



# NORTHERN ITALY

## CHOREOGRAPHY CARDS

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# NORTHERN ITALY

Increasing resistance 4 times for every 1 optional decrease. A total of 12 increases throughout with 3 optional decreases. Maintain leg speed and add resistance appropriate to level of ability.

| AT   | AFTER      | PERFORM | NOTES |
|------|------------|---------|-------|
| 1.08 | 11 PHRASES | + 1 RES |       |
| 1.14 | 1 PHRASE   | + 1 RES |       |
| 1.20 | 1 PHRASE   | + 1 RES |       |
| 1.26 | 1 PHRASE   | + 1 RES |       |
| 1.32 | 1 PHRASE   | - 1 RES |       |
| 1.57 | 1 BLOCK    | + 1 RES |       |
| 2.03 | 1 PHRASE   | + 1 RES |       |
| 2.10 | 1 PHRASE   | + 1 RES |       |
| 2.16 | 1 PHRASE   | + 1 RES |       |
| 2.22 | 1 PHRASE   | - 1 RES |       |
| 3.08 | 62 BEATS   | HP 2    |       |
| 4.22 | 12 PHRASES | + 1 RES |       |
| 4.28 | 1 PHRASE   | + 1 RES |       |
| 4.34 | 1 PHRASE   | + 1 RES |       |
| 4.41 | 1 PHRASE   | + 1 RES |       |
| 4.47 | 1 PHRASE   | - 1 RES |       |

WHO ARE YOU?  
THE WHO  
SONG TITLE

5.05  
TIME DURATION

78  
BPM

78  
RPM

SC  
STARTING RIDE POSITION

01  
STARTING HAND POSITION

RIDE POSITIONS USED

SC

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# NORTHERN ITALY

Increasing resistance 3 times throughout the track. The majority of the track will be spent in Standing Climb with optional Freezes throughout to help improve out of saddle ride posture and cycling technique.

**GOING WRONG**  
ARMIN VAN BUUREN  
SONG TITLE

**5.38**  
TIME DURATION

**132**  
BPM

**66**  
RPM

**SC**  
STARTING RIDE POSITION

**02**  
STARTING HAND POSITION

| AT   | AFTER      | PERFORM  | NOTES                          |
|------|------------|----------|--------------------------------|
| 0.28 | 2 BLOCKS   | + 1 RES  |                                |
| 0.43 | 1 BLOCK    | SC - STC |                                |
| 0.46 | 1 PHRASE   | HP 3     |                                |
| 1.41 | 15 PHRASES | FREEZE   |                                |
| 1.55 | 1 BLOCK    | RELAX    |                                |
| 2.40 | 3 BLOCKS   | + 1 RES  |                                |
| 3.08 | 2 BLOCKS   | FREEZE   | OPTIONAL GROUP 1               |
| 3.24 | 1 BLOCK    | FREEZE   | OPTIONAL GROUP 2 RELAX GROUP 1 |
| 3.39 | 1 BLOCK    | RELAX    | RELAX GROUP 2                  |
| 3.53 | 1 BLOCK    | + 1 RES  |                                |
| 4.44 | 14 PHRASES | HP 2     |                                |
| 4.51 | 2 PHRASES  | STC - SC |                                |
|      |            |          |                                |
|      |            |          |                                |
|      |            |          |                                |
|      |            |          |                                |

RIDE POSITIONS USED **SC STC SC**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# myride+

## NORTHERN ITALY

Changing from SR to SJ maintaining leg speed. Adding x 2 resistance throughout. Only adding when in SR.

PIECES

CHASE & STATUS

SONG TITLE

4.51

TIME DURATION

88

BPM

88

RPM

SR

STARTING RIDE POSITION

01

STARTING HAND POSITION

| AT   | AFTER      | PERFORM | NOTES |
|------|------------|---------|-------|
| 0.33 | 6 PHRASES  | HP 2    |       |
| 1.15 | 2 BLOCKS   | + 1 RES |       |
| 1.38 | 1 BLOCK    | SR - SJ |       |
| 1.43 | 1 PHRASE   | HP 3    |       |
| 2.38 | 10 PHRASES | HP 2    |       |
| 2.43 | 1 PHRASE   | SJ - SR |       |
| 3.16 | 6 PHRASES  | + 1 RES |       |
| 3.38 | 1 BLOCK    | SR - SJ |       |
| 3.43 | 1 PHRASE   | HP 3    |       |
| 4.38 | 10 PHRASES | HP 2    |       |
| 4.44 | 1 PHRASE   | SJ - SR |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |

