

















INDOORCYCLINGTIDBITS.COM

MIXED CLIMB

SONG: HEY BABY (UHH AHH) [RADIO MIX], 3:39

ARTIST: DJ OTZI

ALBUM: HEY BABY (UHH AHH) – SINGLE

0:00	intro			adjust resistance to reflect cadence between 65-70
0:18	"Heyyy"			up to running for 1 st "hey" & out to standing climb for 2 nd
0:32	"Heyyy"			
0:47	"When I saw"			return to saddle & maintain 65-70 rpm
1:01	"Heyyy"			up to running for 1 st "hey" & out to standing climb for 2 nd
1:15	"Heyyy"			
1:30	"When you"			return to saddle & maintain 65-70 rpm
1:58	"Heyyy"			up to running for 1 st "hey" & out to standing climb for 2 nd
2:12	"Heyyy"			
2:26	"Everybody yell ____"			remain in standing climb, increase cadence by 5
2:41	"Heyyy"			up to running & resume normal cadence
2:55	"Heyyy"			out to standing climb
3:09	"Heyyy"			up to running for 1 st "hey" & out to standing climb for 2 nd
3:23	"Heyyy"			