

"THE LONGEST SONG EVER" CYCLE PROFILE QUICK NOTES

ACRONYMS: SEH=Seated Hill, STH=Standing Hill, SEF=Seated Flat, STF=Standing Flat, SPR=Sprint (always seated)

WARM-UP:

Game On by Pitbull, TKZee and Dario G - 3:20 ---- Heartbreaker by Pat Benatar - 3:28

-SECTION 1, HILL & SPRINT:

It's Time by Imagine Dragons - 3:58

-Sit for 1 min, stand for 1 min, sit for 1 min, stand for last min (LEVEL 8)

I Can Do Better by Avril Lavigne- 3:16

-SEF at verses, SPR at chorus (LEVEL 7)

-SECTION 2, HILL & SPRINT:

All About Us by t.A.T.u. - 3:01

-SEH at LEVEL 8 for the verses and LEVEL 9 for the choruses

Chelsea Dagger by The Fratellis - 3:35

-SEF for :30/SPR for :30, SEF for :20/SPR for :20, then :10/:10, :20/:20, and :30/:30 (LEVEL 7)

-SECTION 3, STRENGTH & "JUMPS":

I Want You Now by The Feeling - 3:50

-STH, LEVEL 8

-SEH, LEVEL 8. Right strength for 0:30, left leg strength for 0:30

-STH, LEVEL 8.

-SEH, LEVEL 8. Right strength for 0:25, left leg strength for 0:25

Locked Out Of Heaven by Bruno Mars - 3:54

-Using the timing on the song, STF at 0:50, SEF at 1:10, STF on 1:37, SEF on 2:04, STF on 2:30, SEF on 2:44, STF on 2:50, SEF on 2:57, STF on 3:03, SEF on 3:09, STF on 3:24, SEF on 3:38

-SECTION 4, HILL & RECOVERY:

Me And You by Nero - 4:08

-Stay at each LEVEL for 0:30: 9, 8, 7, 8, 9, 10, 9, 8

Short-Term Dory-Score by Thomas Newman - 0:44

A short reprise for Mary Todd, who was insane, but for very good reasons by Sufjan Stevens - 0:48

-SEF (LEVEL 6)

-SECTION 5, HILLS, SPRINTS, & FLATS:

Second Hand by Pravada - 13:57

0:00-1:10: SEF, LEV 6	4:15-4:30: SEF, LEV 6	8:54-9:42: STH, LEV 8	12:05-12:27: SPR, LEV 6.5
1:10-2:20: SEF, LEV 7	4:30-5:02: SPR, LEV 7	9:42-10:35: SEF, LEV 6	12:27-12:46: STH, LEV 8
2:20-2:45: STH, LEV 8	5:02-5:40: SEF, LEV 6	10:35-11:04: SEH, LEV 9	12:46-13:07:STH slow LEV 8
2:45-3:05: SPR, LEV 7	5:40-6:46: SEH, LEV 8	11:04-11:15: SEH, LEV 8.5	13:07-End: SEH, LEV 9
3:05-3:29: SEF, LEV 6	6:46-7:50: STH, LEV 9	11:15-11:30: SEH, LEV 8	
3:29-3:53: SPR, LEV 7	7:50-8:07: SEF, LEV 6	11:30-12:00: SEH, LEV 7.5	
3:53-4:15: STH, LEV 8	8:07-8:54: SEH, LEV 8	12:00-12:05: SEF, LEV 7	

COOL DOWN:

Carry Out by Eight Beat Measure, Various Artists - 3:36 --Your Song (Blackmill Remix) by Ellie Goulding 4:42

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