

RPM 100

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

Raincloud (4:03)
Lighthouse Family
Courtesy of the Universal Music Group.
Written by: Tucker, Baiyewu, Brammer

02

Raincloud (1:12)
Lighthouse Family
Courtesy of the Universal Music Group.
Written by: Tucker, Baiyewu, Brammer

Clarity (Remix) (4:13)
Zedd feat. Medina
Courtesy of the Universal Music Group.
Written by: Zaslavski, Hafermann, Blair, Robinson

Clarity (Remix) (2:18)
Zedd feat. Medina
Courtesy of the Universal Music Group.
Written by: Zaslavski, Hafermann, Blair, Robinson

03

Thank You Baby (6:05)
Kenny Macabre
© 2023 Les Mills Music Licensing Ltd.
Written by: Hartman

04

Black And White (3:10)
Niall Horan
Courtesy of the Universal Music Group.
Written by: Horan, Izguierdo, Harris, Geiger, Bunetta

Black And White (2:13)
Niall Horan
Courtesy of the Universal Music Group.
Written by: Horan, Izguierdo, Harris, Geiger, Bunetta

05

Tell Me Why (1991 Remix) (5:57)
Supermode
© 2023 Axtone Records.
Written by: Cole, Somerville, Bronski

06

Time After Time (Extended Mix)
(6:11)
Dash Berlin, DubVision & Emma Hewitt
© 2022 North Sea Music.
Written by: Hyman, Lauper

07

Adagio For Strings (6:27)
Ben Nicky & Distorted Dreams
Courtesy of Armada Music B.V.
Written by: Barber

08

Alive (3:24)
Empire of the Sun
Courtesy of the Universal Music Group.
Written by: Sloan, Steele, Littlemore, Mayes, Bach



RPM 100



Back row L–R: Phylis Xiao, Kim Gibas, Axel Sevieri, Nasreen Merouane, Eric Kouka, Mike Murphy, Glen Ostergaard, Bas Hollander, Julien Duffour, Vincius Ribeiro

Front row L–R: Rawan Alsa'adi, Billy Aw, Chelsea Savage, Kevin Mansuy, Bobby Santoso, Bram Halim, Amy Lu

RPM 100 is a true milestone for indoor cycling. We celebrated 100 releases of RPM in Los Angeles with an international team and 200 riders who pedaled energetically and emotionally to this classic “Rock concert on wheels”.

Going back 25 years to the beginning – the Warm-up from RPM 01, *Raincloud* leads us into the workout – nostalgic and smooth.

Memories of the creator and iconic presenters flooded the room.

We ride into our Pace track with *Clarity*, an uplifting track to lay the training foundations.

The good vibrations of *Thank You Baby* lead us into the Hills track.

The beautiful *Black and White* welcomes us into our Mixed Terrain track.

We have back-to-back retro vibes in this class.

Tell Me Why for a classic Intervals track, the huge '80s hit *Time After Time* to take us through our Speed Work, and the timeless *Adagio for Strings*, but not as you know it, on our Mountain Climb.

A class for the ages – one to turn back time to and to remember where this truly remarkable program came from.

This is dedicated to Michael J McSweeney.

Enjoy the ride,

Glen

PRESENTERS

Amy Lu (New Zealand)

Axel Sevieri (France)

Bas Hollander (The Netherlands)

Billy Aw (Singapore)

Bobby Santoso (Indonesia)

Bram Prima Halim (United Kingdom)

Chelsea Savage (United States)

Eric Kouka (United States)

Glen Ostergaard (New Zealand)

Julien Duffour (French Switzerland)

Kevin Mansuy (Morocco)

Kim Gibas (Canada)

Mike Murphy (New Zealand)

Nasreen Merouane (United Kingdom)

Phylis Xiao (China)

Rawan Alsa'adi (Kingdom of Saudi Arabia)

Vincius Ribeiro (Brazil)



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 100 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	32:35 with Track 08 29:11 without 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!

