# INDOORCYCLINGTIDBITS.COM

**MIXED CLIMB**
**SONG:** AH YEAH SO WHAT (FT. WILEY & ELEN LEVON,) 3:15
**ARTIST:** WILL SPARKS
**ALBUM:** AH YEAH SO WHAT (FT. WILEY & ELEN LEVON,)

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|---|---|---|---|
| 0:00 | "Ah" | | adjust resistance to reflect moderate / heavy climb, 60-65 rpm |
| 0:37 | "Boys gonna" | | running, maintain 60-65 rpm |
| 1:07 | "Missing the show" | R | return to saddle, add level(s) resistance |
| 1:22 | "skinny dip" | | running, maintain 60-65 rpm |
| 1:52 | Instrumental | | return to saddle, maintain added resistance |
| 2:22 | "Missing the show" | R | add optional level(s) of resistance |
| 2:37 | "Boys gonna" | | running, maintain 60-65 rpm |