

## 80's Cycle

▼ Reduce Resistance ▲ Increase Resistance ● Hold Resistance

### Warm Up:

*"Dance the Nigh Away"*

Van Halen 3:08 BPM 129

### Combination:

*"Games People Play"*

The Alan Parsons Project 4:25 BPM 131

00:00	Ride	
00:24	Climb	▲
00:45	Race	▼
01:00	Ride	▼
01:17	Climb	▲
01:39	Race	▼
01:53	Ride	●
02:14	"	▲
02:29	"	¾
02:58	Race	▼
03:41	Climb	▲
03:56	"	●
04:25	"	●

### Moderate Climb:

*"Too Much Time on My Hands"*

Styx 4:33 RPM 135 (68)

00:00	Ride	
00:22	Climb	▲
00:37	Seated Climb	●
00:52	"	▲
01:06	Climb	▲
01:21	"	▲
01:36	Race	▼
02:01	"	●
02:12	Ride	▼
02:27	"	▲
02:41	Seated climb	▲
02:52	"	▲
03:00	Climb	▲
03:14	"	▲
03:29	Race	▼
03:54	"	●

### Combination:

00:00
00:08
00:29
00:58
01:16
01:45
01:59
02:28
02:45
03:14
03:43
03:58
04:13
04:42
05:11

*"Separate Ways"*

Journey 5:26 BPM 134

Ride	
"	▲
Climb	▲
Seated climb	●
Race	▼
Ride	▼
Climb	▲
Seated climb	●
Race	▼
Ride	▼
Climb	▲
"	●
Race	▼
"	●
Climb	▲

### Climbing:

00:00
00:07
00:21
00:35
00:49
01:03
01:10
01:24
01:38
01:52
02:06
02:20
02:33
02:50
03:16
03:30
03:44
03:58

*"You've Got Another Thing Comin'"*

Judas Priest 5:10 BPM 138 (69)

Ride	
"	▲
Climb	▲
"	▲
Seated climb	●
Climb	▼ or ●
"	▲
"	▲
Seated climb	●
Climb	▼ or ●
Ride	▼
Climb	▲
Seated climb	●
Climb	▲ no rest!
Seated climb	●
Climb	▼ or
Ride	▼
Climb	▲

### Extended Race:

00:00
00:49
01:09
01:43

*"Axel F"*

Beverly Hills Cop 2:59 BPM 117

Race	▲
Ride	▼
Race	▲

### Cool Down:

*"No One Is To Blame"*

Howard Jones 4:18 BPM 94