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)

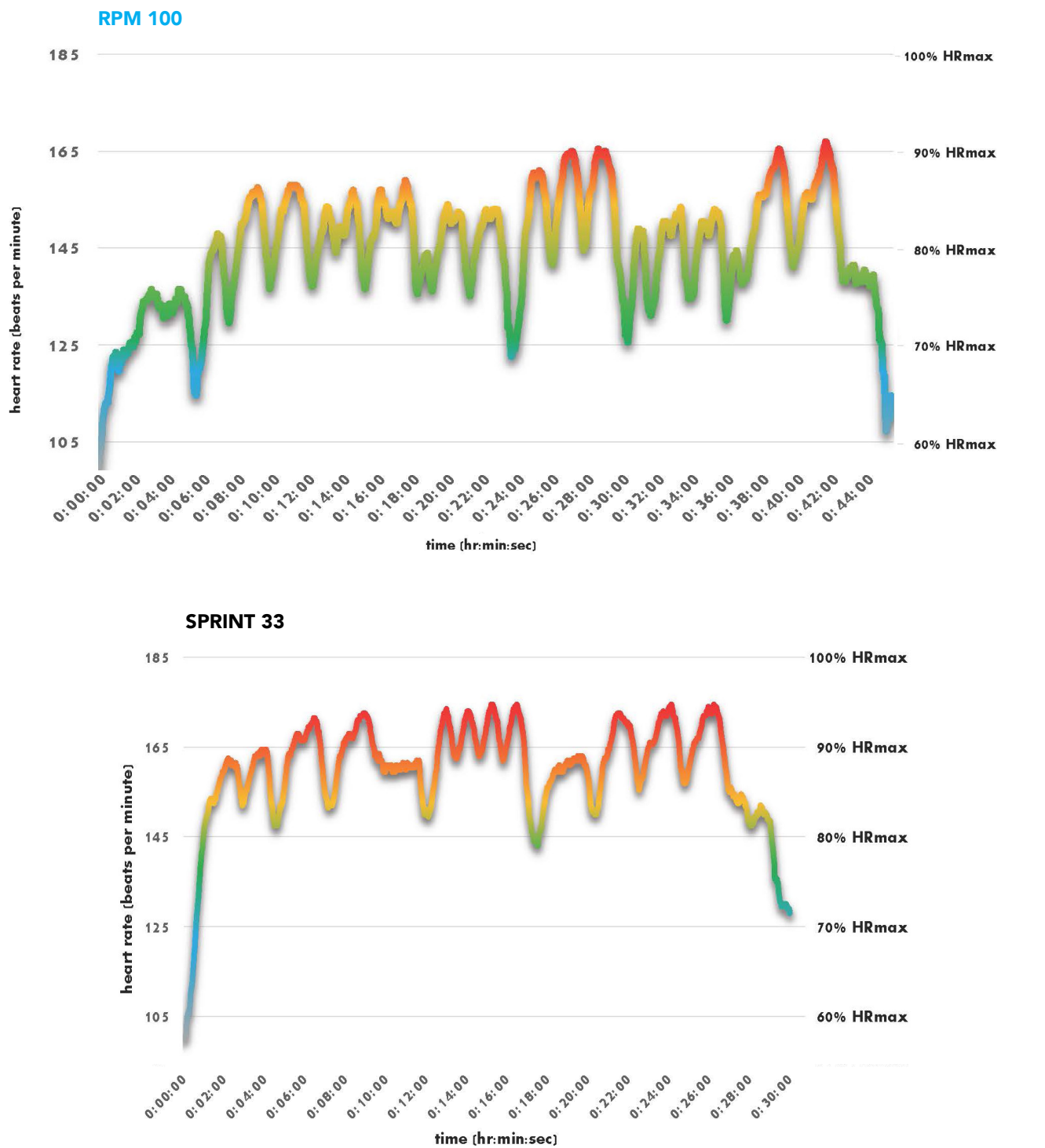


RPM VS. SPRINT

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 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

- Set up the basics of PRP: Position, Resistance and Pace
- Be open, uplifting and cheerful to welcome your participants to the workout and match the feel of the music
- Acknowledge the journey of RPM, 25 years and 100 releases!

TRACK PROFILE

3 rounds to get us warm and ready for the workout ahead

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro /	3x8 Seated Recovery	•	1/2	E
	0:17	Br /	4x8 Ride Easy	B⬆	3/4	
	0:38	V1 / There ain't no	8x8 Ride Easy	•	3/4	
	1:10	PC / Cause everything	4x8 Ride Easy	Opt to ↗	3/4+	
	1:25	C / Let the daylight	6x8 Racing	•	1/1	
2	1:50	V2 / There ain't no	4x8 Ride Easy	•	3/4	
	2:05	_ Strangers	4x8 Ride Easy	↗	3/4	
	2:21	PC / Cause everything	4x8 Ride Easy	↗	3/4+	
	2:38	C / Let the daylight	4x8 Racing	R⬆	1/1	
	2:58	Instr /	8x8 Racing	•	1/1	
	3:27	PC / Cause everything	4x8 Ride Easy	•	3/4	
	3:45	C / Let the daylight	6x8 Racing	•	1/1	
3	4:10	Instr /	4x8 Ride Easy	↘	3/4	
	4:23	PC / Cause everything	4x8 Ride Easy	•	1/1	
	4:40	C / Let the daylight	8x8 Racing	R⬆	1/1	
	5:10	Outro /	2x8 Ride Easy	B⬆	3/4	



