

RPM 101

GLOSSARY

MUSIC

RPM VS. SPRINT

01. PACK RIDE

02. PACE

03. HILLS

04. MIXED TERRAIN

05. INTERVALS

06. SPEED WORK

07. MOUNTAIN CLIMB

08. RIDE HOME / STRETCH

DECLARATION OF INTENT

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GLOSSARY

KEY RPM RIDING POSITIONS

Throughout the ride, we use different riding Positions. These impose slightly different demands on the body and the working muscles. Changing Positions brings maximum benefits, avoids over-stressing the body and brings variety to the ride, which is an important factor in indoor cycling.

Some Positions are used at specific Paces or Resistances as they are designed for Speed, Climbing and Power Recovery. Others are used with all Paces and Resistance. Your goal is to ride both effectively and efficiently in each Position and have your participants do the same.

BIKE SETUP

Before you begin the class use the ‘on-the-bike quick check’ to make sure you have a slight bend in your knee at the bottom of your pedal stroke.

SEAT HEIGHT

Bring your feet to 12 o’clock and 6 o’clock. Take out your bottom foot and place your heel over the pedal. With a straight leg and hips level, your heel should just touch the pedal – a good seat height for great force production. If your heel easily touches the pedal and the knee is bent, then the seat is too low. If you cannot reach the pedal without losing your hip alignment, then your seat is too high. Once you place your foot back in the pedal/cage, check you have a slight bend in your knee – the optimal angle is 25 degrees.

SEAT FORE AND AFT

With the pedals at 3 o’clock and 9 o’clock, position the saddle so the front knee is in line with the pedal axle or the top toe strap of the front pedal. If the knee is back of the pedal axle, the seat needs to be moved forward. If the knee is forward of the pedal axle, the seat needs to be moved back.

HANDLEBAR HEIGHT

The handlebar height should be slightly lower or level with the saddle. Beginners, or people with lower back problems, should have the handlebars slightly higher than the saddle.

HANDLEBAR FORWARD AND BACK

In Racing, you should have a 90-degree angle between your upper arm and your torso. If you feel like you need to slide forward in the saddle to create the 90-degree angle, move your handlebars a little closer.

RIDE EASY

Layer 1

- *Tip forward from the hips*
- *Sit back in the saddle*
- *Hands shoulder-width apart*
- *90-degree angle at your upper arm and torso*
- *Lengthen the back of the neck and tuck in chin*
- *Chest lifted*
- *Shoulders back*
- *Soft elbows*
- *Upper body relaxed*
- *Hips, knees, ankles in line*
- *Middle of kneecap in line with second toe*
- *Eyes in front of the handlebars*

Layer 2

- *Shoulders away from ears*
- *Relaxed upper body to help with Recovery*
- *Hands wide to help with your breathing*

This is the basic riding Position and can also be used for Recovery. It’s used with Light to Moderate Climbing Resistance either at the start of the track, to provide active Recovery through the track, or when we start to build Intensity at the beginning of work phases.



GLOSSARY

RACING

Layer 1

- *Hinge forward from the hips*
- *Reach arms forward*
- *Slide the butt back*
- *90-degree angle at your upper arm and torso*
- *Chest lifted*
- *Shoulders back and down*
- *Bend through your elbows*
- *Abs in and braced*
- *Lengthen the back of your neck and tuck in chin*
- *Eyes in front of the handlebars*
- *Hips, knees, ankles in line*

Layer 2

- *Reach long into the dippers – keep your elbows bent*
- *Slide back on the saddle; feel the glutes and hamstrings*
- *Core strong; keep your upper body still*
- *Maintain good knee alignment, middle of kneecap in line with middle of foot*

This is a riding Position, not a cue to automatically go faster. However, generally we move to a period of increased Intensity using slightly more Resistance and/or faster speed.

Don't overreach in this Position because we don't want to compromise the lower back, the shoulders or the neck. This Position gives us a wider Base of support and slightly changes the hip angle, allowing a change in recruitment of the gluteals and hamstrings; therefore, it puts you in the best Position to work harder. Used in Tracks 1, 2, 4, 5 and 6.

RACING (FORWARD)

Layer 1

- *Reach arms forward*
- *Slide forward*
- *90-degree angle at your upper arm and torso*
- *Chest lifted*
- *Shoulders back and down*
- *Bend through your elbows*
- *Abs braced*
- *Lengthen the back of your neck and tuck chin in*
- *Eyes in front of the handlebars*
- *Toes slightly down*
- *Hips, knees, ankles in line*
- *Middle of kneecap in line with middle of foot*

Layer 2

- *Slide forward on the saddle to bring the knee over the Push Point*
- *Helps you recruit more quads*
- *Toes down, creating small, quick circles with the feet*
- *Keep your body still, hips and upper body; brace your core*

Used when we ride fast in Tracks 2, 4 and 6. Also used occasionally in Track 5 to vary the muscle activation. By sliding forward on the saddle and dipping the toes slightly, we generate a faster leg speed. We bring the knee over the Push Point in the pedal, which means we create a quad-dominant action and decrease the length of the lever around, which the pedal must rotate.



GLOSSARY

AERO-RACING (FORWARD)

Layer 1

- Hands inside the 'D'
- Slide forward in the saddle
- Elbows in and down
- Shoulders come down
- Lower upper body
- Eyes in front of the handlebars
- Toes slightly down

Layer 2

- **Drop your upper body down, like you're drafting off the rider in front**
- **Tuck under the wind, get aerodynamic**

The two most common uses for this Position are during the work phases in Tracks 2, 4 and 6 and sometimes in Track 5 for increased power output.

NOTE: If your bike doesn't allow you to place the hands inside the 'D', stay in Racing Position.

STANDING ATTACK

Layer 1

- Hands to the end of the handlebars
- Bring your body weight slightly forward
- Abs braced
- Chest lifted
- Eyes in front of the handlebars

Layer 2

- Shift your hips slightly forward, feel your quads
- Strong core for strong legs
- Front body focus, quads are in!
- Lean in, quads kick in!

We use this Position in Track 5, and at the top of climbs to change muscle recruitment for quick efforts of Intensity and power. Bringing the hips forward increases recruitment in the quads.

SEATED RECOVERY

Layer 1

- Sit up at the back of the saddle
- Shoulders back
- Lift chest
- Hips, knees, ankles in line

Layer 2

- Open chest, get your breath back
- Let the arms hang loosely at your sides
- Take the air in, oxygen is energy

This Position is used for Recovery, postural breaks and stretches at the beginning, during or at the end of tracks.

