

RPM **88**

GLOSSARY

MUSIC

EXPRESS FORMATS

01. PACK RIDE

02. PACE

03. HILLS

04. MIXED TERRAIN

05. INTERVALS

06. SPEED WORK

07. MOUNTAIN CLIMB

08. RIDE HOME / STRETCH

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



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 2nd 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.

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*



GLOSSARY

Layer 2

- Reach long into the dippers – keep your elbows bent
- Slide back on the saddle; feel the glutes and hamstrings
- Belly 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 in chin
- 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 belly

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.

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 up**
- 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.



GLOSSARY

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 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.

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 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 slide 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'.



GLOSSARY

PULLBACK CLIMB

Layer 1

- ***Small shift back of your hips, upper body stays upright***
- ***Abs braced***
- ***Chest up***
- ***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 up 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

Hallucinate (5:33)

Dua Lipa

© 2020 Dua Lipa Limited under exclusive license to Warner Records UK. a division of Warner Music UK Limited.
Written by: Lipa, Cooke, Lewis
- 02

I Found You (5:21)

Cash Cash & Andy Grammar

© 2020 Atlantic Recording Corporation [Big Beat Records, Inc.]
Written by: Grammar, Sipe, Levine, Lobban, Ladder
- 03

Wanna Go Dancin' (5:42)

FISHER

© 2020 Catch & Release under exclusive license to etcetc Music Pty Ltd.
Written by: Fisher, Lake
- 04

Tiny Indoor Fireworks (5:05)

Biffy Clyro

© 2020 14th Floor Records Limited, a Warner Music Group company.
Written by: Neil
- 05

Hold On (5:45)

Matrix feat. Raphaella

© 2019 UKF.
Written by: Quinn, Mazaheri-Asadi
- 06

Island Life (5:45)

Atomic Drum Assembly

© 2018 Island Life Recordings.
Written by: Serrell
- 07

Worth It All (Extended Mix) (6:52)

Tritonal & Man Cub

© 2020 Enhanced Recordings / Enhanced Music.
Written by: Cisneros, Reed, Berve, Dahmouh, Cook, McEachern
- 08

Pretty Lady (4:38)

Tash Sultana

© 2020 Lonely Lands Records.
Written by: Sultana, Corby, Hume



Glen Ostergaard

RPM 88 is a cool and upbeat release with great music and choreography to match. The workout is a complete experience.

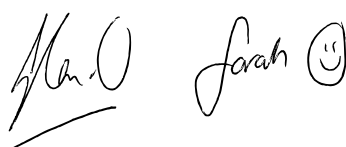
The focus of this release was to create an uplifting musical journey of contrast to motivate and inspire our riders to work hard and increase their strength, speed, and fitness.

- Track 1 is smooth, full and engaging. We coach all the basics with a focus on setting our participants up for the ride.
- Track 2 has an obvious energy shift and the song is upbeat and inclusive. Try using a more energetic and encouraging voice in this track.
- Track 3 is a slow burning banger so connect to the slow driving rhythm. Don't over coach and avoid being BIG and LOUD – be cool and calm instead. The focus is strength endurance, and we progressively build and retain Intensity as the track progresses.
- Track 4 is fast and punchy, a massive contrast from track 3! Clearly coach PRP during the fast transitions and ensure your coaching doesn't over power the business of the music. The Pace is above 140rpm so remember we don't ride on the beat, we chase the beat instead.
- Track 5 is classic drum and bass with lots of build ups and cool instrumentation. Use descriptive cues for Resistance and what it should feel like. Then hit each block hard.
- We've stepped outside the box for Track 6. It has a modern flavor with lots of drum instrumentals. Watch out for the Attacks in the second and third blocks, where we need to pre-cue the change early to make sure our riders add enough Resistance. Another fast one, so cue to chase the beat rather than on the beat.



- Track 7 is an emotional, engaging and uplifting track. Teach with inclusive language to pull your class together to finish. Coach your class to work hard in the short strength and power phases by increasing leg speed ahead of the beat.
- Track 8 celebrate the end of the workout. Acknowledge your participants and the effort they put into the class.