01. RAINCLOUD 5:15mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to get your class riding the correct Position, Resistance and Pace. Once your class is riding with good Technique, allow them to feel the easy rolling feeling.

- *Hinge forward from the hips, Ride Easy*
- *Base Resistance, light pressure*
- *Easy, roll, medium Pace*
- *Cycle SET – **hips back in the saddle, hands shoulder-width apart, soft elbows, gentle brace of your core***

BLOCK 2

Use Layer 2 cues to bring in more Physical Intensity by using feeling cues as we find Racing Resistance – set up how the gear should feel, holding it for the entire block.

- *Add some Resistance heading towards Racing Resistance, good pressure under foot*
- *Taking a good 30 seconds to get our heart rate into the zone*
- *Heading towards the beat*
- *Pulling back, two more blocks*
- *Easy on the Pace*

BLOCK 3

We remove Resistance slightly then find it again in our final Block. Use Layer 3 cues to set the scene for the rest of the workout. Be upbeat – matching the smooth, inclusive feel of the song.

- *Nice and relaxed now, heading into the training zone*
- *Gentle breath, conversational*

TRACK TIP

It's important in the Warm-up to set up Racing Resistance with clear, descriptive cues early on. Your class will then know that they are riding with the correct Resistance straightaway, ensuring they get warm and ready for the ride ahead.

CONNECTION

If you like, use this track to acknowledge RPM 100. Acknowledging all the regular members that have been there and the newer participants too.



02. PACE

1/1 = 131rpm

TRACK FOCUS

- Take the energy up another level using the music and Choreography to find intensity

TRACK PROFILE

3x 45-second Racing phases, mixed with a couple of Standing Climb phases

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B↱	1/2	E
	0:09	V1 / High dive into	8x8 Ride Easy	↗	1/2	
	0:37	PC / 'Cause you are	4x8 Ride Easy	↗	3/4	
	0:52	B up /	4x8 Ride Easy	↗	3/4+	M
	1:07	Drop /	8x8 Racing (Forward)	R↱	1/1	H
	1:36	C / If our love is	4x8 Aero-Racing (Forward)	•	1/1	
2	1:50	Br /	2x8 Ride Easy	•	3/4	E
	1:58	V2 / Walk on through	8x8 Ride Easy	↗	1/2	
	2:27	PC / 'Cause you are	8x8 Standing Climb	C↱	1/2	M
	2:56	B up /	4x8 Standing Attack	•	3/4	
	3:10		4x8 Ride Easy	R↱	3/4+	
	3:25	Drop /	8x8 Racing (Forward)	•	1/1	H
3	3:54	C / If our love is	4x8 Aero-Racing (Forward)	Opt to ↗	1/1	
	4:09		38x8 REPEAT BLOCK 2			



02. CLARITY 6:31mins

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.

- *From Base Resistance we add a little more, slow Pace*
- *3 rounds with 2 focus points: 1) we want to get the body ready for the hills 2) celebrate! Let's kick this celebration up a notch, shall we?*
- *Add a little, medium Pace – should feel comfortable*
- *Let's get a little closer to Racing Resistance, building Pace*
- *45 seconds on the beat – Racing Resistance*
- *Good pressure in the muscles, **hips forward, chest lifted, brace the abs**, small quicker circles at the pedal*

BLOCK 2

Build on those Layer 1 cues using Layer 2 cues to Improve Technique and start to find intensity. As it's the first time Climbing, use Layer 1 cues to set up Climbing Resistance and Position, then the same in the Attack. Then challenge your class to work harder in the second Racing phase. How could you push them to increase their intensity? By what you say or how you move?

