

SEATED FLAT

SONG: SON OF A PREACHER MAN (MONDO RMX EDIT,) 2:41

ARTIST: NEODISCO

ALBUM: SON OF A PREACHER MAN (THE REMIXES)

0:00 "The only"



adjust resistance to maintain cadence at 80

0:57 heavy beat switch



increase cadence to 85

2:13 heavy beat switch



increase cadence to 90