

Cycle Class Profile

Mash & Climb

54:00

Elapsed Time	Tune	Movement	Intensity	Tempo	Cadence	Notes	Duration
0 4:45	Enigma – Sadness pt1		low	97	Free / single		04:46
4:46 8:15	Motion City Sndtrk - Everything is Alright		med	160	alt		3:28
8:16 11:26	Mashup – sex machine		Med-high	105	single	Fast -	3:10
11:27 14:50	Urge Overkill – Sister Havana		high	137	alt		3:51
14:51 18:10	T Rex – Buick Mackane		Low / med	95	single	Increase-decrease res.	3:34
18:11 22:00	Mashup – This Song Smells		High	131	Alt	Come out for chorus	4:18
22:01	Bob Mould - Sunspots		low	96	single		2:04
24:20 26:15	Man or Astroman – Popcorn Crabula		Low HIGH	155	alt	Chill then one big sprint	1:56
26:16 30:15	Mashup – Dynamite Pressure		high	120	alt		4:11
30:16 33:00	Faith No More - Easy		low	63	FREE	Total recovery	3:08
33:01 36:00	Sly & Family Stone – You can make it		Low - med	100	single	Increase-decrease res.	3:38
36:01 39:15	Mike Ness – I Fought the Law		med	148	alt		2:49
39:16 44:35	Beat Freakz – Somebody’s watchin Me		high	125	alt		5:20
44:36 48:10	Owl City – Fireflies		low	90	single	Increase-decrease res.	3:45
48:11 51:00	Basement Jaxx – Stay Close		Low - med	100	single	Increase-decrease res. AND speed	3:00
51:01 53:50	S Maharba – The Look		med	138	Alt FREE	Slowly decrease resistance	2:56