RIDE POSITIONS USED

SR SJ SR SJ SR

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



## NORTHERN ITALY

Beginning in Seated Climb, there are 3 increases and 1 optional decrease in the saddle. Transferring to Standing Climb before 4 more resistance increases and some Freeze work to help improve cycling technique out of the saddle.

DAKOTA  
THE  
STEROPHONICS  
SONG  
TITLE

5.01

TIME  
DURATION

148

BPM

74

RPM

SC

STARTING  
RIDE POSITION

01

STARTING  
HAND POSITION

| AT   | AFTER     | PERFORM  | NOTES |
|------|-----------|----------|-------|
| 0.25 | 2 BLOCKS  | HP 2     |       |
| 0.52 | 2 BLOCKS  | + 1 RES  |       |
| 1.05 | 1 BLOCK   | + 1 RES  |       |
| 1.18 | 1 BLOCK   | - 1 RES  |       |
| 1.44 | 2 BLOCKS  | + 1 RES  |       |
| 2.10 | 2 BLOCKS  | SC - STC |       |
| 2.13 | 1 PHRASE  | HP 3     |       |
| 2.36 | 7 PHRASES | FREEZE   |       |
| 2.49 | 1 BLOCK   | RELAX    |       |
| 3.02 | 1 BLOCK   | + 1 RES  |       |
| 3.15 | 1 BLOCK   | + 1 RES  |       |
| 3.29 | 1 BLOCK   | + 1 RES  |       |
| 4.08 | 3 BLOCKS  | + 1 RES  |       |
| 4.18 | 3 PHRASES | HP 2     |       |
| 4.21 | 1 PHRASE  | STC - SC |       |
|      |           |          |       |

RIDE POSITIONS USED

SC STC SC

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# NORTHERN ITALY

Need to shorten this text slightly to fit the design.

**IN THE DARK**  
DJ Tiesto  
SONG TITLE

**4.37**  
TIME DURATION

**136**  
BPM

**68**  
RPM

**SC**  
STARTING RIDE POSITION

**01**  
STARTING HAND POSITION

| AT   | AFTER     | PERFORM   | NOTES                                 |
|------|-----------|-----------|---------------------------------------|
| 0.27 | 2 BLOCKS  | SC - JPS  | JPS 16 BEATS UP<br>16 BEATS DOWN      |
| 0.42 | 1 BLOCK   | JPS - JPS | JPS 8 BEATS UP<br>8 BEATS DOWN        |
| 1.07 | 7 PHRASES | JPS - SC  |                                       |
| 1.11 | 1 PHRASE  | + 1 RES   |                                       |
| 1.39 | 2 BLOCKS  | + 1 RES   |                                       |
| 2.07 | 2 BLOCKS  | HP 2      |                                       |
| 2.22 | 1 BLOCK   | SC - STC  |                                       |
| 2.25 | 1 PHRASE  | HP 3      |                                       |
| 2.36 | 3 PHRASES | STC - WVS | WVS 16 BEATS BACK<br>16 BEATS NEUTRAL |
| 2.50 | 1 BLOCK   | WVS - WVS | WVS 8 BEATS BACK<br>8 BEATS NEUTRAL   |
| 3.18 | 2 BLOCKS  | WVS - WVS | WVS 4 BEATS BACK<br>4 BEATS NEUTRAL   |
| 3.47 | 2 BLOCKS  | WVS - SPB | SPB 1 BEAT BACK<br>7 BEATS NEUTRAL    |
| 4.01 | 1 BLOCK   | FREEZE    | OPTIONAL GROUP 1                      |
| 4.16 | 1 BLOCK   | FREEZE    | OPTIONAL GROUP 2    RELAX GROUP 1     |
| 4.26 | 3 PHRASES | HP 2      |                                       |
| 4.30 | 1 PHRASE  | STC - SC  | RELAX GROUP 2                         |

RIDE POSITIONS USED **SC JPS SC STC WVS SPB SC**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# NORTHERN ITALY

Beginning in Seated Road adding 1 resistance before transferring to Standing Jog. Returning to Seated Road, we then follow the same protocol, 1 increase in resistance before transferring to Standing Jog. Finally return to Seated Road to finish.

