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MIXED CLIMB
SONG: THE TIME (DIRTY BIT,) 5:08
ARTIST: BLACK EYED PEAS
ALBUM: THE BEGINNING (DELUXE VERSION)

0:00	intro		adjust resistance to reflect moderate climb, cadence 70's throughout song
0:23	"I've had"		standing climb
1:00	"Dirty bit_"		running
1:44	"I got freaky"		back in saddle, prepare to add resistance
2:07	"I've had"	R	standing climb with increased level(s) of resistance
2:45	"Dirty bit_"		running
3:15	"Mirror"		back in saddle, prepare to add another level(s) resistance
3:45	"I,I,I"	R	standing climb with increased resistance
4:44	record scratch	C	increase cadence until finish