As always RPM is largely about the music, listen to it before you teach it. Feel it and think how you can bring out the emotion of the track and how it provides contrast from one song to the next. Enjoy!



CREDITS

Program Director – Glen Ostergaard
Head of Training, RPM – Sarah Ostergaard
Chief Creative Officer – Dr. Jackie Mills
Creative Director – Diana Archer Mills
Technical Consultants – Bryce Hastings and Andrew Newmarch
Production Coordinator – Lily Roelofs

PRESENTER

Glen Ostergaard (New Zealand) is Program Director for RPM, BODYPUMP and LES MILLS SPRINT. He began his group fitness career with BODYATTACK and is based in Auckland.

SHADOWS

Achi Kushnir (Israel)
Aldrin Dela Vega (United Arab Emirates)
Angie Bravo (Mexico)
António Lourenço (Portugal)
Caroline Ramírez (Peru)
Christelle Troudart (Martinique)
Daivy Bilen (Lebanon)
Ditte Sommer Weinreich (Denmark)
Ida Sarstrom (Sweden)
Ivan Avdeev (Russia)
Jamila Greene (United States)
Jay Wang (China Mainland)
João Jeferson Xavier (Brazil)
Karan Jaisinghani (Australia)
Kasper Leijten (Netherlands)
Martín Martinez (Argentina)
Maryam Leeuw (South Africa)
Nasreen Merouane (United Kingdom)
Nicolas Lambrias (Cyprus)
Oriel Alvarez Herrera (Spain)
Panagiotis Katerinakis (Greece)
Philomène Kane (Senegal)
Ramona Gordaliza Vazquez-Hermann (Liechtenstein)
Rawan Adil Alsaadi (Saudi Arabia)
Rodrigo Ampuero (Chile)
Ryosuke Watanabe (Japan)
Worapoj Kanpiumjam (Thailand)
Wu Bingmei (China Mainland)



EXPRESS FORMATS

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

RPM UNITED 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 (If time permits)
Total Time	27:26 without Track 08 32:04 with Track 08

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!

60-MINUTE FORMAT	30-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 permits)

KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	Cts	Musical Counts
HR	Heart rate	Instr	Instrumental
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	LC	Light Climbing Resistance
↘	Decrease Resistance	HC	Heavy Climbing Resistance
●	Maintain Resistance		

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 and terminology. If using Track 8 (Ride Home/Stretch) from Release 63 onwards, then do not also teach a Track 9 (Stretch) from releases prior to RPM 63.

RELEASE FEEDBACK

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



01. PACK RIDE

1/1 = 122rpm

TRACK FOCUS

- Set up the basics of PRP: Position, Resistance and Pace
- Be uplifting and upbeat to welcome the participants to the workout and match the feel of the music

PROFILE

3 rounds of varied Paces to warm up the body

		Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro	4x8	Seated Recovery	●	1/2	E
	0:13	V1 / Pock et full	8x8	Ride Easy	B⬆	3/4	
	0:44	PC / Live without	4x8	Ride Easy	↗	3/4+	
	1:00	C / I hallucinate	8x8	Racing	●	1/1	
2	1:31	Br / (Low)	2x8	Ride Easy	●	1/1-3/4	
	1:39	V2 / Put you in	4x8	Ride Easy	●	3/4	
	1:55	PC / Live without	4x8	Ride Easy	R⬆	3/4+	
	2:11	C / I hallucinate	8x8	Racing	●	1/1	
	2:43	Ref / _Wanna be	4x8	Seated Recovery / Ride Easy	●	1/2 – 3/4	
	2:58	C / I hallucinate	8x8	Racing	●	1/1	
3	3:29	Br	1/2x8	Transition	↘	1/1-3/4	
	3:31	Br / (Low)	30x8	Repeat BLOCK 2			

↘ to B⬆



01. HALLUCINATE 5:33 mins

TECHNIQUE AND COACHING

BLOCK 1

As we begin the workout, it's important to start off with basic Layer 1 PRP coaching to get your class riding with good Technique.

