

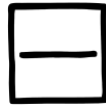
**SEATED FLAT (WITH SPRINTS)**

**SONG:** PARADISE BY THE DASHBOARD LIGHT, 3:51,

**ARTIST:** CAST OF GLEE

**ALBUM:** GLEE – THE MUSIC, THE COMPLETE SEASON 3

0:00 *intro*



*adjust resistance to maintain cadence in the 80's or 90's*

1:25 *"go all the way"*



*15 second sprint, cadence in the 90's or 100's*

1:40 *"Stop right there"*



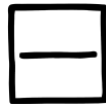
*recover*

2:12 *"I gotta know"*



*15 second sprint, cadence in the 90's or 100's*

2:27 *instrumental*



*recover*

3:20 *"you"*



*27 second sprint, cadence in the 90's or 100's*