










## MIXED CLIMB

**SONG:** FEEL THIS MOMENT (FEAT. CHRISTINA AGUILERA,) 3:50

**ARTIST:** PITBULL

**ALBUM:** GLOBAL WARMING: MELTDOWN

0:00	"Ask for money"		adjust resistance to reflect moderate to heavy climb
0:42	instrumental		standing climb with cadence range 65-70
0:56	instrumental (heavier)	 ↑ C	increase cadence by 10 rpms
1:10	"Reporting live"	 ↓ C	return to saddle & original cadence
1:38	"One day"		out to standing climb
2:06	"this moment _"	 ↑ C	increase cadence by 10 rpms
2:20	"I see the future"	 ↓ C	return to saddle & original cadence
2:48	"One day"		out to standing climb
3:17	"this moment _"	 ↑ C	increase cadence by 10 rpms