

MIXED TERRAIN

SONG: HIT THE ROAD JACK 3000 (ANTOINE MONTANA REMIX EDIT,) 3:12

ARTIST: ANTOINE MONTANA & MIAMI INC.

ALBUM: SPRING BREAK EXPLOSION 2012

0:05 "Hit the road"



adjust resistance to reflect cadence in the 80's

0:33 electronic beat



begin adding resistance until legs slow into 70's

0:44 "now make it\_"



moderate seated climb in the 70's

2:00 silence



decrease resistance until legs speed to 80's

2:40 "now make it\_"



add resistance until legs slow into the 70's