- *Easy hinge from the hips to Ride Easy*
- **Elbows in, shoulders down, chest up and light core tension**
- *First phase, find Base Resistance, light tension in the muscles, allows us to connect to the bike*
- *Racing: **Relax the upper body, chest is lifted, elbows are in**, rhythm is smooth*

BLOCK 2

Build on your Layer 1 cues now using Layer 2 cues that will enhance the workout and start to Manipulate the Intensity.

- *Ease up off the tempo*
- *Hands back to Ride Easy – reset*
- *Cycle set – hands shoulder-width, chest is lifted*
- *This time find our Racing Resistance, good tension in the muscles that allows us to find the rhythm*
- *Racing: Soft arms, relax your body to allow you to find the beat*
- *Tempo should be fairly easy, heart rate is lifting and legs are getting warm now*

BLOCK 3

Be upbeat and motivating as you come towards the end of the track.

- *Awesome work so far*
- *Another 30 seconds to help us lift our heart rate up*
- *Focus now is pushing forward, pulling the pedal back*
- *Even though Resistance is light we are focusing on creating smooth even pedal circles*
- *Last 30 seconds let's go!*
- *We have an awesome workout today, focus on strength and speed*

PERFORMANCE

This track is the class opener, so be warm, welcoming and encouraging. Use your voice to match the cyclic feel of the song.

CONNECTION

The Intensity is low, so use this opportunity to connect to your class. Remember not just your front row regulars, but the people down the back and new people especially! Use lots of inclusive language to help bring the room together.



02. PACE

1/1 = 134rpm

TRACK FOCUS

- Coach the many choreography changes with clear PRP
- Bring the feeling of the song out through the builds, highs and lows of the music by using your body, face and voice

PROFILE

4 varied rounds of fast flats and short Climbs

		Music		Position	Resistance	Pace	PI
1	0:00	V1 / On the way	4x8	Seated Recovery	B↱	1/2	E
	0:14	Along for the	4x8	Ride Easy	↗	3/4	
	0:29	PC / I found cynicism	4x8	Racing (Forward)	R↱	1/1	H
	0:43	QC / I found you	4x8	Standing Climb	C↱	1/2	M
	1:12	(Synth)	4x8	Racing (Forward)	↘ to R↱	1/1	H
2	1:26	V2 / On the way	4x8	Ride Easy	↘	3/4	E
	1:41	I found pessimism	4x8	Ride Easy	•	3/4	
	1:55	QC / I found you	4x8	Ride Easy	R↱	3/4+	M
	2:09	Instr / (Upbeat)	4x8	Racing (Forward)	•	1/1	
	2:24	C / I found you	4x8	Aero Racing (Forward)	•	1/1	H
3	2:38	Br /	½x8	Transition	↘	3/4	E
	2:40	V3 / On the way	4x8	Ride Easy	•	1/2	
	2:54	Along for the	4x8	Ride Easy	↗	3/4	
	3:08	PC / I found cynicism	4x8	Racing (Forward)	R↱	1/1	H
	3:23	QC / I found you	4x8	Standing Climb	C↱	1/2	M
	3:37	Instr / (Flute)	4x8	Standing Climb	↗	1/2	
	3:51	(Synth)	4x8	Racing (Forward)	↘ to R↱	1/1	H
4	4:06	V4 / On the way	20x8	Repeat BLOCK 2		↘ to B↱	



02. I FOUND YOU 5:21 mins

TECHNIQUE AND COACHING

BLOCK 1

Coach the fast transitions using Layer 1 PRP cues with a focus on introducing Intensity to the ride.

- Ride Easy: **Butt back, chest up**
- Gear change, Racing Resistance,
- Racing: **Elbows in and chest up**
- Slowing heavy turn, Standing Climb
- Standing Climb: **Chest lifted, butt touching the top of the seat, little side to side**
- We are going to speed up and sit, reduce to Racing Resistance
- 15 seconds a little burst of speed

BLOCK 2

No climb in this block so challenge your class to ride the beat faster using the Layer 2 speed coaching cues.

