













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MIXED CLIMB

SONG: TOOTSIE ROLL, 4:01

ARTIST: DJ REMIXES

ALBUM: TOOTSIE ROLL - SINGLE

0:00	"The Butterfly"			<i>adjust resistance to reflect moderate / heavy climb, cadence 60 rpm</i>
0:14	"Tootsie Roll"			<i>out to standing climb, maintain 65</i>
1:00	"I don't know"			<i>return to saddle</i>
1:30	"Tootsie Roll"			<i>out to standing climb, maintain 65</i>
1:51	"Whoop"			<i>10 second cadence boost (not a sprint)</i>
2:02	"roll_"			<i>resume cadence of 65</i>
2:38	"Whoop"			<i>10 second cadence boost (not a sprint)</i>
2:49	"roll_"			<i>resume cadence of 65</i>