


















SEATED FLAT

SONG: SUMMER OF '69 (PICCO/ JENS O./ MADDIN MIX,) 4:36

ARTIST: MEGA-MANIA

ALBUM: SUMMER OF '69 - EP

0:00	intro			adjust resistance to maintain cadence between 80-85
1:42	"my life"			add one level resistance
1:55	heavy beat			increase cadence by 5
2:22	instrumental change			resume original resistance & cadence
3:07	"my life"			add one level resistance
3:20	heavy beat			increase cadence by 5
3:34	instrumental change			resume original cadence
3:54	heavy beat			increase cadence by 5
4:22	instrumental change			resume original cadence