STANDING CLIMB

Layer 1

- Hands placed at end of the handlebars with relaxed grip
- Butt just over the front of your seat
- Abs braced
- Chest lifted
- Shoulders back and down
- Elbows soft and in
- Body weight moves side to side
- Eyes in front of the handlebars

Layer 2

- A strong core for a strong climb
- Feel your butt tap the nose of the saddle
- Push down through the pedal, generating as much force as you can
- Pull up on the handlebars to counteract the downward push
- Keep your body weight in your legs, not in the handlebars

Before you stand, make sure you have established enough Resistance. You're much stronger when you stand because you're applying your full body weight to drive the pedals. You should have enough Resistance to counterbalance your body weight.



GLOSSARY

POWER CLIMB

Layer 1

- *Hinge forward from the hips*
- *Reach arms forward*
- *Slide the butt back*
- *Chest lifted*
- *Shoulders back and down*
- *Bend through your elbows*
- *Abs braced*
- *Push and Pull*
- *Lengthen the back of your neck and tuck in your chin*
- *Eyes in front of the handlebars*
- *Hips, knees, ankles in line*
- *Middle of kneecap in line with middle of foot*

Layer 2

- *Hands wide – gives you a stronger Base of support to push from*
- *Push with your quads and Pull back using your hamstrings*
- *Go for big circles with the feet*
- *Push and Pull*
- *Sit back in the saddle – this lengthens the lever, creating more force production*

We use the Power Climb Position to drive Heavy Resistance at Slow Pace and work on leg Strength or Power. The positioning is the same one we use with Racing (butt back). The wide Base of support, the sliding of the butt back and the position of the hips place the body in the best position to produce optimal power.

NOTE: Correct pedaling Technique is essential to drive the pedals under increased Resistance. 'Push and Pull' your legs simultaneously to ride efficiently and avoid pedaling in 'squares.'

PULLBACK CLIMB

Layer 1

- *Small shift back of your hips, upper body stays upright*
- *Abs braced*
- *Chest lifted*
- *Shoulders back and down*
- *Eyes in front of the handlebars*

Layer 2

- *Steady your hips and feel the back of your legs light up*
- *A small shift back to fire up your glutes*

This Position is a subtle shift back of the hips. Make sure you Coach a lifted chest and brace through the core.

STANDING RECOVERY

Layer 1

- *Standing tall on the bike*
- *Chest lifted and open*
- *Long back*
- *Extend your legs a little more*
- *Heels down*

Layer 2

- *Rise and recover*
- *Feel the release in the legs and back*
- *Take a moment to recharge*

This Position is used for Recovery and postural breaks as we slow down to a walk on the pedals.

SPEED Coaching CUES

1. Slide forward in the saddle
2. Toes slightly down – fixed ankle
3. Prevent bouncing in the saddle: Push and Pull, draw in the abs and add Resistance
4. Relax the upper body
5. Chin tucked in, eyes down
6. Help people feel success by saying "if your legs are starting to slow, it's OK, just do your best"



MUSIC

01

Dance All Over Me (3:10)
George Ezra
© 2022 Sony Music Entertainment UK Limited.
Written by: Barnett, Pott

Dance All Over Me (1:51)
George Ezra
© 2022 Sony Music Entertainment UK Limited.
Written by: Barnett, Pott

02

You Make Me Feel (Mighty Real)
(4:54)
Last Logic
© 2023 Les Mills Music Licensing Ltd.
Written by: James, Wirrick

03

One in a Million (5:10)
Dark Crystal Dream
© 2023 Les Mills Music Licensing Ltd.
Written by: Rexha, Burns, Coogan, Guetta, Reznikov,
Solovay, Zmishlany

04

Runaway (2:40)
P!NK
© 2023 RCA Records, a division of Sony Music
Entertainment.
Written by: Moore, Mann

Runaway (2:40)
P!NK
© 2023 RCA Records, a division of Sony Music
Entertainment.
Written by: Moore, Mann

05

Sweet Disposition (5:58)
Fitch feat. Emile Battour
© 2023 TMRW Music Pty Ltd.
Written by: Mandagi, Sillitto

06

Ray Of Solar (3:56)
Swedish House Mafia
Courtesy of the Universal Music Group.
Written by: Burman, Angello, Ingrosso, M. Parisi,
Polikarpov, G. Parisi

Ray Of Solar (2:05)
Swedish House Mafia
Courtesy of the Universal Music Group.
Written by: Burman, Angello, Ingrosso, M. Parisi,
Polikarpov, G. Parisi

07

Forever & Always (Extended Mix)
(6:49)
Armin van Buuren & Gareth Emery
feat. Owl City
© 2023 Armada Music B.V. under exclusive license from
Armin Audio B.V.
Written by: van Buuren, Goeij, Emery, Galatis, Young

08

Stars (2:49)
PNAU, Bebe Rexha & Ozuna
© 2023 etcetc Music Pty Ltd.
Written by: Bennett, N. Littlemore, Mayes, Rivera, Rexha,
Ozuna, S. Littlemore



RPM 101



L–R: Hamza Bkira, Glen Ostergaard, Bas Hollander, Amy Lu

RPM 101: back to basics – Resistance, Pace and Position – the cardiovascular workout for everyone. Fun, flowing and inclusive!

Smooth tones in *Dance All Over Me* sets the feel – melodic and fun; a good time to focus on Resistance and Pace. Retro throwback Disco in full flurry lifts the energy and heart rate for Pace, then the Hills focus on the present – get the climbs done; build strength and fitness.

Favorite track, *Runaway* – ride the half beat, light Climbing Resistance, engage the beat, then reduce to Racing Resistance and ride as fast as you can. This track is a perfect blend of Pace, Resistance and Intensity with fun!

Intervals – familiar and driving. *Ray Of Solar* is perfect for Track 6, beautiful music and a great feel for Speedwork. *Forever & Always* fills the room with heavy beats in our Mountain Climb track – part work, part dancing on the pedals. We have an awesome finish, riding home with the *Stars*.

Enjoy the ride,

Glen

PRESENTERS

Amy Lu (New Zealand)

Bas Hollander (The Netherlands)

Glen Ostergaard (New Zealand)

Hamza Bkira (Tunisia)

CREDITS

Creative Lead – Glen Ostergaard

Creative Director – Diana Archer Mills

Creative Team – Bas Hollander and Khiran Huston

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Juliet Mora

Special Thanks – Dan Cohen for his Coaching expertise



HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current music and Training principles. If you are teaching older releases, be sure to mix with modern tracks and do not change the Choreography; teach the tracks as they were created, but apply more modern Coaching language, terminology, and reworked sentence structure/language – use this for future releases as well please.