- Slowing, reduce your Resistance
- Reset your cycle set: *Elbows in, chest is up, hips are back and light core tension*
- This time a little longer in the Racing Position
- Racing Resistance, good tension with room to move
- Hips are forward on the saddle to help your legs go faster
- Aero Racing: **Chest lifted**

BLOCK 3

This time use Layer 2 cues in the Climbs and challenge your class to work harder by Manipulating Intensity in the Racing phases.

- We are going to do that all over again
- Gear change, Racing Resistance
- Short burst of speed
- Slowing to find a heavy Climbing Resistance
- Use your body weight side to side
- How does that Resistance feel, strong and heavy yes?
- Another burst of energy, heart rates definitely lifted now!

BLOCK 4

A repeat of block 2 with no Climb, just Racing. Motivate and inspire your class to ride hard to the finish by role-modeling perfect Technique with fast leg speed!

- *Final block, here we go gang!*
- *Let's do this to the end – 30 seconds*

TRACK TIP

Pre-cue the fast transitions by cueing early: what Position, Resistance and Pace will you be riding?

CONNECTION

Connect to the feel of the song. It's not an aggressive track, its upbeat and happy. How can you teach to bring this feel out more?



03. HILLS

1/1 = 63rpm

TRACK FOCUS

- Connect your class to the driving beat to find a strong climbing rhythm
- Challenge your riders to find strength endurance by maintaining Resistance throughout the track

PROFILE

3 blocks of slow and steady climbs, gradually building Resistance and Intensity

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	B👁	1/2	E
	0:07	Instr / (Beat)	4x8	Ride Easy	↗	1/1	
	0:23	(Organ)	6x8	Standing Climb	C👁	1/1	M
2	0:46	Instr / (Synth)	4x8	Ride Easy	●	1/1	M
	1:01	(Organ B up)	6x8	Standing Climb	↗	1/1	H
	1:25	(Vocals)	4x8	Standing Attack	↗	1/1	
	1:40	(Low beat)	4x8	Ride Easy	●	1/1	
	1:55	(Organ)	8x8	Standing Climb	↗	1/1	
	2:26	(Synth)	12x8	Standing Climb	↗	1/1	
	2:57	(Low beat)	4x8	Standing Attack	↗	1/1 or 1/1+	
3	3:12	Instr / (Synth)	38x8	Repeat BLOCK 2			
				Option: Reduce into Ride Easy		1/1+	
				Last 4x8 option to Attack			
					↘ to B👁		



03. WANNA GO DANCIN' 5:42 mins

TECHNIQUE AND COACHING

BLOCK 1

Use this short block to set Position, Resistance and Pace using Layer 1 cues.

- *Sit up shake the arms and roll the shoulders*
- *Here's the slow beat, 1, 2, 1, 2*
- *Heavy turn clockwise*
- *Focus of this track is strength endurance*
- *Enough Resistance to balance your body weight*
- *Standing Climb: **Chest up, butt touching the top of the seat, side to side***

BLOCK 2

Continue to build on Layer 1 cues, but now bring in Layer 2 cues that will educate your class on how they can climb with better Technique, not only the how but the why.

- *Holding Resistance*
- *Let's find the pressure, then we are going to learn how to build the pressure, then how to sustain it*
- *Ride Easy: **Butt back in the saddle, chest up, brace core***
- *Standing Climb: **Lift your chest, butt over the saddle, brace your abs***
- *Standing Attack: **Body weight leans forward, feel your quads***
- *Test our strength by sitting and holding*
- *Building the muscle pressure, muscle pressure builds fatigue, fatigue builds fitness and fatigue builds strength*
- *Use your body weight to your advantage, side to side*

BLOCK 3

Encourage your class to maintain Resistance or option to reduce slightly. As your class will be feeling the Intensity now, use Layer 3 cues that will motivate your class to finish working at that same Intensity.

