









SEATED FLAT

SONG: PURSE FIRST (FEAT. DJ MITCH FARINO,) 3:50

ARTIST: BOB THE DRAG QUEEN

ALBUM: PURSE FIRST – SINGLE

0:00	intro		adjust resistance to maintain cadence in the 80's or 90's
1:08	"Purse first"		15 second controlled cadence increase (not a sprint)
1:23	"Wal-Mart"		return to original cadence
1:53	"Purse first"		15 second controlled cadence increase (not a sprint)
2:08	"Before you"		return to original cadence
2:38	"Purse first"		15 second controlled cadence increase (not a sprint)
2:53	instrumental		return to original cadence
3:23	"Purse first"		15 second controlled cadence increase (not a sprint)