If you are using a Track 8 (Ride Home/Stretch) from Release 63 onwards, there is no need to teach a Track 9 (Stretch) from releases prior to RPM 63.

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. That way, you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and Training effect of the new launches tracks.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback

EXPRESS FORMATS

Please note: This format is customized to this release only. If time allows, you may include Track 8 Ride Home/Stretch; alternatively, tell your class to do their own stretches once they have left the room.

RPM 101 30-MINUTE FORMAT

Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 08	Ride Home/Stretch
Total Time	29:12 with Track 8 26:23 without Track 8

Mix-and-Match Formats: Should you wish to mix and match using different releases, please use the standardized 30-minute and 60-minute formats. Be sure to check the length of your playlist!

KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	Cts	Musical counts
Intro	Introduction	Mins	Minutes
Outro	Last few bars of music	PC	Pre-chorus
QC	Quiet Chorus	Ref	Refrain (recurring phrase or number of song lines)
Synth	Synthesizer	Tempo	Normal Pace of the music
V	Verse		

Pace

rpm	Revolutions per minute	1/4	Riding on the 1/4 beat
1/2	SLOW – Riding on the 1/2 beat	3/4	MEDIUM – Riding on the 3/4 beat
3/4+	BUILDING – Chasing and/or riding just under the beat	3/4++	Fast Pace
1/1+	A little faster than rpm	1/1	ON THE BEAT

Resistance

A	Attack Resistance	B	Base Resistance
C	Climbing Resistance	R	Racing Resistance
	Increase Resistance		Maintain Resistance
	Decrease Resistance		

30-MINUTE FORMAT

Track 01	Pack Ride
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 07	Mountain Climb
Track 08	Ride Home/Stretch (if time allows)

60-MINUTE FORMAT

Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 06	Speed Work
Track 03	Hills
Track 06	Speed Work
Track 07	Mountain Climb
Track 08	Ride Home/Stretch (if time allows)



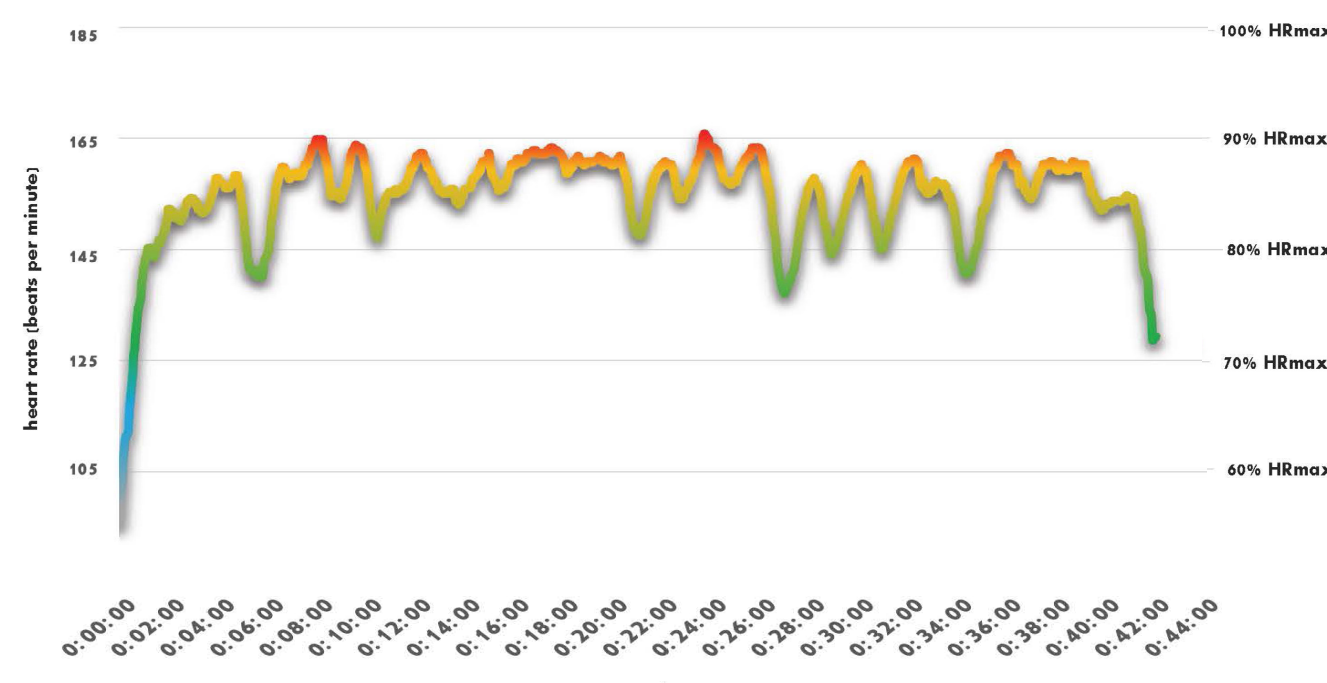
RPM VS. SPRINT

RPM and **SPRINT**. Two workouts on a bike which at first glance appear similar but are quite different. Let's compare them.

