








INDOORCYCLINGTIDBITS.COM

SEATED CLIMB

SONG: CHERRY BOMB, 3:51

ARTIST: NCT 127

ALBUM: NCT #127 CHERRY BOMB

0:00	"hurry hurry" (English translation)			resistance set to reflect moderate climb, cadence 75-80
0:49	"I'm the biggest hit"		↑ R	add level(s) resistance, cadence 70-75
1:14	"I'm the biggest hit"		↑ R	add level(s) resistance, cadence 65-70
1:41	"I'm the biggest hit"		↑ R	add level(s) resistance, cadence 60-65 (Heavy!)
2:05	"Where is the" (English translation)		R ↓	remove just enough to return to moderate intensity, no lighter than cadence between 75-80
2:55	"I'm the biggest hit"		↑ R	return to heavy resistance all at once, cadence 60-65
3:27	"Na na na"		↑ R	optional challenge – go heavier but keep cadence above 60