**THE GIFT**  
WAY OUT WEST  
SONG TITLE

**5.45**  
TIME DURATION

**87**  
BPM

**87**  
RPM

**SR**  
STARTING RIDE POSITION

**01**  
STARTING HAND POSITION

| AT   | AFTER      | PERFORM | NOTES |
|------|------------|---------|-------|
| 0.25 | 5 PHRASES  | HP 2    |       |
| 0.43 | 3 PHRASES  | + 1 RES |       |
| 1.05 | 1 BLOCK    | SR - SJ |       |
| 1.10 | 1 PHRASE   | HP 3    |       |
| 2.28 | 14 PHRASES | HP 2    |       |
| 2.36 | 1 PHRASE   | SJ - SR |       |
| 2.58 | 1 BLOCK    | + 1 RES |       |
| 3.20 | 1 BLOCK    | SR - SJ |       |
| 3.26 | 1 PHRASE   | HP 3    |       |
| 4.43 | 14 PHRASES | HP 2    |       |
| 4.49 | 1 PHRASE   | SJ - SR |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |

RIDE POSITIONS USED **SR SJ SR SJ SR**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WASHINGTON STATE

## CHOREOGRAPHY CARDS

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX





# WASHINGTON STATE

Increasing resistance 4 times throughout. Applying hand positions 1 and 2, and performing a single freeze to help improve cycling technique.

DA  
FUNK  
DAFT PUNK  
SONG  
TITLE

5.30  
TIME  
DURATION

111  
BPM

111  
RPM

SR  
STARTING  
RIDE POSITION

01  
STARTING  
HAND POSITION

| AT   | AFTER     | PERFORM | NOTES |
|------|-----------|---------|-------|
| 0.43 | 2 BLOCKS  | + 1 RES |       |
| 1.00 | 1 BLOCK   | HP 2    |       |
| 1.34 | 8 PHRASES | HP 1    |       |
| 2.10 | 2 BLOCKS  | + 1 RES |       |
| 3.02 | 3 BLOCKS  | + 1 RES |       |
| 3.28 | 6 PHRASES | HP 2    |       |
| 3.54 | 6 PHRASES | + 1 RES |       |
| 4.28 | 2 BLOCKS  | FREEZE  |       |
| 4.37 | 2 PHRASES | RELAX   |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
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|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |

RIDE POSITIONS USED **SR**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WASHINGTON STATE

Moving from SC - STC, adding 1 res, returning to SC, adding a further 2 res before finally returning to STC adding 1 final res. Hand changes throughout with a freeze added in seat to improve riding posture. An optional reduction in res towards the end.

**RIFF**  
SANDER VAN DOORN  
SONG TITLE

**5.09**  
TIME DURATION

**136**  
BPM

**68**  
RPM

**SC**  
STARTING RIDE POSITION

**01**  
STARTING HAND POSITION

| AT   | AFTER      | PERFORM  | NOTES                                |
|------|------------|----------|--------------------------------------|
| 0.14 | 1 BLOCK    | HP 2     |                                      |
| 0.28 | 1 BLOCK    | SC - STC |                                      |
| 0.31 | 1 PHRASE   | HP 3     |                                      |
| 0.57 | 7 PHRASES  | + 1 RES  |                                      |
| 1.22 | 7 PHRASES  | HP 2     |                                      |
| 1.26 | 1 PHRASE   | STC - SC |                                      |
| 1.54 | 2 BLOCKS   | + 1 RES  |                                      |
| 2.37 | 3 BLOCKS   | + 1 RES  |                                      |
| 2.51 | 1 BLOCK    | FREEZE   |                                      |
| 2.58 | 2 PHRASES  | SC - STC | RELAX FROM FREEZE WHEN TRANSITIONING |
| 3.02 | 1 PHRASE   | HP 3     |                                      |
| 3.27 | 7 PHRASES  | + 1 RES  |                                      |
| 4.04 | 11 PHRASES | HP 2     |                                      |
| 4.09 | 1 PHRASE   | STC - SC |                                      |
| 4.22 | 1 BLOCK    | - 1 RES  |                                      |
| 4.50 | 2 BLOCKS   | HP 1     |                                      |

RIDE POSITIONS USED

**SC STC SC STC SC**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WASHINGTON STATE

Changing from SR to SJ maintaining leg speed. Adding x 4 resistance throughout. Only adding when in SR.

