











INDOORCYCLINGTIDBITS.COM

MIXED CLIMB

SONG: JUST LIKE PARADISE (SKITZ TECHNO ROCK ANTHEM CLUBB MIXX,) 5:43

ARTIST: NICK SKITZ

ALBUM: 50 TECHNO ELECTRO TUNES, VOL 2

0:00	intro		adjust resistance to reflect moderate climb, cadence 70
0:55	"Jump to the"		out of saddle to standing climb
1:36	instrumental		return to saddle
1:50	"_This must"	 ↑ R	add level resistance, maintain cadence of 70
2:27	"_This must"		out of saddle to standing climb
2:55	"Jump to the"		return to saddle, prepare for sprint
3:36	"Jump Jump"		14 second sprint
3:50	quieter		recover
4:27	"_This must"		standing climb, cadence 70
4:55	beat change		return to saddle, maintain strong climb to finish