









MIXED CLIMB WITH JUMPS

SONG: BLADE (JON DOE & KUTSKI REMIX), 6:51

ARTIST: WARP BROTHERS & RED MONKEY

ALBUM: BLADE

0:00	intro		adjust resistance to reflect moderate climb with cadence in the 70's
1:08	instrumental (cymbal kicks in)		use this standing climb to cue and/or practice technique of upcoming jumps
1:48	instrumental (quieter)		return to saddle
2:35	"fat base_"		complete five 8-ct jumps
3:36	instrumental (beat switch)		recover
4:32	"fat base_"		complete four 8-ct jumps
5:26	"fat base_"		recover
6:20	instrumental (beat switch)		out of the saddle, strong to the finish!