

INDOOR CYCLING TIDBITS










PROGRAMFIT.COM/TRAINERS

SEATED FLAT WITH SPRINTS

SONG: KRYPTONITE, 3:54

ARTIST: 3 DOORS DOWN

ALBUM: THE BETTER LIFE

0:00	intro		adjust resistance to maintain cadence in the 80's or 90's
1:08	"_if I go"		add one level(s) resistance, maintain same cadence
1:29	instrumental		remove one level(s) resistance, maintain same cadence
1:56	"_if I go"		add one level(s) resistance, maintain same cadence
2:15	instrumental		keep added resistance, 20 second sprint
2:36	softer instrumental		remove one level(s) resistance, recover
3:04	"_if I go"		add one level(s) resistance, resume cadence in 80's or 90's
3:24	instrumental		keep added resistance, 20 second sprint
3:45	softer instrumental		remove one level(s) resistance, recover