

**Superbowl Ride (High Intensity)  
Quick Profile and Playlist**

<b>Technique</b>	<b>Song Title</b>	<b>Time</b>	<b>RPM</b>	<b>Artist</b>	<b>Album</b>	<b>Source</b>
<b>Warm-up</b>	Played A-live	3:13	<b>140</b>	Safri Duo	Episode Two	Amazon
<b>Warm-up</b>	We Will Rock You	2:02	<b>82</b>	Queen	Greatest Hits	eMusic
<b>Warm-up Drills</b>	Space Jam	5:07	<b>132</b>	Quad City DJ's	Space Jam Soundtrack	Amazon
<b>1<sup>st</sup> Quarter – Part 1</b>	Monday Night Football Theme – Heavy Action	3:45	<b>130</b>	Johnny Pearson	Heavy Action (Theme from Monday Night Football)	iTunes
<b>1<sup>st</sup> Quarter – Part 2</b>	Allegretto	3:53	<b>146</b>	Bond	Shine	eMusic
<b>2<sup>nd</sup> Quarter – Part 1</b>	Remember the Name	3:49	<b>86</b>	Fort Minor	The Rising Tied	eMusic
<b>2<sup>nd</sup> Quarter – Part 2</b>	Renegade	4:30	<b>106</b>	Styx	Pieces of Eight	eMusic
<b>Halftime (Recovery)</b>	Die Another Day	3:32	<b>124</b>	Madonna	The Best of Bond	eMusic
<b>Halftime</b>	Party Rock Anthem	4:22	<b>130</b>	LMAFO	Sorry for Party Rocking	eMusic
<b>3<sup>rd</sup> Quarter – Part 1</b>	Get Ready for This	3:25	<b>126</b>	2 Unlimited		Amazon
<b>3<sup>rd</sup> Quarter – Part 2</b>	Rock This Party (Everybody Dance Now)	3:45	<b>150</b>	C+C Dance Factory	Jock Jams Volume I	Amazon
<b>4<sup>th</sup> Quarter – Part 1</b>	Rock You Like a Hurricane	4:14	<b>124</b>	The Scorpions	Jock Jams Volume I	Amazon
<b>4<sup>th</sup> Quarter – Part 2</b>	Heart of a Champion	4:35	<b>160</b>	Nelly	Sweat	eMusic

<b>Cool down</b>	Fly Like an Eagle	4:15	<b>97</b>	Seal	Hits	eMusic
<b>Stretch</b>	We Are the Champions	3:02	<b>62</b>	Queen	Greatest Hits	eMusic
<b>Stretch/Outro</b>	The Winner	4:03	<b>101</b>	Coolio	Space Jam Soundtrack	eMusic (album only), Amazon