	"Take me to"		add resistance but maintain 65
2:05	speaking		remove added resistance, maintain 65
2:52	"Take me to"		add resistance but maintain 65
3:12	"Plan_"		standing climb to finish - keep added resistance & maintain 65