

LA Revolution Spinning® Playlist

Instructor: Colin 🚴 Ride Title: Manuva Spin 🚴 First Ride: April 2015

Track	Artist		Profile	BPM
Juicy (Instrumental)	Notorious BIG	(4.43)	Seated Flat	90
Lean Back (Instrumental)	Fat Joe	(8.37)	Seated Flat	94
Again and Again	Roots Manuva	(11.55)	Standing Flat	86
Die For You	H-Town	(15.17)	4 Beat Jumps	80
Let the Spirit	Roots Manuva	(18.30)	Seated Flat	108
Yesterday	Carroll Thompson	(21.53)	Standing Flat (verse only)	80
Hopelessly in Love	Carroll Thompson	25.28)	Standing Climb	70
Join The Dots	Roots Manuva	(29.25)	Seated Flat	92
Witness the Fitness	Roots Manuva	(33.21)	Seated Flat	90
I Try	Talib Kweli feat Mary J Blige	(37.38)	Seated Flat	95
Things We Do	Roots Manuva	(40.31)	Seated Flat	90
Flava In Your Ear (Remix)	Craig Mack	(45.31)	Seated Flat	88
Buff Nuff	Roots Manuva	(47.42)	Seated Flat	86
Juggle Tings	Roots Manuva	(52.02)	Seated Flat	88
Dreamy Days	Roots Manuva	(55.40)	Standing Flat	86
I'm So Sorry	Carroll Thompson	(60.00)	Cool Down	N/A

Ride information:

First 25 minutes ride as an endurance session, staying around 75% of MHR (Max Heart Rate).

At the start of 'Join the Dots', treat as a 'race day', working up to 92% of MHR, focusing on rhythm, technique & relaxation.

Reducing intensity progressively through 'Dreamy Days' until the cool down.