- *Option to hold Resistance or back off slightly*
- *Let's get it! Gear change Standing Climb*
- *Now we've built the pressure now we need to learn how to sustain the pressure*
- *Here comes the big challenge gang!*
- *It's heavy yeah?*
- *Breathings heavy and the legs are well and truly warm now, we are in the training zone people*
- *About a minute left*
- *Strength endurance*
- *Last phase, gear if you can!*
- *We may have to muscle the last 30 seconds*

PERFORMANCE

This track is a BANGER! Hook into it's low, driving beat, matching your delivery of cues to the feeling of the song. Don't over-power the music by talking too much, let the music fill the room.

TRACK TIP

Encourage your class to maintain Resistance throughout the entire track. Only reduce if they have to! Use lots of Profile and time reference cues to help your class finish this track feeling successful.



04. MIXED TERRAIN

1/1 = 148rpm

TRACK FOCUS

- Use PRP to coach the fast transitions between the Recovery, Racing and Climb phases

PROFILE

4 blocks of varied terrain: Climbs, Speed and Recoveries

		Music		Position	Resistance	Pace	PI
1	0:00	Intro / Hey hey	4x8	Seated Recovery	B⬆	1/2	E
	0:12	Instr / (Guitar)	4x8	Racing	↗	3/4+	
2	0:24	V1 / Never	4x8	Ride Easy	●	3/4	
	0:37	This weight	4x8	Ride Easy	●	3/4+	M
	0:50	C / I fire it up	4x8	Racing (Forward)	R⬆	3/4++	H
	1:03	Ref / _Hey hey	4x8	Aero Racing (Forward)	●	3/4++	
3	1:14	V2 / Looking for	4x8	Ride Easy	↘	3/4	E
	1:27	Rain keeps	4x8	Ride Easy	●	3/4+	M
	1:40	C / I fire it up	8x8	Racing (Forward)	R⬆	3/4++	H
	2:06	Ref / Woah	8x8	Standing Climb	C⬆	1/2	M
	2:32	QC / I fire it up	2x8	Transition	●	1/2-3/4	H
	2:38	C / Summit the ocean	6x8	Racing (Forward)	↘ to R⬆	3/4++	
	2:58	Ref / _Hey hey	4x8	Aero Racing (Forward)	●	3/4++	
4	3:09	V3 / Looking for	36x8	Repeat BLOCK 3			
					↘ to B⬆		



04. TINY INDOOR FIREWORKS 5:05 mins

TECHNIQUE AND COACHING

BLOCK 1 & 2

Block 1 is short so use Layer 1 coaching cues in both Blocks 1 & 2. Set up your class with the basics of the Choreography, telling them what to do.

- *Shake it, roll it*
- *Base Resistance, plus a gear, 15 fast*
- *Slowing up, Ride Easy: **Chest up, butt back***
- **Racing Resistance**
- *Racing: **Hips slide forward, elbows dropped, chest up***
- *Aero Racing: **Chest up***
- *Chase the beat!*

BLOCK 3

Continue to use Layer 1 cues in the Climbs, setting up Position, Resistance and climbing Pace. In the Racing & Aero phases, use Layer 2 cues which will help your class ride faster and better.

- *The focus is to chase the rhythm*
- *Here comes the Climb*
- *Heavy turn, Climbing Resistance*
- *It's that transition that's hard – from Speed to Strength*
- *Very soon, we are going to sit back down, reduce to Racing Resistance and accelerate*
- *It's a 30 second burst*
- *Inside Aero Racing, heads up!*

BLOCK 4

Final block, a repeat of block 3. Teach your class how they can Manipulate Intensity by riding with more Resistance or faster legs. Then use Layer 3 cues to motivate your class to ride hard to the end.

- *You know what, lets do that all over again!*
- *Now we've felt it, let's really chase that beat now!*
- *This is where the heart rate goes through the roof, it's the training effect!*
- *What goes up, must come down*
- *To the end, fast as you can*
- *Accelerate away!*

PERFORMANCE

This track is a fast Paced, full of energy track. Teach the track with a punchy feel using short and sharp cues that are to the point and direct.