**WALK THIS WAY**  
 RUN DMC VS AEROSMITH  
 SONG TITLE

**5.15**  
 TIME DURATION

**105**  
 BPM

**105**  
 RPM

**SR**  
 STARTING RIDE POSITION

**02**  
 STARTING HAND POSITION

| AT   | AFTER      | PERFORM | NOTES |
|------|------------|---------|-------|
| 0.54 | 12 PHRASES | + 1 RES |       |
| 1.13 | 1 BLOCK    | SR - SJ |       |
| 1.16 | 1 PHRASE   | HP 3    |       |
| 1.35 | 4 PHRASES  | HP 2    |       |
| 1.40 | 1 PHRASE   | SJ - SR |       |
| 2.07 | 6 PHRASES  | + 1 RES |       |
| 2.35 | 6 PHRASES  | SR - SJ |       |
| 2.39 | 1 PHRASE   | HP 3    |       |
| 2.57 | 4 PHRASES  | HP 2    |       |
| 3.02 | 1 PHRASE   | SJ - SR |       |
| 3.58 | 3 BLOCKS   | + 1 RES |       |
| 4.16 | 1 BLOCK    | + 1 RES |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |
|      |            |         |       |

RIDE POSITIONS USED **SR SJ SR SJ SR**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WASHINGTON STATE

Beginning in Seated Climb, transferring to Jumps at 32 beats with hands in both positions. Using freeze work in the seat to improve cycling posture and technique before returning to Jumps at 16, 8 and 4 beat intervals.

A CITY  
IN FLORIDE  
DEADMAU5  
SONG  
TITLE

5.40  
TIME  
DURATION

128  
BPM

64  
RPM

SC  
STARTING  
RIDE POSITION

01  
STARTING  
HAND POSITION

| AT   | AFTER     | PERFORM   | NOTES                            |
|------|-----------|-----------|----------------------------------|
| 0.30 | 2 BLOCKS  | SC - JPS  | JPS 32 BEATS UP<br>32 BEATS DOWN |
| 0.52 | 6 PHRASES | HP 2      |                                  |
| 1.00 | 2 PHRASES | SC - JPS  | JPS 32 BEATS UP                  |
| 1.15 | 4 PHRASES | JPS - SC  |                                  |
| 1.22 | 2 PHRASES | HP 1      |                                  |
| 1.30 | 2 PHRASES | FREEZE    |                                  |
| 1.45 | 1 BLOCK   | RELAX     |                                  |
| 2.15 | 2 BLOCKS  | SC - JPS  | JPS 8 BEATS UP<br>8 BEATS DOWN   |
| 2.49 | 9 PHRASES | JPS - JPS | JPS 16 BEATS UP<br>16 BEATS DOWN |
| 3.34 | 3 BLOCKS  | JPS - SC  |                                  |
| 3.41 | 2 PHRASES | HP 2      |                                  |
| 3.49 | 2 PHRASES | SC - JPS  | JPS 4 BEATS UP<br>4 BEATS DOWN   |
| 4.49 | 4 BLOCKS  | JPS - SC  |                                  |
|      |           |           |                                  |
|      |           |           |                                  |
|      |           |           |                                  |

RIDE POSITIONS USED **SC JPS SC JPS SC**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX

## WASHINGTON STATE

Seated Climb throughout adding 6 resistance. Without a reduction of resistance increase the leg speed as if sprinting in a high gear. Go Go Go!!

