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MIXED CLIMB

SONG: FEELS LIKE A PRAYER, 4:53

ARTIST: MECK (FEAT. DINO)

ALBUM: FEELS LIKE A PRAYER (FEAT. DINO) – SINGLE

0:00	"And it feels"			adjust resistance to reflect moderate climb, cadence 75-80
0:46	"And it feels"		↑ R	add resistance until legs slow to 70
1:00	"Life is a "		↑ R	add resistance to slow legs to 65
1:15	"home, home"		↑ R	add resistance to slow legs to 60
1:34	"_I hear your"			standing climb
2:03	"_When you"		↑ C	cadence push by 5 rpm
2:34	"ah ah"		R ↓ C ↓	return to saddle, remove enough resistance needed to recover
3:04	"And it feels"		↑ R	add resistance so legs slow to 65
3:18	"Just like a"		↑ R	add resistance to slow legs to 60
3:34	"Just like a"			standing climb
4:11	"_When you"		↑ C	cadence push by 5 rpm