TRACK TIP

Because it's a fast track we don't ride at 1/1 or coach to ride on the beat. Instead we coach to chase the beat when riding at the top speed riding at 3/4++ in the choreo notes.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Coach your class to find Attack Resistance by using descriptive language in how it should feel
- Use short, sharp cues to match the feel of the song and Intensity of the workout

PROFILE

3 intervals – 1x 60-second and 2 shorter 40-second efforts

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	B🔒	E	
	0:11	V1 / _We're both	8x8	Ride Easy	↗		1/2
	0:33	QC / Hold on	4x8	Standing Recovery	A🔒		1/2
	0:44	Instr / (B up)	4x8	Standing Recovery	●		3/4
	0:55	(Beat + synth)	8x8	Standing Attack	●	1/1	H
	1:17	(Low windup)	8x8	Racing	●	1/1	
	1:39	(Upbeat)	8x8	Standing Attack	●	1/1	
2	2:01	V2 / _We're both	8x8	Seated Recovery	↘	1/2	E
	2:23	QC / Hold on	8x8	Ride Easy	A🔒	1/2	
	2:45	Instr / (B up)	4x8	Standing Recovery	●	1/2	
	2:56	(B up + vocals)	4x8	Standing Recovery	●	3/4	
	3:07	(Beat + synth)	8x8	Standing Attack	●	1/1	H
	3:29	(Low windup)	8x8	Racing	●	1/1	
	3:51	V3 / _We're both	40x8	Repeat BLOCK 2			
				↘ to B🔒			



05. HOLD ON 5:45 mins

TECHNIQUE AND COACHING

BLOCK 1

Use the first block to set the Resistance in the different Positions and Paces. Be descriptive in how it should feel here. Then use Layer 1 cues to get your class riding with good technique and Intensity.

- *Interval training!*
- *Start with a slow Pace, catch your breath and start to add some Resistance*
- *Let's take a heavy turn to find Attack Resistance, stand up*
- *What does it feel like? Its slow enough to stand on but not slow enough to slow us down*
- *60 seconds interval 1!*
- *Standing Attack: **Hips forward, chest up***
- *Racing: **Butt back in the saddle, brace your core***
- *Here's your max effort! First one for the day*

BLOCK 2

This block is shorter, use Layer 2 Manipulate Intensity cues and Improve Execution to find the work.

- *Sit down and reduce*
- *Let's recheck, cycle set*
- *Enough Resistance to slow us down but not to bog us down*
- *Find our strong Standing Position*
- *How does that Resistance feel? It's heavy, you can balance on but you can punch through it*
- *This time its 40 seconds – max effort!*
- *Short, heavy and hard!*
- *Attack: Body weight leans in to use the quads, power muscles*
- *Racing: Hips drive back, hamstrings are working harder now*

BLOCK 3

Final block, continue to use Layer 2 cues which educate your class but also use Layer 3 Motivation cues that will inspire them to finish this track working at their hardest.

- *Recover*
- *Because they are short, you really have to put the effort in guys!*
- *One last effort*
- *What are you going to do in this final effort?! Remember it's short – 40 seconds only!*

PERFORMANCE

The music is the driving factor in this track. Let the tunes motivate the ride by only saying what's needed. Remember using silence can actually be far more powerful than what you say.



06. SPEED WORK

1/1 = 166rpm

TRACK FOCUS

- Coach your class to add more Resistance into the Standing Attacks in blocks 2/3
- Educate your class on the benefits of riding quick and how we can do it
- Match the feel of the song by being upbeat and fun

PROFILE

Fast Paced track, 3 blocks with short Racing phases and 2 opportunities to Attack out of the saddle

