


Workout ClubRide 2022 Level 2



Workout overview

Track Name	RPM	FTP %	Riding Position	Duration
Warm Up - Altered State (Album Edit)	100	50	SERO	08:16
Main Part - Hide U (AVIRA Extended Remix)	62	83	SECL	06:44
Main Part - Willkommen Zur  ck	100	55	SERO	03:27
Main Part - Open Your Mind	64	98	STCL	05:01
Main Part - Blood and Stone (Ivan Torrent Remix)	85	65	SERO	03:03
Main Part - No Education (Jerome Isma-Ae Extended Remix)	64	98	STCL	07:26
Main Part - Don't Give Up on Love	91	65	SERO	03:09
Main Part - Titanium (feat. Sia) (David Guetta & MORTEN Future Rave Extended Mix)	65	83	JU	05:35
Cool Down - African Samurai	92	55	SERO	04:42
Stretching- Bullet Proof Soul				05:21

52:44

Workout ClubRide 2022 Level 4



Workout overview

Track Name	RPM	FTP %	Riding Position	Duration
Warm Up - Altered State (Album Edit)	100	50	SERO	08:16
Main Part - Hide U (AVIRA Extended Remix)	62	83	STCL	06:44
Main Part - The Sound Of Letting Go (Tribute To Yotam)	68	83	JU	04:00
Main Part - Willkommen Zurück	100	65	SERO	03:27
Main Part - Open Your Mind	64	98	STCL	05:01
Main Part - Blood and Stone (Ivan Torrent Remix)	85	83	STJO	03:03
Main Part - Hungry Like the Wolf (Steve Aoki vs Duran Duran New York Werewolf Remix)	64	98	WR	07:01
Main Part - Don't Give Up on Love	91	65	SERO	03:09
Main Part - No Education (Jerome Isma-Ae Extended Remix)	64	83	JU	07:26
Main Part - Titanium (feat. Sia) (David Guetta & MORTEN Future Rave Extended Mix)	65	98	STCL	05:35
Cool Down - African Samurai	92	55	SERO	04:42
Stretching - Bullet Proof Soul				05:21

63:45