














**SEATED CLIMB**

**SONG:** JOY & PAIN (REMIX,) 2:54

**ARTIST:** OMAR CHANDLER

**ALBUM:** THE BEST OF OMAR CHANDLER

0:00	"Come on"			resistance set to reflect moderate to heavy climb, cadence between 65-70
0:44	"joy"			add one to two levels of resistance, maintain cadence
1:01	"Well I'm the new kid"			remove added resistance, maintain cadence
1:22	"joy"			add one to two levels of resistance, maintain cadence
1:39	"keep smoking"			remove added resistance, maintain cadence
2:09	"joy"			add one to two levels of resistance, maintain cadence
2:25	"break it down"			remove added resistance, maintain cadence