THE CHAIN  
FLEETWOOD  
MAC  
SONG  
TITLE

4.33  
TIME  
DURATION

77  
BPM

77  
RPM

SC  
STARTING  
RIDE POSITION

01  
STARTING  
HAND POSITION

| AT   | AFTER      | PERFORM   | NOTES                                 |
|------|------------|-----------|---------------------------------------|
| 0.54 | 2 BLOCKS   | + 1 RES   |                                       |
| 1.07 | 2 PHRASES  | + 1 RES   |                                       |
| 1.44 | 6 PHRASES  | HP 2      |                                       |
| 2.10 | 4 PHRASES  | + 1 RES   |                                       |
| 2.23 | 2 PHRASES  | + 1 RES   |                                       |
| 2.36 | 2 PHRASES  | + 1 RES   |                                       |
| 3.17 | 52 BEATS   | + 1 RES   |                                       |
| 3.24 | 1 PHRASE   | SC - SHSP | KEEP RESISTANCE<br>HIGH, TRULY SPRINT |
| 4.20 | 10 PHRASES | SHSP - SC |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |

RIDE POSITIONS USED **SC SHSP**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WASHINGTON STATE

Beginning in Seated Climb, transferring Jumps at intervals of 16 and 8 beats. Transferring to Standing Climb before applying Speed Bumps and Waves to this ride position.

TIME  
CHASE &  
STATUS  
SONG  
TITLE

4.20  
TIME  
DURATION

140  
BPM

70  
RPM

SC  
STARTING  
RIDE POSITION

02  
STARTING  
HAND POSITION

| AT   | AFTER      | PERFORM   | NOTES                                 |
|------|------------|-----------|---------------------------------------|
| 0.27 | 2 BLOCKS   | + 1 RES   |                                       |
| 0.54 | 2 BLOCKS   | SC - JPS  | JPS 16 BEATS UP<br>16 BEATS DOWN      |
| 1.29 | 10 PHRASES | JPS - SC  |                                       |
| 1.56 | 2 BLOCKS   | SC - JPS  | JPS 8 BEATS UP<br>8 BEATS DOWN        |
| 2.37 | 3 BLOCKS   | JPS - STC |                                       |
| 2.41 | 1 PHRASE   | HP 3      |                                       |
| 2.51 | 3 PHRASES  | FREEZE    |                                       |
| 2.58 | 2 PHRASES  | RELAX     |                                       |
| 3.05 | 2 PHRASES  | STC - SPB | SPB 1 BEAT TRACK<br>7 NEUTRAL         |
| 3.32 | 2 BLOCKS   | SPB - WVS | WVS 16 BEATS BACK<br>16 BEATS NEUTRAL |
| 4.00 | 2 BLOCKS   | WVS - STC |                                       |
| 4.07 | 2 PHRASES  | HP 2      |                                       |
| 4.14 | 2 PHRASES  | STC - SC  |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |

RIDE POSITIONS USED SC JPS SC JPS STC SPB WVS STC SC

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WILD CALIFORNIA

## CHOREOGRAPHY CARDS

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



## WILD CALIFORNIA

Increasing resistance 7 times throughout. Applying hand positions 1 and 2, and performing a single freeze to help improve cycling technique.

CLOSE TO YOU  
TIESTO  
SONG TITLE

5.00  
TIME DURATION

112  
BPM

112  
RPM

SR  
STARTING RIDE POSITION

01  
STARTING HAND POSITION

| AT   | AFTER     | PERFORM | NOTES |
|------|-----------|---------|-------|
| 0.32 | 2 BLOCKS  | HP 2    |       |
| 0.49 | 1 BLOCK   | + 1 RES |       |
| 1.24 | 2 BLOCKS  | + 1 RES |       |
| 1.58 | 2 BLOCKS  | -FREEZE |       |
| 2.15 | 1 BLOCK   | RELAX   |       |
| 2.32 | 1 BLOCK   | HP 1    |       |
| 2.50 | 1 BLOCK   | + 1 RES |       |
| 3.07 | 1 BLOCK   | + 1 RES |       |
| 3.23 | 1 BLOCK   | - 1 RES |       |
| 3.32 | 2 PHRASES | HP 2    |       |
| 3.41 | 2 PHRASES | + 1 RES |       |
| 4.15 | 2 BLOCKS  | + 1 RES |       |
| 4.33 | 1 BLOCK   | + 1 RES |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |
|      |           |         |       |

RIDE POSITIONS USED **SR**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX





## WILD CALIFORNIA

Adding x 8 resistance throughout. Working mainly in the saddle to improve seated technique. Working on freeing techniques to improve ride posture. We have 2 optional freezes throughout.

