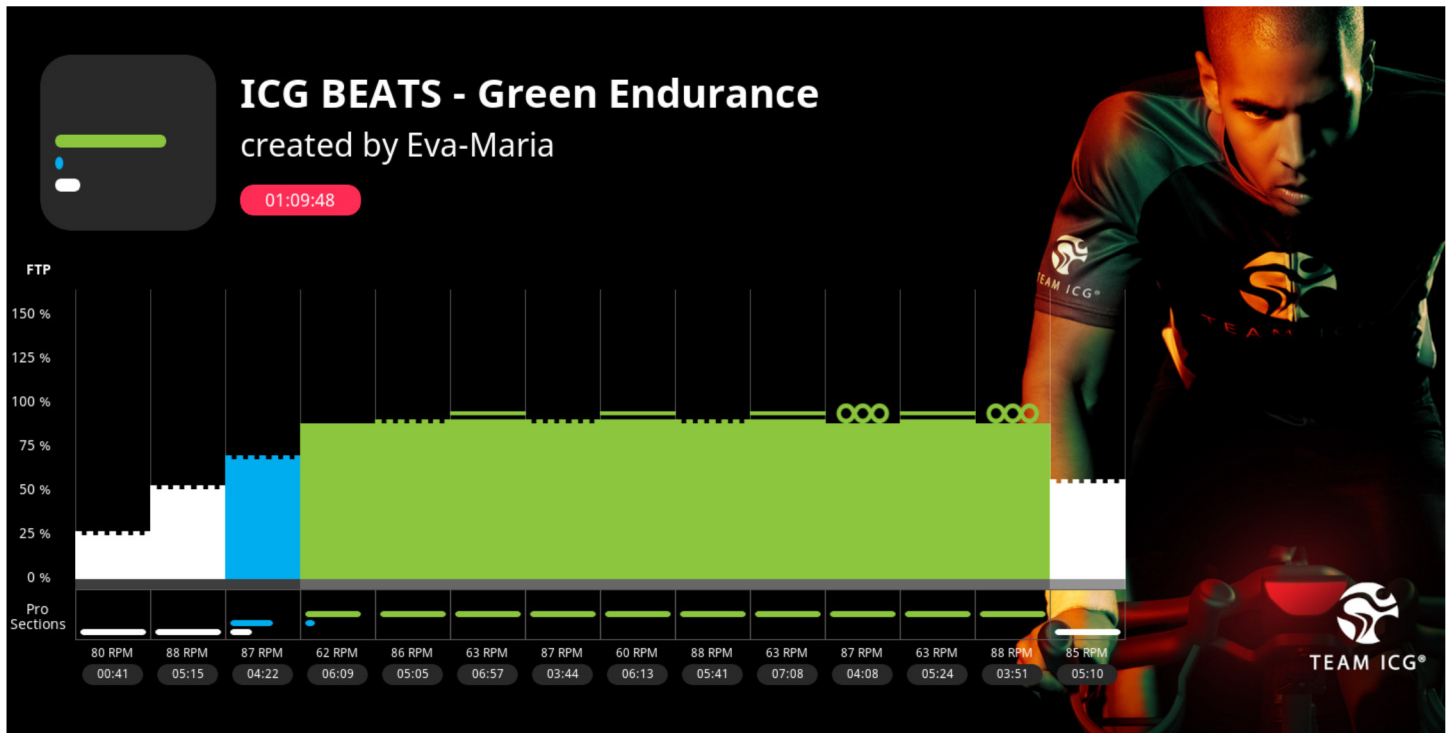


Workout ICG® Beats – Green Endurance



Workout overview

Track Name	RPM	FTP %	Riding Position	Duration
Warm Up - Intro	80	27	SERO	00:41 Min.
+ Warm Up - Begin By Letting Go (Whiney Remix)	88	50	SERO	05:15 Min.
+ Warm Up - Start Line	87	65	SERO	04:22 Min.
+ Main Part - Days of Yore	62	83	SECL	06:09 Min.
Main Part - Lord It's a Feeling	86	83	SERO	05:05 Min.
+ Main Part - Lift me up	63	83	STCL	06:57 Min.
Main Part - Hurricanes (Wild Love)	87	83	SERO	03:44 Min.
+ Main Part - Hope	60	83	STCL	06:13 Min.
Main Part - Cosmic Creeper	88	83	SERO	05:41 Min.
+ Main Part - New Earth	63	83	STCL	07:08 Min.
+ Main Part - We are the Energy	87	83	STJO	04:08 Min.
+ Main Part - Bad Habits	63	83	STCL	05:24 Min.
+ Main Part - Heartbeat	88	83	STJO	03:51 Min.
+ Cool Down - Letting Go				05:10 Min.