









SEATED FLAT

SONG: COME ON EILEEN, 4:10

ARTIST: SAVE FERRIS

ALBUM: IT MEANS EVERYTHING

0:00	intro			adjust resistance to maintain cadence in the 80's or 90's
0:59	"Come on Eileen"			maintain same speed, add one level resistance
1:16	instrumental			maintain same speed, remove one level resistance
2:00	"Come on Eileen"			maintain same speed, add one level resistance
2:26	instrumental			maintain same speed, remove one level resistance
3:09	"Come on Eileen"			maintain same speed, add one level resistance
3:36	silence			maintain same speed, remove one level resistance
3:43	soft music			maintain same speed, or recover, depending on next song