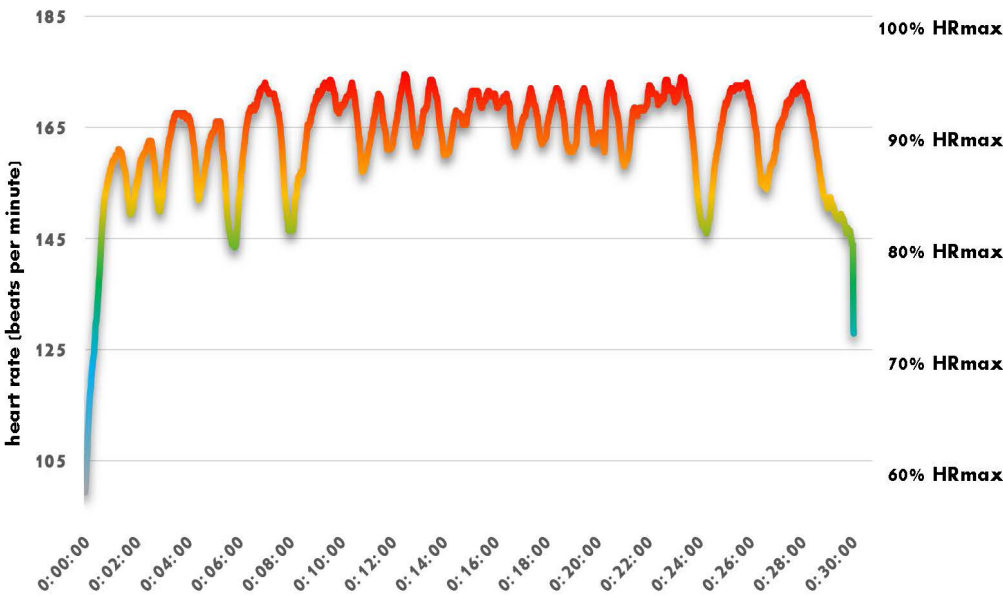
TYPE OF TRAINING	
RPM is 45 minutes of CARDIO Peak Training. Moderate to Higher-intensity efforts with active recoveries. Each effort blends into the next and we encourage constant motion. Three classes per week, as part of a balanced training schedule, creates a leaner body shape and improvements in aerobic fitness and cardiovascular health.	SPRINT is 30 minutes of HIGH INTENSITY Interval Training (HIIT). Participants spend up to 20 minutes above 85% of their maximum heart rate, and experience rapid shifts in body composition and metabolic health. Each effort is followed by complete rest and participants are encouraged to stop moving. We recommend no more than 2 HIIT workouts per week.

In this heart rate profile, you can see the difference in duration and intensity between **RPM** and **SPRINT**.

RPM 101



SPRINT 33





RPM VS. SPRINT

TEACHING METHODS

Let's compare teaching methods using the **STATE SHOW SAY** tool:

STATE is our State Of Mind; it's the mindset that we bring to each class.

SHOW is What We Show our participants in class; it's how we 'walk the talk.'

SAY is What We Say to coach and enhance our participants' experience.

	RPM	SPRINT
STATE	In RPM , we are "Leading a smooth ride over rolling terrain, where everyone finds their own place in the pack."	In SPRINT , we are "Training with like-minded people, focused on giving our absolute max to each interval."
SHOW	In RPM , we SHOW "Great cycling Technique and enjoyment of the ride."	In SPRINT , "We don't ride. We work. We rest."
SAY	SAY in RPM is "Coached using PRP and is inclusive and fun." "We ride terrain that provides a sustained CARDIO base with phases that lift us into a higher training zone."	In SPRINT , it's coached with "PLT using enthusiasm and empathy." "We approach each interval with the intention of staying in the HIGH INTENSITY zone."

Coaching TOOLS

We use different Coaching tools in the two programs.

COACHING TOOLS	
RPM PRP – Position, Resistance and Pace. Position is our program-specific Positions such as Ride Easy, Racing and Standing Climb. Resistance is our Base, Racing, Attack and Climbing Resistances. These can also be referred to as "Gears" but we avoid using "Load" or "Weight" – these are reserved for SPRINT. We describe how the Resistance feels by using muscle pressure or breathing cues such as, "The legs are tight and strong" or "The lungs feel full". We also use visualization, eg "The climb is getting steeper". Pace is Slow, Medium, Fast or On The Beat, and we use rhythm cues to enhance these Paces.	SPRINT PLT – Position, Load and Training Position is simply Sit or Stand, and we vary hip and hand positions. Load is Light, Moderate or Heavy. We also refer to it as "Weight", but we avoid using "Resistance" or "Gears" because we use these in RPM. We still use muscle pressure and breathing cues but when we use visualization we refer to other modes of training, eg "It's like a heavy Squat" or "Imagine someone pulling you back". Training/Tempo is Sprint, Power, Strength and Rest. The music is a guide and we can move off the beat: Sprints are as fast as possible, Power is on the beat or a bit faster, Strength is on the beat or a bit slower, and when we Rest we slow down or stop moving.

So, there you have it! Two programs that may appear similar but are in fact very different. The type of training, teaching methods and Coaching tools each serve to create the key differences between **RPM** and **SPRINT**. Use these tools in your next class to ensure each program retains its unique essence.



01. PACK RIDE

1/1 = 120rpm

TRACK FOCUS

- Coach the basics of PRP to set up great Technique and experience the smoothness of the Pace changes

TRACK PROFILE

Prepare the class for the workout with 4 chances to ride the beat

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro /	2x8 Seated Recovery	•	1/4	E
	0:13	V1 / This mountain	5x8 Ride Easy	BO	1/2	
	0:33	PC / Dance dance	4x8 Ride Easy	•	3/4	
	0:49	C / With me	8x8 Racing	↗	3/4+	
2	1:21	V2 / You walk	5x8 Ride Easy	RO	3/4	
	1:41	C / With me	8x8 Racing	•	1/1	
	2:13	Ref / Dance dance	4x8 Seated Recovery	•	1/4 - 3/4	
	2:29	C / With me	8x8 Racing	•	1/1	
	3:02	Instr / (Low)	2x8 Ride Easy	↘	1/2	
3	3:09	V3 / You walk	5x8 Ride Easy	•	3/4	
	3:30	C / With me	8x8 Racing	RO	1/1	
	4:02	Ref / Dance dance	4x8 Seated Recovery	•	1/4 - 3/4	
	4:18	C / With me	8x8 Racing	•	1/1	
	4:50	Outro / (Low)	2x8 Ride Easy	↘ to BO	1/2	



01. DANCE ALL OVER ME 5:01mins

TECHNIQUE AND COACHING

BLOCK 1

Set up great PRP by simply coaching the different Positions, Resistance, and Paces using Layer 1 cues.

- *Base Resistance – going slow and dialing up until we feel that the Resistance is connecting us to the bike. **Light tension in the legs***
- *Ride Easy: **Chest up, butt back, abs braced***
- *Medium Pace – slightly faster but a still a long way off from that beat*
- *Reach out – racing. Building Pace, it's faster, but we're not quite there yet. We're easing ourselves into this workout*

BLOCK 2

Coach what Racing Resistance should feel like, with an emphasis on riding the 1/1 Pace with good pressure. Describe how it feels and what is happening to our bodies as we ride faster with this Resistance.