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX

IN MY  
HEART  
MOBY  
SONG  
TITLE

6.14

TIME  
DURATION

135

BPM

67

RPM

SC

STARTING  
RIDE POSITION

01

STARTING  
HAND POSITION

| AT   | AFTER      | PERFORM  | NOTES |
|------|------------|----------|-------|
| 0.27 | 2 BLOCKS   | + 1 RES  |       |
| 0.41 | 1 BLOCK    | HP 2     |       |
| 1.10 | 2 BLOCKS   | + 1 RES  |       |
| 1.24 | 1 BLOCK    | HP 1     |       |
| 1.38 | 1 BLOCK    | + 1 RES  |       |
| 1.53 | 1 BLOCK    | + 1 RES  |       |
| 2.07 | 1 BLOCK    | FREEZE   |       |
| 2.21 | 1 BLOCK    | RELAX    |       |
| 2.36 | 1 BLOCK    | HP 2     |       |
| 2.50 | 1 BLOCK    | + 1 RES  |       |
| 2.56 | 2 PHRASES  | + 1 RES  |       |
| 3.04 | 2 PHRASES  | + 1 RES  |       |
| 3.11 | 2 PHRASES  | + 1 RES  |       |
| 3.47 | 10 PHRASES | SC - STC |       |
| 3.50 | 1 PHRASE   | HP 3     |       |
| 4.15 | 7 PHRASES  | FREEZE   |       |
| 4.30 | 1 BLOCK    | RELAX    |       |
| 4.40 | 3 PHRASES  | HP 2     |       |
| 4.44 | 1 PHRASE   | STC - SC |       |

RIDE POSITIONS USED

SC STC SC



# WILD CALIFORNIA

Adding x 4 resistance throughout. Working on freezing techniques to improve ride posture. We have 3 optional freezes throughout.

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX

INVADERS  
MUST DIE  
THE PRODIGY  
SONG  
TITLE

4.55  
TIME  
DURATION

140  
BPM

70  
RPM

SC  
STARTING  
RIDE POSITION

02  
STARTING  
HAND POSITION

| AT   | AFTER      | PERFORM  | NOTES |
|------|------------|----------|-------|
| 0.48 | 14 PHRASES | SC - STC |       |
| 0.52 | 1 PHRASE   | HP 3     |       |
| 1.01 | 3 PHRASES  | + 1 RES  |       |
| 1.15 | 1 BLOCK    | FREEZE   |       |
| 1.18 | 1 PHRASE   | RELAX    |       |
| 1.32 | 1 BLOCK    | + 1 RES  |       |
| 2.14 | 3 BLOCKS   | FREEZE   |       |
| 2.17 | 1 PHRASE   | RELAX    |       |
| 2.41 | 7 PHRASES  | FREEZE   |       |
| 2.55 | 1 BLOCK    | RELAX    |       |
| 3.22 | 2 BLOCKS   | + 1 RES  |       |
| 3.57 | 10 PHRASES | + 1 RES  |       |
| 4.48 | 15 PHRASES | HP 2     |       |
| 4.53 | 12 BEATS   | STC - SC |       |
|      |            |          |       |
|      |            |          |       |

RIDE POSITIONS USED

SC STC SC



# WILD CALIFORNIA

Beginning in Seated Climb, transferring to Jumps at 32, 8 and 4 beat intervals, before returning to Seated Climb. Transferring to Standing Climb before performing Waves at 16 beat intervals.

