



























INDOORCYCLINGTIDBITS.COM

SEATED FLAT

SONG: WHAT'S UP? (DOUGAL & GAMMAR HARDCORE REMIX) 5:54

ARTIST: DJ DESTINY

ALBUM: NUKLEUZ HARDCORE CLASSICS 2011

0:00	intro			adjust resistance to maintain cadence of 90
1:19	"25 years"			decrease cadence to 80
1:41	"So I wake"			increase one level(s) resistance
1:53	"hey yeah"			increase cadence to 85
2:04	"hey yeah"			increase cadence to 90
2:15	instrumental			increase cadence to 95
3:00	quieter instrumental		 	decrease one level(s) resistance & return cadence to 80 for brief recovery
3:45	"So I wake"			increase one level(s) resistance
3:57	"hey yeah"			increase cadence to 85
4:08	"hey yeah"			increase cadence to 90
4:19	instrumental			increase cadence to 95
4:43	instrumental beat switch			decrease cadence to 90
5:28	instrumental beat switch			decrease one level(s) resistance & maintain cadence at 90