- *Now we build from that Base Resistance to Racing Resistance*
- *Race Resistance; good energy in the legs, you should be able to speed up, but only by putting in the effort*
- *Racing – on the beat*
- *Do you feel the difference in Resistance*
- *Good Cycle SET starts with the hips in the middle of the seat, knees tracking forward*
- ***Chest up, light brace through the core,** dropping the shoulders*
- *Our focus on the Resistance allows us to focus on all the different intensities in the ride*
- *Feeling the energy lift!*
- *Heart rate lifting, body getting warm*

BLOCK 3

Same as Block 2. Encourage participants to know they have complete autonomy on the ride ahead, and celebrate the start of the workout into Track 2.

- *One more round to warm up*
- *Ride Easy is our one-stop shop to Recovery*
- *Racing – hands are wide, a little bit further forward, little bit lower – good foundation of speed work*
- *In RPM, we get to find our place in the pack, whether we want to push it today and lead from the front or take it a little bit easier and hang at the back*
- *So, today find your challenge in the workout, find your place in the pack*

CONNECTION

The Warm-up is a great opportunity to connect with the workout and everyone in the class. Check in on your newer participants, where they may need help with their Technique or simply giving them a warm, welcoming, encouraging smile.



02. PACE

1/1 = 134rpm

TRACK FOCUS

- Enhance the feel of the fluctuating Intensity through use of the energetic music and fun lyrics

TRACK PROFILE

3 fast flats and a couple of climbs to mix it up

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B ↻	1/4	E
	0:15	V1 / _ When we're	4x8 Ride Easy	•	1/2	
	0:29	Rep / Feel mighty	4x8 Ride Easy	•	3/4	
	0:43	QC / You make	4x8 Ride Easy	R ↻	3/4 - 1/2	
	0:58	You make	4x8 Ride Easy	•	3/4	M
	1:12	Instr / (Synth)	8x8 Racing (Forward)	•	1/1	H
2	1:41	V2 / I can't	6x8 Ride Easy	↘	3/4	E
	2:02	QC / You make	8½x8 Standing Climb Note: Accelerate last 8cts for a smooth transition	C ↻	1/2	M
	2:33	C / You make	8x8 Racing (Forward)	R ↻	1/1	H
	3:01	Rep / Feel mighty	4x8 Aero-Racing (Forward)	•	1/1 or opt 1/1+	
3	3:16	V3 / I can't	26½x8 REPEAT BLOCK 2			



02. YOU MAKE ME FEEL (MIGHTY REAL) 4:54mins

TECHNIQUE AND COACHING

BLOCK 1

Use simple Layer 1 cues to set up PRP with a focus on developing good Technique and introducing Intensity to the ride.

- *Time to pick up the Pace and find some more feel in this Pace track*
- *Base Resistance, that gentle **light connection of the muscles***
- *Racing Resistance – I want you to feel the Resistance pull your legs in this slow Pace, sticky but we should be accelerating through it*
- *Give it a go*
- *First one is 30 seconds*
- ***Hips forward, chest up**, reach out to Racing – work to the rhythm early*
- *Resistance should keep your hips steady*

BLOCK 2

In Ride Easy before the climb, talk to Resistance and what it should feel like. Be descriptive with direct cues. Use Layer 1 cues in the climb, then in Racing, use Layer 2 cues to educate your class to work harder by going faster or taking on a more demanding Racing Resistance.

- *Reset Cycle SET – **hips back, chest up, abs are braced***
- *Last gear we need to find is a climbing Gear – **heavy pressure under foot, Standing Climb***
- *You know you have the right Resistance when the pressure keeps your chest up, hips back – you can always add on more if you need to*
- *45 seconds off the back end, speed up, sit back off to Racing*
- *To get the rhythm, you can bring your **hips forward and dip your toes***
- *Your first chance to take ownership of this workout – you can either stay on the beat or above the beat!*
- *Aero-Racing – **chest up***
- *Lean into your speed everybody!*

BLOCK 3

This Block is a repeat of Block 2, so build on the cues you used last time, and bring in Layer 3 Motivation cues to help inspire your class to keep the Intensity till the end.

- *Regroup, hips back, light reduction*
- *How are you feeling?*
- *The thing about Resistance is that it will be a little different for everyone, but the rhythm and the feeling that we are chasing will be the same for all of us*
- *Let's chase that feeling! Come with us*
- *Last 15 seconds on or above the beat, Aero-Racing*

PERFORMANCE

Create contrast in this track straightaway. You can feel the music's energy shift, but what can you do to enhance it? Is it how you use your voice, what you'll do with your body, your facial expressions, or how you connect with your class?

CONNECTION

Use the lyrics in this track to connect people to the workout by using lots of 'feeling' cues.



03. HILLS

1/1 = 69rpm

TRACK FOCUS

- Be aware of the fitness levels of your riders and, where appropriate, offer options that increase their feelings of success

TRACK PROFILE

4x Hill climbs that are interchangeable by holding or reducing Resistance between Blocks 1 & 2, and Blocks 3&4

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B↻	1/2	E
	0:07	QC / One one	4x8 Ride Easy	•	1/1	
	0:21	_ Is this	4x8 Ride Easy	↗	1/1	
	0:35	(Piano)	4x8 Power Climb	C↻	1/1	M
	0:49	(Drop)	4x8 Standing Climb	↗	1/1	H
2	1:03	V2 / _You got	8x8 Ride Easy	• or opt ↘	1/1	E
	1:30	Instr / (Low)	6x8 Power Climb	C↻	1/1	M
	1:51	_ Is this	4x8 Power Climb	•	1/1 or opt 1/1+	H
	2:06	(Drop)	6x8 Standing Climb	• or opt ↗	1/1	
	2:26	QC / One one	2x8 Standing Attack	•	1/1 or opt 1/1+	
3	2:33	Ref / _ Ohhhhh	6x8 Ride Easy	↘	1/1	E
	2:53	_ Is this	4x8 Ride Easy	↗	1/1	
	3:08	Instr / (Piano)	4x8 Power Climb	C↻	1/1	M
	3:24	(Drop)	4x8 Standing Climb	↗	1/1	H
4	3:36	V3 / _ You got	26x8 REPEAT BLOCK 2			



03. ONE IN A MILLION 5:10mins

TECHNIQUE AND COACHING

BLOCK 1

Use this first Block to set up the basics of a strong climb by using Layer 1 PRP cues.

- *Ride Easy on the beat, we're into the Hills now*
- *Climbing gear, reach out to Power Climb. It should be enough Resistance to push your hips back; hands are long on the handlebars*
- *Standing Climb, **chest is up, abs are braced, butt back***

BLOCK 2

Continue to build on Layer 1 cues that you established in Block 1, then start to introduce Layer 2 Intensity cues by challenging your class to increase Pace and Resistance.

