

SEATED CLIMB

SONG: HARD KNOCK LIFE (GHETTO ANTHEM) 3:53

ARTIST: JAY Z

ALBUM: HARD KNOCK LIFE - EP

0:00	"It's the hard knock"			resistance set to reflect moderate climb, cadence 60's/70's
0:33	rap			add resistance to reflect heavy climb
1:15	"It's the hard knock"			return to moderate resistance
1:37	rap			add resistance for heavy climb
2:19	"It's the hard knock"			return to moderate resistance
2:41	rap			add resistance for heavy climb
3:04	"It's the hard knock"			return to moderate resistance