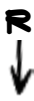


SEATED CLIMB

SONG: HUMPTY (REMIX) 3:09

ARTIST: DJ FLEEK

ALBUM: DIRTY DANCING TWERK (VOL. 2)

0:00	"The Humpty"			resistance set to reflect moderate climb, cadence between 68-70 throughout entire song
0:24	instrumental switch			add one level(s) resistance
0:44	laugh sound			add one level(s) resistance
1:02	"Oh yeah"			remove added resistance to return to moderate climb
1:54	"the Hump _"			add one level(s) resistance
2:11	laugh sound			add one level(s) resistance
2:32	instrumental switch			add one level(s) resistance
2:50	instrumental switch			add one level(s) resistance