

## Schwinn® Cycling: Bumps in the Road!

**Triple Link™:** 5 stages. 5 short hills. Intensity increases with each climb. Each stage is a hill + flat, and nothing is over 8 minutes long!

Stage #/ Total Time	Song Title/Artist (Time) All music available on iTunes	Riding Technique	RPM	Set Description	Timing Ratio	M/B *	Notes
<b>Warm Up</b> 7:00	<b>The Hang (Drumbeats Intro)/</b> (2:50) (this song not on iTunes...sorry!)	Seated Flat	75-85	Steady Zone 1	n/a	A	
	<b>Such Great Heights</b> /The Postal Service (4:26)	Seated Flat	85	Intervals Zone 1/2	Verse/Chorus	A/D	
<b>Stage 1</b> 7:15	<b>Sunrise</b> /Simply Red (3:19)	Combo Hill	65-70	Steady Zone 2 Into Steady Zone 3	Gradual progression	A/D	
	<b>15 Step</b> /Radiohead (3:57)	Seated Flat	90-95	Steady Zone 2	n/a	A/D	
<b>Stage 2</b> 7:15	<b>We Run This (Stick It Edit)/</b> Missy Elliott (3:02)	Standing Hill	75	Steady Zone 3	n/a	A/D	
	<b>Breakeven</b> /The Script (4:21)	Seated Flat	85>95	Intervals Zone 2/3	Verse/Chorus	A/D	
<b>Stage 3</b> 7:30	<b>Did Ya</b> /BoA (2:59)	Combo Hill	90>80	Intervals Zone 2/4	Verse/Chorus (Seated/ Standing)	A/D	
	<b>Someone to Call My Lover</b> /Janet Jackson (4:32)	Combo Flat	75-85	Steady Zone 2	Custom Standing	A/D	
<b>Stage 4</b> 8:00	<b>I Gotta Feeling</b> /Black Eyed Peas (4:49)	Combo Hill	65-75	Steady Zone 2 Into Steady Zone 3 Into Steady Zone 4	Gradual progression	A/D	
	<b>Linus and Lucy</b> /Vince Guaraldi Trio (3:07)	Seated Flat	80	Steady Zone 1	n/a	A/D	
<b>Stage 5</b> 8:00	<b>I Don't Feel Like Dancin'</b> /Scissor Sisters (3:56)	Combo Hill	70	Steady Zone 2 Into Steady Zone 3 Into Steady Zone 4?	Verse/Chorus (Seated/ Standing)	A/D	
	<b>Shake It Off</b> /Mariah Carey (3:55)	Seated Flat	--	Steady Zone 1 Stretches		A	

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[www.JulzArney.com](http://www.JulzArney.com)

<http://www.julzarney.com/choreography/index.html>

### \*MIND/BODY TECHNIQUES

**A** = Association; Connecting the mind and body by bringing awareness to the physical effects of the work performed

**D** = Dissociation; Moving the mind away from the effects of physical work to focus on a visual image, verbal mantra, a song's lyrics, etc.