- *Sit, hold Resistance and rhythm*
- *You can keep this as one continuous Block or, if it feels right, you can back it off a little*
- *Stay as close to the work as you can*
- *We've played with Resistance, let's play with Pace a little*
- *Climbing gear, heavy pressure under foot, hips back*
- *You can either dial up Resistance or Pace to increase Intensity – shall we give it a go?*
- *Try to accelerate*
- *30 seconds of Standing Climb*
- *Standing Attack, **hips forward**, Attack, little faster if you want to*

BLOCK 3

Continue with Layer 2 cues. Tell your class how they can Improve their Technique. Use descriptive cues that will enhance the Position, Resistance or riding Pace.

- *Manage your Resistance by backing it down, staying close to the beat*
- *We are going to do the same again but adding a little more Intensity if you want it*
- *Adding Resistance. As soon as you feel your legs sucking into the pedal stroke you know you are using the right Resistance., in the right zone*
- *Subtle change, reach down, turn up, Power Climb*
- *Cycling is about maintaining muscle pressure*

BLOCK 4

Final Block, keep the motivation high using Layer 3 cues. Use your body, your voice or simply by the words you use to get them across the line.

- *Sit, make a choice, hold or light reduction, whatever works for you*
- *Reset – hips back, brace down on core, elbows in and down, good upper body tension to push the Resistance*
- *Power Climb, firm up the hand grip, big lock in the core, gives us the push and pull, for glutes and hamstrings*
- *Here comes the acceleration. Slide forward a little – how good is that?*
- *30 seconds, lift! Up out of the seat, it's like freedom!*
- *Last little kick to the top, attack it!*

TRACK TIP

Help all fitness levels achieve success by offering options to either hold Resistance between Blocks or to back it off. Intensity options can be coached to increase Pace in Power Climb or Standing Attack. Allow your riders to make it their own!

PERFORMANCE

This track is very uplifting and euphoric. Use the music to bring energy in the verses and even more energy in the chorus/instrumentals. Allow space for your members to feel and hear the moments with you.



04. MIXED TERRAIN

1/1 = 160rpm

TRACK FOCUS

- Coach your class through the different Paces and Resistances to create a change in Intensity

TRACK PROFILE

4x Blocks where we transition quickly yet smoothly between Climbing and Racing Resistance and we remain in the saddle the entire time

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / _ Ohhh ohhhh	4x8	Seated Recovery	B	E
	0:13	V1 / _ Stepping	8x8	Ride Easy	C	M
	0:37	C / Run away	8x8	Racing (Forward)	R	H
2	1:01	V2 / _ We'll be living	8x8	Ride Easy	C	M
	1:25	C / Run away	8x8	Racing (Forward)	R	H
	1:49	Ref / _ We'll will	4½x8	Seated Recovery	.	
	2:03	C / Run away	8x8	Racing (Forward)	.	
	2:26	Rep / Run away	4x8	Aero-Racing (Forward)	.	
3	2:38	Br /	½x8	Transition	.	
	2:40	Ref / _ Ohhh ohhhh	20x8	REPEAT BLOCK 1		
4	3:39	V3 / _ We'll be living	32½x8	REPEAT BLOCK 2		

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



04. RUNAWAY 5:20mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to set your riders up for the first Pace phase. Emphasis on easy Climbing Resistance, reducing to Race Resistance.

- *Ride Easy, Pace 1/2/1/2, easy Climbing resistance to start*
- **Hips back, chest up, abs braced**
- *What we're going to do is speed up the legs and back off to Racing Resistance*
- *Reduce, Racing gear, as fast as you can go, chase the beat!*
- **Chest up, brace abs**

BLOCK 2

Continue to build on the Layer 1 cues with a huge focus on PRP. Energy is generated through the music and the many Choreography changes so keep riders across these changes by using clear pre cues.

- *Back on beat, easy Climbing Resistance, enough to slow the legs down to find the rhythm*
- *It's a delicate little dance between Pace and Resistance that gives us the Intensity*
- **Slide forward**, reducing to race, Racing
- *In these long phases of Racing, **hips come forward and dip the toes, gives us fast circles of the legs***
- *Chase the beat*
- *Recovery, slow, leave Resistance*
- *Slightly longer effort to finish this Block*
- *Racing Resistance on*
- *Reach, hips forward, accelerate!*
- *Aero-Racing, little kick as fast as you can go!*
Chest up

BLOCK 3

Use Layer 2 cues now to Improve Technique and challenge your class to work harder by using Manipulate Intensity cues.

- *Reduce, back to Base Resistance or maybe stay on Racing Resistance*
- *We're going to do the same thing again*
- *Easy Climbing Resistance, enough to stay attached to the seat*
- *If you want to have fun, express the music – don't let me stop you because this is the one!*
- *Reduce to Racing Resistance*
- *Hips forward, dip the toes*
- *How good is that?*

BLOCK 4

Final Block – again be clear with all the Choreography changes then use Layer 3 cues to Motivate and Inspire your class through to the end.

- *Back on beat, add easy Climbing Resistance*
- *Two Racing phases to go*
- *This is all yours!*
- *Enjoy – go with the energy*

TRACK TIP

RPM is 140+ so for the faster speed phases we use cues like “chase the beat” rather than “on the beat”.

PERFORMANCE

Be energetic, be upbeat and have fun to match the energy of this great song.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Set up and describe the feeling of Attack Resistance early so riders can then enjoy the euphoric shifts of Pace and the energetic changes of Position

TRACK PROFILE

3x Intervals. First is short, and next two are longer

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B🕒	1/4	E
	0:11	V1 / Sweet	8x8 Seated Recovery	•	1/4	
	0:33	Oh , reckless	4x8 Ride Easy	R🕒	1/2	M
	0:44	Like no ones	4x8 Ride Easy	A🕒	1/2 - 1/1	
	0:55	PC / A moment	8x8 Racing	•	1/1	H
	1:17	C / Stay there	8x8 Standing Attack	• opt to ↗	1/1	
	1:39	Surrender	8x8 Racing	•	1/1	
2	2:01	V2 / Songs of	8x8 Seated Recovery	• opt to ↘	1/4	E
	2:23	PC / A moment	4x8 Standing Attack	A🕒	1/2	M
	2:34	A moment	4x8 Standing Attack	•	1/1 - opt 1/1+	H
	2:45	C / Stay there	8x8 Racing	•	1/1	
	3:07	Stay there	8x8 Standing Attack	• opt to ↗	1/1	
	3:29	Surrender	8x8 Racing	•	1/1	
3	3:51	V3 / Songs of	40x8 Repeat BLOCK 2			
	5:41	Outro /	4x8 Seated Recovery	B🕒	1/4	



05. SWEET DISPOSITION 5:58mins

TECHNIQUE AND COACHING

BLOCK 1

Find Attack Resistance. Clearly describe how it should feel. Coach the basics, the PRP, using Layer 1 cues.

