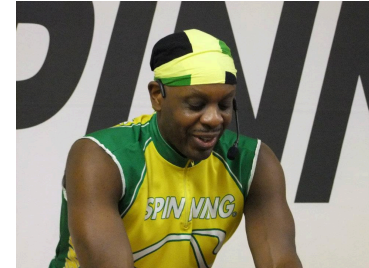


LA Revolution Spinning® Playlist

Instructor: Les

Ride Title: Two Big Bumps

First Ride: December 2014



Track	Artist	Profile	BPM
Leave People's Business	Admiral Tibbett and R Chinn	Flat	100
It's True version	Eccelston Jarrett	Flat	91
Chime	Orbital	Hill	128
Bulawayo	Zulu	Hill	125
We Play Ska	Children of the Night	Hill	130
You Got Me Waiting	Bounty Killer and Nitty Kutchie	Hill	129
Put Your Lips Together	Sven Van Hees	Flat	96
Do It Properly	Adonis feat 2 Puerto Ricans a Blackman and a Dominican	Flat	99
Perfect Dub	Peter Hunningale	Jumps	96
Love Me With Feeling	Gregory Isaacs	Cool Down	

Ride information: This is an up down and up again ride. Push hard into the first climb, little bit of flat recovery, then hit the second climb with all sorts of power and determination. Slow leg speeds, heavy resistance with a few breakaways, ouch!!