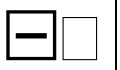
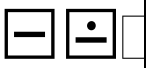
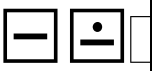
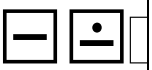
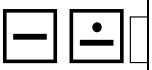
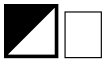
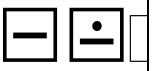
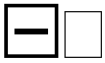
Love in Your Eyes

type/description

time

Duration	Tune	Movement	Intensity	Tempo	Cadence	Notes	Elapsed Time
3:50	Quickly Approaching – Cassettes Won't Listen		Low	156/78	Alt		0 3:50
3:07	Mashup Snoop Dre Crowded House		Med	94	Single		3:50 6:57
5:00	Clobber – Dannic		High	128	alt		6:57 11:57
3:45	How We Roll – 69 Boys		med	100	single		11:57 14:42
2:50	Into Your Eyes – Armand Van Helden		Low-high	129	Alt	Ladder Climb	14:42 16:30
7:30	Sunshine of my Love – Hoxton Whores VS Cream		Low-high	129	Alt	Ladder Climb	16:31 23:58
3:30	Song For Lovers – Bachelors of Science		Low-Med	88	alt		23:58 27:35
5:25	Body Movin – Beastie Boys VS Fatboy Slim		Low-med	102	single	Vary both speed and resistance	27:35 32:50
4:22	No Scrubs Dance – TLC		Low – high	145	alt	Ladder Climb	32:50 37:12
4:00	The Spirit of Ray – Mixplosiv		Low – high	68	Single	Ladder Climb	37:12 41:10
3:20	Porcelain – Moby		Low-med	95	Single		41:10 44:27
4:48	Raise Your Hands – Milk n Sugar		High	126	Alt	Come out of saddle then slowly increase resistance	44:27 49:15
4:45	Stay Forever – Blame		Low-med	88	single		49:15 54:00
4:52	We Will Rock You – Queen VS Fatboy Slim		low	80	single		54:00 58:43