










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MIXED CLIMB

SONG: FREAKS (FEAT. SAVAGE,) 2:49

ARTIST: TIMMY TRUMPET

ALBUM: FREAKS (FEAT. SAVAGE) – SINGLE

0:00	<i>intro</i>		<i>adjust resistance to reflect heavy climb, cadence 60-65</i>
0:15	<i>"The base"</i>		<i>standing climb</i>
0:30	<i>"Tell me"</i>	 	<i>load one level(s) of resistance</i>
0:46	<i>Instrumental</i>		<i>back to saddle, keep cadence above 60</i>
1:30	<i>silent</i>		<i>out of saddle, keep added resistance</i>
2:02	<i>"Tell me"</i>	 	<i>load one level(s) of resistance (only if cadence above 60 can be kept)</i>
2:17	<i>instrumental</i>		<i>back to saddle, keep cadence above 60</i>