










MIXED CLIMB WITH JUMPS

SONG: BOOM SHAKE THE ROOM, 3:41

ARTIST: GZERO

ALBUM: FEEL IT

0:03	"Base"		<i>adjust resistance to reflect moderate climb with cadence between 70-75</i>
0:47	"Boom"		<i>one 8-second jump*</i>
0:55	"Boom"		<i>return to saddle</i>
1:39	"Boom"		<i>one 17-second jump*</i>
1:56	"Boom"		<i>return to saddle</i>
2:14	"Boom"		<i>one 8-second jump*</i>
2:22	"Boom"		<i>return to saddle</i>
2:57	"Boom"		<i>two 8-second jumps*</i>
2:57	"Boom"		<i>recover</i>

**See the corresponding post on indoorcyclingtidbits.com for the discussion as to why these are considered jumps.*