## INDOORCYCLINGTIDBITS.COM

MIXED CLIMB WITH JUMPS

**SONG:** TURBULENCE (RADIO EDIT) [FEAT .LIL JOHN], 3:48 **ARTIST:** STEVE AOKI \$ LAIDBACK LUKE

ALBUM: TURBULENCE (RADIO EDIT) [FEAT .LIL JOHN] - SINGLE

0:00	intro	adjust resistance to reflect moderate climb with cadence in the 70's
1:08	"turbulence_"	complete 4 (8-count) jumps
2:00	beat change	recover
2:38	"turbulence_"	complete 5 (8-ct) jumps