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SEATED FLAT WITH SPRINTS

SONG: BOOM, 3:11

ARTIST: P.O.D.

ALBUM: SATELLITE

0:00	intro		<i>adjust resistance to maintain cadence in the 80s/90s</i>
0:47	"_Boom"		<i>10 second sprint</i>
0:58	"we rep the"		<i>recover</i>
1:30	"Boom"		<i>20 second sprint</i>
1:51	"me now_"		<i>recover</i>
2:44	"Boom"		<i>20 second sprint</i>