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B👤	1/2	E
	0:14	(Chant)	4x8	Ride Easy	●	3/4	
	0:26	(Upbeat)	8x8	Racing	↗	3/4++	M
2	0:49	V1 / _We're head	8x8	Ride Easy	●	3/4	E
	1:12	PC / _On honey	8x8	Ride Easy	↗	3/4+	M
	1:35	Instr / (Beat)	8x8	Racing (Forward)	R👤	3/4++	H
	1:58	(Low chant)	4x8	Seated Recovery	●	1/2	E
	2:10	(B up chant)	4x8	Ride Easy	●	3/4	
	2:21	Instr / (Beat)	8x8	Racing (Forward)	R👤	3/4+	H
	2:46	(Chant)	8x8	4x Racing Combo	A👤		
				1x8 Standing Attack		3/4	
			1x8 Racing (Forward)		3/4+		
			Add ↗ on first Standing Attack only				
3	3:08	Br	1/2x8	Transition	●	3/4	E
	3:09	V2	48x8	Repeat BLOCK 2			
	5:28	Low	4x8	Ride Easy	↘ to B👤	1/2	E



06. ISLAND LIFE 5:45 mins

TECHNIQUE AND COACHING

BLOCK 1

Set up your class with the basics of riding fast using both Layer 1 and the speed coaching cues.

- *Light Resistance and Building Pace*
- *We break with the status quo*
- *This track moves quick!*
- ***Slide forward***, towards the beat

BLOCK 2

This block is busy, so use clear PRP through all the changes. Have a focus of Layer 2 – where you educate, improve execution and Manipulate Intensity all to help your riders ride better. Pre-cue the addition of Resistance before the Standing Attack early with a good description of what it should feel like.

- *Take the pressure off, back into medium Pace*
- *As we move towards the beat, you might notice your hips slide forward*
- *Dip the toes slightly down and relax the body*
- *25 seconds chasing the rhythm*
- *Chase down that rhythm*
- *Big breather coming*
- *Coming up, we are going to chase it for 25 seconds then a series of short jumps with Attack Resistance*
- *Ready for the fast change, find Attack Resistance – accelerate up, sit*

BLOCK 3

Repeat of block 2 so no surprises now, focus on motivating your class by inspiring them to ride just as hard as what you are.

- *Searching for the rhythm now*
- *Pure speed training team!*
- *Just go where your body naturally goes*
- *What ever your legs and your lungs will naturally allow you to do – that's training!*
- *You may slow down when you sit, accelerate when you stand up*

PERFORMANCE

This track quite a different feel from our normal track 6. It is driving yet fun! Let the music motivate your class to ride fast and role model what riding hard and fast looks like.

TRACK TIP

Like track 4, we don't ride at 1/1 or coach to ride on the beat due to the bpm of the song. Instead we coach to chase the beat when riding at the top speed riding at 3/4++ in the choreo notes.



07. MOUNTAIN CLIMB

1/1 = 64rpm

TRACK FOCUS

- Create contrast in the way you deliver this song from track 6: using a softer, slower delivery of cues at the start, then a motivating and driving voice at the end
- Challenge your class to push hard in the Strength Power phases.

PROFILE

Multiple peaks to the mountain: 5 short Climbs to peak the heart rate

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B↺	1/2	E
	0:16	Instr / (Synth)	4x8	Ride Easy	●	1/1	E
	0:31	(Beat)	4x8	Ride Easy	↗	1/1	
	0:45	(B up)	4x8	Ride Easy	↗	1/1	
	1:01	(Heavy)	12x8	Standing Climb	C↺	1/1	H
2	1:46	(Low)	4x8	Standing Recovery		1/2	E
	2:01	V1 / Why do we	4x8	Ride Easy	↘	1/1	E
	2:16	_How we went	4x8	Ride Easy	↗	1/1	
	2:32	QC / But you are	4x8	Ride Easy	↗	1/1	M
	2:47	Tension and	4x8	Ride Easy	↗	1/1	H
	3:02	Instr / (Low synth)	12x8	Power Climb	C↺	1/1	
	3:47	(Heavy synth)	8x8	Standing Climb	↗	1/1	
3	4:18	V2 / Tension and	4x8	Power Climb	↘	1/1	H
	4:32	Instr / (Heavy synth)	8x8	Standing Attack	●	1/1 or 1/1+	
4	5:02	V3 / Tension and	12x8	Repeat BLOCK 3			
5	5:47	Instr / (Low)	4x8	Power Climb	● or ↘	1/1	H
	6:02	(Heavy synth)	12x8	Standing Climb	↗	1/1	
					↘ to B↺		



07. WORTH IT ALL 6:52 mins

TECHNIQUE AND COACHING

BLOCK 1

Set up Climbing Resistance in the long build up before the stand. Use Layer 1 cues to coach PRP, how to climb.

