

















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SEATED FLAT WITH SPRINTS

SONG: THE BALLROOM BLITZ, 4:01

ARTIST: THE SWEET

ALBUM: DESOLATION BOULEVARD

0:00	intro			adjust resistance to maintain cadence in the 80's
0:58	"like lightning"			add level(s) resistance
1:09	"And the man"			18 second sprint
1:27	Instrumental			remove added resistance & recover
2:05	"it was electric"			add level(s) resistance
2:16	"And the man"			10 second sprint
2:26	quiet			remove added resistance & recover
2:46	"it was like"			add level(s) resistance
2:58	"And the man"			28 second sprint
3:25	instrumental			remove added resistance & recover