- *Ride Easy, Racing Resistance, slow Pace*
- *Elbows in, **chest up***
- *Let's find the Attack Resistance, put a strong gear on your legs*
- *Racing on the beat*
- *Something is cooking – can you feel it?*
- *Let's hit the first one. It's up to you – if you need it, add more gear*
- *Standing Attack – **lift your chest, brace your abs, hips forward***
- *Hold the gear into Racing – **hips back, brace your core** to stabilize your hips*

BLOCK2

Bring in Layer 2 cues that will help your class enhance Intensity and work harder.

- *Rest, you can hold the gear or reduce – up to you*
- *The second effort is longer*
- *If you reduced, put Attack Resistance back on*
- *Slow, stand, start to build Pace*
- *Medium Pace, on the beat, accelerate, hold the gear, sit, Racing on the beat*
- ***Hips back** to engage the big muscles to help you push this strong gear*
- *Hold, or add more tension if you want to*
- *Standing Attack – lean in and use your body weight to push the pedals*
- *It's not finished – 20 seconds to go*

BLOCK 3

Bring in Layer 3 cues to Motivate and Inspire your class to finish. Use references to time to help them get there and challenge them to achieve their ultimate best in this track.

- *Remember, hold the gear or release*
- *Standing, slow, we are chasing the beat*
- *Faster, on the beat*
- *Pass the beat*
- *On the saddle, racing on the beat*
- *Here we are challenging everything*
- *This is why you are here – stay with me, I am with you!*
- *More tension, Attack*
- *Changing your legs, changing your fitness*
- *Transform the fatigue into energy – you can do it!*
- *Down on the saddle, last 20 seconds*
- *I know it's hard, I know it's not easy but you can do it – do it because you love it!*

TRACK TIP

Match the Intensity in the track by using cues that are short and sharp: 1 to 2 words at a time. This is not the time for long sentences; you shouldn't be able to string them together anyway!

PERFORMANCE

Connect your class to the bangin' beat and Intensity by the way you move. Be BIG, energetic and push it hard. Create contrast through the lower parts as you recover and build back into the work again.



06. SPEED WORK

1/1 = 135rpm

TRACK FOCUS

- Similar to the Hills track – give riders the option to reduce Resistance after each speed phase or to hold Racing Resistance through the entire track or a mix of both

TRACK PROFILE

3 speed phases: 1x 30-second, 2x 1-minute with an opportunity to ride faster than the beat

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00 Instr / (Low)	8x8	Seated Recovery	B🔼	1/4	E
	0:28 V1 / (Vocals)	8x8	Ride Easy	R🔼	1/2 - 3/4	
	0:57 Instr / (Piano)	4x8	Ride Easy	•	3/4	
	1:11 (Piano + beat)	4x8	Ride Easy	•	3/4+	M
	1:25 (Drop)	8x8	Racing (Forward)	•	1/1	H
2	1:53 Br / (Low)	2x8	Transition to Ride Easy	• opt to 📉	1/4	E
	2:01 V2 / (Vocals)	8x8	Seated Recovery	•	1/4	
	2:29 Instr / (Piano)	4x8	Ride Easy	R🔼	1/2 - 3/4	
	2:43 (Pulsing)	4x8	Ride Easy	•	3/4 - 3/4+	M
	2:58 (Drop)	8x8	Racing (Forward)	•	1/1	H
	3:26 (Vocals)	8x8	Aero-Racing (Forward)	•	1/1 or opt 1/1+	
3	3:54 Br /	1½x8	Transition to Ride Easy		1/4	
	3:56 Instr / (Low)	34x8	Repeat BLOCK 2			
	5:57 Outro /	1x8	Racing	•	1/4	



06. RAY OF SOLAR 6:01mins

TECHNIQUE AND COACHING

BLOCK 1

Allow your class to enjoy the long Recovery at the start. Communicate your focus clearly during this time. Coach Racing Resistance and the Pace changes using Layer 1 cues, working towards the 1/1 Pace.

- *Sit up, Recover*
- *You can ride this in two ways: either reduce Resistance at the end of each Block or hold it throughout the track*
- *Slow Pace, find Racing Resistance. It's the Resistance that slows us and holds us to that slow Pace. Not like Attack or Climbing Resistance does, we have room to move*
- *We can speed up if we put the effort in*
- *Medium Pace – if speeding up was difficult we may have put too much on*
- *If it went without too much effort, put some more on*
- *Ride Easy: **Chest up, butt back**, soften arms*
- *Flat number 1 – 30 seconds on the beat*
- *Fine-tune – what does your Racing Resistance need to be to create your challenge?*
- *Racing: **Hips forward, chest up, brace abs***
- *Slightly dial up, slightly dial down if you need to*

BLOCK2

Use Layer 2 cues in this second Block to refine Technique and help your class get more Intensity out of this longer speed phase.

- *Here's your choice: hold Resistance or back off*
- *Whatever you do, sit up and recover*
- *Holding onto that Racing Resistance means you have fewer Resistance changes. We can really dial into fine-tuning that pressure in those efforts*
- *Holding pressure for much longer, building endurance, building stamina, building resilience*
- *Slow Pace – if you've reduced, slowly start finding your way back to Racing Resistance*
- *Here it is: flat number 2, this one is 1 minute long*
- *Do you go a little bit lighter cause it's longer or a little bit more cause we are feeling good?*
- *Smooth, fast circles*
- *Aero-Racing – stay on the beat or if you want to go faster, this is your cue to push it as fast as you can go now*

BLOCK 3

Fatigue will be high in this last Block. Help your riders break through to the end of this final 1-minute speed Block by using Layer 3 Motivational cues.

- *Your choice: hold or reduce*
- *What we are trying to do in this track is riding underneath the threshold*
- *That's why fine-tuning that Resistance is so important*
- *Working underneath that threshold is challenging but it also helps you feel energized!*
- *Let's get it done – you know what to do*
- *30 seconds, Aero-Racing on the beat or faster*
- *Visualize it – you may want to close your eyes. What does the finish line look like to you?*

TRACK TIP

In each of the 3 Blocks, use the slow Half Pace to set up Racing Resistance. Be descriptive with how it should feel, what should happen to the leg speed at the slow Pace, and the benefits to when we start to speed it up.

