












INDOORCYCLINGTIDBITS.COM

SEATED FLAT WITH SPRINTS

SONG: MRS. ROBINSON, 3:44

ARTIST: THE LEMONHEADS

ALBUM: THE ATLANTIC YEARS

0:00	intro		adjust resistance to maintain cadence in the 80's or 90's
0:20	"And here's"		20 second sprint
0:40	"hey_"		23 second recovery
1:03	"And here's"		20 second sprint
1:23	"hey_"		23 second recovery
1:46	"Coo coo"		20 second sprint
2:06	"hey_"		22 second recovery
2:28	"Where have"		20 second sprint
2:48	"hey_"		27 second recovery
3:15	instrumental	  R	add resistance, maintain cadence to finish