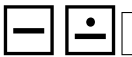














The Ride

type/description

time

Duration	Tune	Movement	Intensity	Tempo	Cadence	Notes	Elapsed Time
4:44	Lets Take a Ride – Justin Timberlake		Low	90			0 4:44
5:37	Riders on the Rapture mashup		Med-hi	108		Fast	4:44 10:30
4:57	Ride Like the Wind – Micheal Mind (Klaas)		hi	129			10:30 15:20
3:20	Pony – Ginuwine		Lo	77			15:20 18:00
3:55	Let Me Ride – Dr Dre		Med	92			18:00 22:00
4:00	Cmon Ride It – Quad City Djs		Hi	136			22:00 26:00
3:20	Save A Horse Ride a Cowboy – Big and Rich		Med	102			26:00 29:00
3:26	Cruise – Florida Georgia Line		Med	75			29:00 32:30
3:12	Low Rider – War		Hi	138			32:30 35:45
3:20	Jenny Take a Ride – Mitch Ryder		Low	100			35:45 39:00
4:27	Magic Carpet Ride – Steppenwolf		Hi	110			39:00 43:30
3:33	Shut up and Drive – Rihanna		Hi	133			43:30 47:00
3:36	Ride On - Parliment		Med	100			47:00 50:30
4:16	I can't Drive 55 – Sammy Hagar		Hi	134			50:30 54:45
3:17	Drivin my Life Away – Eddie Rabbitt		lo	84			54:45 58:00