PERFORMANCE

Use the awesome instrumentals to allow silence in your coaching. Close your eyes and visualize what it feels and looks like to ride fast.



07. MOUNTAIN CLIMB

1/1 = 73rpm

TRACK FOCUS

- Use your body and voice to match the different energies of the music
- Help riders manage their Resistance by coaching length of effort and options to increase or decrease gears

TRACK PROFILE

3x Strength Endurance climbs with multiple changes in and out of the saddle of the last climb

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B↱	1/4	E
	0:13	Instr / (Windup)	4x8 Ride Easy	C↱	1/1	
	0:26	(Heavy beat)	8x8 Standing Climb	• opt to ↗	1/1	H
	0:53		8x8 Standing Attack	• opt to ↗	1/1	
2	1:19	Br / (Low)	2x8 Standing Recovery	•	1/2	E
	1:26	V1 / _ Nothing left	8x8 Ride Easy	↘	1/1	
	1:52	Follow you to	8x8 Ride Easy	↗	1/1	
	2:19	QC / Always	8x8 Power Climb	C↱	1/1	M
	2:45	(Synth + beat)	8x8 Standing Climb	• opt to ↗	1/1	H
	3:12		8x8 Standing Attack	•	1/1	
	3:38	_ Empty world	8x8 Power Climb	•	1/1	
3	4:04	Follow you to	4x8 Ride Easy	↘	1/2	E
	4:18	_ we should	4x8 Standing Recovery	C↱	1/2	M
	4:31	(Synth + beat)	8x8 Standing Climb	•	1/1	H
	4:57		8x8 Standing Attack	•	1/1	
	5:24	(Driving beat)	4x8 Power Climb	•	1/1	
	5:37		4x8 Standing Climb	• opt to ↗	1/1	
	5:50		4x8 Power Climb	•	1/1	
	6:04		4x8 Standing Attack	• opt to ↗	1/1	
	6:17		4x8 Power Climb	•	1/1	
	6:30		4x8 Standing Attack	•	1/1 or opt 1/1+	



07. FOREVER & ALWAYS (EXTENDED MIX) 6:49mins

TECHNIQUE AND COACHING

BLOCK 1

Use clear Layer 1 cues to coach PRP and set up your riders up with great climbing Technique. Encourage your class to find a rhythm to the climb.

- *A delicate dance, Pace and Resistance. A change in Position = Intensity. The three together, that's the secret sauce*
- *Heavy Climbing Resistance, Standing Climb*
- *Firm up the grip, **soften elbows, lift chest, butt touching the saddle***
- *A little swagger side to side*
- *In fact, this one may not be a little dance, more an internal rave*
- *Heavy turn, lean forward*
- *Little more Resistance, Standing Attack*
- *Subtle change in muscle activation from glutes and hips to quads!*
- *Position changes, Resistance stays steady, Intensity builds. That's the big one!*

BLOCK 2

Enhance your coaching from the first Block by using Layer 2 cues that will Improve Technique and help them ride with more Intensity.

- *Light reduction as you sit*
- *Hands on the top, take a little Recovery*
- *Come back to your Attack Resistance*
- *All together, to the end*
- *Heavy Climbing Resistance, Power Climb*
- ***Hips back in the saddle, lift your chest and brace your core***
- *It's coming! Add more tension*
- *Lean in, Attack, and shift your body weight side to side to push the pedal*
- *Think powerful, think strong, think big!*
- *Grip the bar*
- *Sit, Power Climb. Every time we hold the gear, and we change Position, we recruit more muscle fibers*
- *Do you feel that in your legs?*

BLOCK 3

Final Block. All the technical coaching has been done, now it's time to get your class to the top! Be inclusive, encouraging and positive with your language.

- *Slowing, manage your Resistance, back it down. Final challenge, this is us!*
- *Back on with heavy Climbing Resistance*
- *Two and a half minutes – let's go gang!*
- *Here's our peak!*
- *90 seconds, here's the sting in the tail*
- *Sit, hold Power Climb – 15 down, 15 up*
- *Option to add a little more when you stand*
- *3 of those!*
- *1-minute, sit!*
- *Whatever it takes, you can do it*
- *If you need more gear, add it now*
- *Last 30 seconds, sit*
- *This is it – finish strong to the end*

PERFORMANCE

The performance comes from the amazing euphoric feel and driving beats. Use your voice to match the feel and energy of the song. In the vocals and in the verse, use your softer, more conversational voice. Build voice and energy as you head towards the driving beat.



08. RIDE HOME / STRETCH

1/1 = 116rpm

TRACK FOCUS

- Celebrate and congratulate your class on the session today

TRACK PROFILE

2 Blocks to roll out the legs, then we stretch off the bike

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / Face in to	4x8	Seated Recovery	•	1/4
	0:16	V1 / Never be	4x8	Ride Easy	B↺	3/4
	0:33	C / You _ star	8x8	Racing	Opt to ↗	3/4+
2	1:06	V2 / Shimmery	4x8	Ride Easy	↘	3/4
	1:22	C / You _ star	8x8	Racing	Opt to ↗	1/1
3	1:56	_ Que nadie	4x8	Upper Body Stretch Transition off bike	•	1/2
	2:12	C / Face in	2x8	Standing Quadricep Stretch L		
	2:20	(Fades out)	2x8	Standing Gluteal Stretch L		
	2:29	Face in	2x8	Standing Quadricep Stretch R		
	2:37	(Fades out)	2x8	Standing Gluteal Stretch R		



08. STARS 2:49mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Coach your class through the Choreography, educating them as to why this track is important.

- *We did it everybody!*
- *Ride Easy – I'm just going to give you a moment to catch your breath*
- *Two rounds to flush your legs out and then we're off the bike to stretch*
- *Small gear if you want, race*
- *Allow a natural rhythm with a light tension to help the muscles recirculate the blood, get rid of the lactic acid, bring some nutrients and oxygen back to the body*
- *Let the legs slow down if you want to*

BLOCK 3

Guide your class through the stretches, explaining how to stretch and where it should be felt.

- *Interlace the phalanges (fingers), push the hands above the head to breathe*
- *Off the bike, one hand on the handlebar, heel to butt, Quad Stretch*
- *Ankle to knee, little release through the glutes*



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We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

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Choosing, licensing and matching Choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

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