- Find Ride Easy: **Butt back in the saddle, brace your core, chest up**
- It's a big, big, mountain climb, there may even be snow at the top
- Heavy turn
- Standing Climb: **Chest up, side to side**
- First block of work, strength endurance

BLOCK 2

A gradual lead into the next peak. Follow up with Layer 2 Improve Execution cues to help your class ride better.

- As you sit, take the edge off the Resistance to find the beat
- Power Climb: **Hips back in the saddle, brace your core**, drive forward through the pedal
- A big power phase and a short burst of strength power
- Heavy turn, Standing Climb
- Use your body weight to help push this heavy Resistance around

BLOCK 3

Short block, encourage your class to maintain Resistance into Power Climb then use Layer 2 Manipulate Intensity cues to hit it hard in the short Attack, riding ahead of the beat. Remember to option if needed.

- Sit back, reduce if you need to
- Heavy strength power
- If you want you can push this one a little quicker, this will make a difference to your strength, your power to your fitness!

BLOCK 4 & 5

Final 2 blocks use Layer 3 cues to motivate your class right through to the end. Give time references in the last 45 seconds to help them maintain that Intensity till the end.

- Back on the beat, stand
- If you want the pump, give me a push – come on
- 45 seconds on the Climb, steady home
- Awesome riding everyone, right to the top to the end!

PERFORMANCE

Create a journey in this song. Use the build ups, the driving synths, the drops and silence to inspire and motivate your class while they are fatigued.

TRACK TIP

Challenge your class to ride ahead of the beat for short periods of time, but remember to provide an option if they need it.



08. RIDE HOME / STRETCH

1/1 = 118rpm

TRACK FOCUS

- Celebrate the ride and acknowledge the efforts in todays workout with the class

PROFILE

Flat road with a accelerations to allow recover before we take if off the bike to stretch

	Music		Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	B↑	1/2
	0:08	QC / Pretty lady	4x8	Seated Recovery	●	1/2
	0:24	Rep / Pretty lady	4x8	Ride Easy	●	3/4
	0:40	V1 / You know what	8x8	Ride Easy	↗	3/4
	1:13	C / Pretty lady	8x8	Racing	●	1/1
	1:45	V2 / _I know that	8x8	Ride Easy	●	3/4
2	2:18	Ref / But I'm more	2x8	Transition off bike		
	2:26	C / Pretty lady	4x8	Standing Quadricep Stretch R		
	2:42	Pretty lady	4x8	Standing Gluteal Stretch R		
	2:59	Rep / Pretty lady	4x8	Standing Quadricep Stretch L		
	3:15	Pretty lady	4x8	Standing Gluteal Stretch L		
	3:31	Outro	2x8	Bike supported Upper Back Stretch		
	3:40		2x8	Bike supported Lower Back Stretch		
	3:51		8x8	Shake and congratulate!		



08. PRETTY LADY 4:38 mins

TECHNIQUE AND COACHING

BLOCK 1

Ride with light Resistance and an easy Pace to allow the heart rate to slowly come down. Acknowledge every one's workout and congratulate them on completing the ride.

- *Let's ride home gang!*
- *Rolling through to Ride Easy*
- *And just like that we are done!*
- *The Ride Home track allows us to bring our heart rate down to find that recovery that we need*
- *Nice and relaxed*

BLOCK 2

Lead your class through each of the stretches, coaching how to stretch the specific muscle and where they should feel it.

- *Dismount your bike*
- *Quad stretch, knees together, hips forward*
- *Open the hip, ankle on knee and sit back, stretching the glutes and hips big working muscles for riding*
- *Back release*



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

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

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

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.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

