2:30

1. Seated Climb
2. Standing Climb

2:15

1. Seated Climb
2. Standing Climb
3. Jumps on Hill

2:15

1. Seated Flat
2. Standing Flat
3. Jumps on Hill

1:45

1. Seated Climb
2. Standing Climb
3. Jumps on Hill
4. Standing Flat

1:45

1. Seated Flat
2. Standing Flat
3. Jumps on Hill
4. Seated Climb

1:15

1. Seated Climb
2. Standing Climb
3. Jumps on Hill
4. Standing Flat
5. Seated Flat

1:15

1. Seated Flat
2. Standing Flat
3. Jumps on Hill
4. Seated Climb
5. Standing Climb

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