














# INDOORCYCLINGTIDBITS.COM

## SEATED CLIMB

**SONG:** BORN FOR GREATNESS, 3:41

**ARTIST:** PAPA ROACH

**ALBUM:** CROOKED TEETH

0:00	intro			resistance set to reflect moderate climb, cadence 70
0:43	"doesn't matter"			add resistance to slow legs, cadence 65-70
1:11	"greatness_"			add resistance to heavy climb, cadence 60-65
1:59	"doesn't matter"			remove only enough resistance to allow cadence to reach 65-70
2:27	"greatness_"			add resistance to heavy climb, cadence 60-65 (this one is short – let riders know to get there quickly!)
2:41	quiet			remove only enough resistance to allow cadence to reach 65-70
3:13	"greatness_"			add resistance to heavy climb, cadence 60-65