**ACCESS**  
DJ MISHAH  
& DJ TIM  
SONG  
TITLE

**5.20**  
TIME  
DURATION

**139**  
BPM

**69**  
RPM

**SC**  
STARTING  
RIDE POSITION

**01**  
STARTING  
HAND POSITION

| AT   | AFTER      | PERFORM   | NOTES                                 |
|------|------------|-----------|---------------------------------------|
| 0.33 | 10 PHRASES | SC - JPS  | JPS 32 BEATS UP<br>32 BEATS DOWN      |
| 1.01 | 2 BLOCKS   | JPS - JPS | JPS 8 BEATS UP<br>8 BEATS DOWN        |
| 1.42 | 3 BLOCKS   | JPS - JPS | JPS 4 BEATS UP<br>4 BEATS DOWN        |
| 2.10 | 2 BLOCKS   | JPS - SC  |                                       |
| 2.24 | 1 BLOCK    | HP 2      |                                       |
| 2.38 | 1 BLOCK    | SC - STC  |                                       |
| 2.41 | 1 PHRASE   | HP 3      |                                       |
| 3.42 | 17 PHRASES | STC - WVS | WVS 16 BEATS BACK<br>16 BEATS NEUTRAL |
| 4.35 | 4 BLOCKS   | WVS - SC  |                                       |
| 4.42 | 2 PHRASES  | HP 2      |                                       |
| 4.49 | 2 PHRASES  | WVS - SC  |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |
|      |            |           |                                       |

RIDE POSITIONS USED **SC JPS SC STC WVS SC**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WILD CALIFORNIA

Seated Road throughout, focussing on technique. Only 1 resistance change throughout at approximately the half way point.

NO  
ORDINARY  
MORNING  
CHICANE  
SONG  
TITLE

5.11  
TIME  
DURATION

102  
BPM

102  
RPM

SR  
STARTING  
RIDE POSITION

01  
STARTING  
HAND POSITION

| AT   | AFTER    | PERFORM | NOTES |
|------|----------|---------|-------|
| 0.55 | 3 BLOCKS | HP 2    |       |
| 2.30 | 5 BLOCKS | + 1 RES |       |
| 3.27 | 3 BLOCKS | HP 1    |       |
|      |          |         |       |
|      |          |         |       |
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|      |          |         |       |

RIDE POSITIONS USED **SR**

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX



# WILD CALIFORNIA

Beginning in Seated Climb, transferring to Standing Climb before performing Jumps at 8 beat intervals and 4 beat intervals. Briefly back into Seated Climb before returning to Standing Climb prior to Waves at 8, and 4 beat intervals. Only 2 resistance increases throughout.

ROCK THAT BODY  
BLACK EYED PEAS  
SONG TITLE

4.27

TIME DURATION

125

BPM

63

RPM

SC

STARTING RIDE POSITION

02

STARTING HAND POSITION

| AT   | AFTER      | PERFORM   | NOTES                               |
|------|------------|-----------|-------------------------------------|
| 0.29 | 2 BLOCKS   | SC - STC  |                                     |
| 0.33 | 1 PHRASE   | HP 3      |                                     |
| 1.31 | 15 PHRASES | + 1 RES   |                                     |
| 1.34 | 1 PHRASE   | HP 2      |                                     |
| 1.39 | 1 PHRASE   | STC - JPS | JPS 8 BEATS DOWN<br>8 BEATS UP      |
| 2.10 | 2 BLOCKS   | JPS - SC  |                                     |
| 2.14 | 1 PHRASE   | + 1 RES   |                                     |
| 2.18 | 1 PHRASE   | SC - JPS  | JPS 4 BEATS UP<br>4 BEATS DOWN      |
| 2.48 | 2 BLOCKS   | JPS - SC  |                                     |
| 3.19 | 2 BLOCKS   | FREEZE    |                                     |
| 3.27 | 2 PHRASES  | RELAX     |                                     |
| 3.35 | 2 PHRASES  | SC - STC  |                                     |
| 3.38 | 1 PHRASE   | HP 3      |                                     |
| 3.50 | 3 PHRASES  | STC - WVS | WVS 8 BEATS BACK<br>8 BEATS NEUTRAL |
| 4.05 | 1 BLOCK    | WVS - WVS | WVS 4 BEATS BACK<br>4 BEATS NEUTRAL |
| 4.24 | 5 PHRASES  | HP 2      |                                     |
| 4.28 | 1 PHRASE   | WVS - SC  |                                     |
|      |            |           |                                     |

RIDE POSITIONS USED

SC STC JPS SC JPS SC STC WVS SC

RESISTANCE

RIDE POSITION

HAND POSITION

FREEZE

RELAX