










MIXED CLIMB

SONG: WHOOMP! (BROOKLYN BOUNCE REMIX) 5:33,

ARTIST: 666 & TAG TEAM,

ALBUM: SKITZMIX 35

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|------|----------------|--|--|
| 0:00 | intro |  | adjust resistance to reflect moderate climb. Cadence 70's |
| 1:13 | "Party people" |  | running |
| 1:42 | "Tag team" |  | in saddle, cue upcoming run / cadence surge |
| 1:55 | "Whoomp!" |  | include a 15 second cadence surge during course of this run |
| 2:38 | "Base up" |  | in saddle, prepare to add resistance |
| 2:51 | heavy beat |  ↑
R | add level(s) of resistance to steep seated climb. Cadence 60's |
| 3:34 | "Upside down" |  ↓
R | remove extra resistance to return to moderate climb, cadence 70's |
| 3:48 | "Whoomp!" |  | include a 15 second cadence surge during course of this run |
| 4:42 | "Back" |  ↑
R | in saddle, add level(s) of resistance to steep climb, cadence 60's |