



Master the Music

Created by **Tom Scotto / Cycling Fusion**
 Total Class Length: **30 minutes**

PROFILE DESCRIPTION / OBJECTIVE

This profile was designed to illustrate different cueing elements and uses of music as part of instructor workshop.

THE MUSIC:

Song Title	Time	BPM	Artist	Focus
Catwalk	5:43	96	Alex Cortiz	Warm-Up
Edge of the World	5:05	95	David Arkenstone & Diane Arkenstone	Rolling Road
To My Surprise	5:07	83	Eowyn	Climbing at Tempo
A.I.	3:11	90	Aedan Sherry	Recovery before the Climb
Darkshifter	3:25	69	PumpAudio	Introspective Climb
Phusion Magnifico	4:03	103	Alex Cortiz	Recovery
ShowStopper	2:51	101	Toby McKeehan & Christopher Stevens	3 Explosive Efforts
Fantasy Guy	3:12	72	PumpAudio	Cool-Down
The Yearning	3:21	~	Nicholas Gunn	Stretch