- *Find that slow Pace, Ride Easy*
- *Did that feel good?*
- *Chest lifted, butt back, hands under shoulders*
- *We have our first Climb of the day, put that Climbing Resistance on – firm pressure*
- *Standing Climb, hands on top of the handlebars, **chest up, butt back over the top of the saddle***
- *Attack, medium Pace, **hips slightly forward***
- *Legs are starting to say hey, hey, hey*
- *Start to accelerate – find that Racing Resistance, a good pressure*
- *Slight dip of the toes and pump of the knees – that's going to help us hit that beat!*

BLOCK 3

A repeat of Block 2, and a second time Climbing, so help your class to develop better Technique using Layer 2 cues. Motivate your class positively using encouraging, inclusive language that will help them get across the line together. You need to work hard but at the same time have a bit of fun with this cool track!

- *How do you feel?*
- *Keep your place in the pack and recover*
- *Last time through*
- *Heavy pressure, Standing Climb*
- *We should have 100 reasons to be here but we have just one – the celebration! Let's celebrate for being here!*
- *Believe in yourself, last 45 seconds*
- *So good!*
- *It's a beautiful celebration between Pace and Resistance*
- *Together on the finish line*

PERFORMANCE

Cueing the different Resistances is really important in this track. Use descriptive language to explain how your class might feel their heart rate, the work in their muscles and their breathing.

CONNECTION

Express the feel of this track by using your voice, face and movement of your body; perhaps use the lyrics and of course the beats! How will you bring out the emotion and feel of this track?



03. HILLS

1/1 = 64rpm

TRACK FOCUS

- Help your class feel success through the options of holding Resistance or recovering at the end of each Block
- Connect to this well-known 'banger' of a tune through moments of silence and body expression

TRACK PROFILE

4 blocks of work, between 45 and 60 seconds of work with options to recover or maintain intensity

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00 V1 / It's such a	4x8	Seated Recovery	B↱	1/2	E
	0:15 And when you	4x8	Ride Easy	↗	1/1	
	0:30 (Piano)	4x8	Power Climb	↗	1/1	M
	0:45 (Upbeat)	8x8	Standing Climb	C↱	1/1	H
	1:15 C /	4x8	Standing Attack	• Opt to ↗	opt 1/1+	
2	1:30 V2 / It's such a	8x8	Ride Easy	• Opt to ↘	1/1	E
	2:00 (Piano)	4x8	Standing Climb	C↱	1/1	H
	2:15 Low / (Vocals)	4x8	Power Climb	•	1/1	
	2:30 (Upbeat) /	4x8	Standing Climb	↗	1/1	
	2:45 C /	4x8	Standing Attack	•	opt 1/1+	
3	3:00 Br /	1½x8	Transition		1/2	E
	3:02 V3 / It's such a	4x8	Seated Recovery	↘	1/2	
	3:17 And when you	4x8	Ride Easy	↗	1/1	M
	3:32 (Piano)	4x8	Power Climb	↗	1/1	H
	3:47 (Upbeat)	8x8	Standing Climb	C↱	1/1	
	4:17 C /	4x8	Standing Attack	• Opt to ↗	opt 1/1+	
4	4:33 V4 / It's such a	24x8	REPEAT BLOCK 2	↗		



03. THANK YOU BABY 6:05mins

TECHNIQUE AND COACHING

BLOCK 1

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

- *Tip forward from the hips and find heavy Resistance straightaway*
- *4 Blocks of work with recovery in between or the option of two Blocks if you take only one recovery*
- *45 seconds of Climbing coming*
- *Standing Climb, body weight over the pedals, **lift your chest, brace the abs**, slight side to side over the bike*
- *Standing Attack, **hips forward**, accelerate if you want to*

BLOCK 2

Encourage them to either recover or maintain the Resistance and continue to work. Continue to build on Layer 1 cues and then bring in Layer 2 cues that will Educate your class on how to climb with better Technique.

- *Sit, Ride Easy – if you feel like you need the recovery, reduce or stay with me and don't touch that dial! It's your choice!*
- *The first block was the set-up and now let's work on our journey up this hill*
- *Start to work on the strength in your legs, make the legs burn with effort*
- *Pull up on the handlebars, drive down on the bars*
- *Use your entire body to move through this heavy effort*
- *Sit in Power Climb – wow. do you feel that?*
- *Ride The Rhythm to maintain momentum*
- *This gear amplifies our strength and fitness*

BLOCKS 3 AND 4

Let your class know that they're halfway! Encourage them to all recover. As your riders start to fatigue use Layer 2 and 3 cues to help them both Manipulate Intensity and Improve Technique. Then drive them to the end by using Layer 3 cues that will Motivate them to keep pushing their intensity all the way to the top.

- *Now we all recover – whether you choose two or four rounds, this is our recovery!*
- *Shall we do it again?*
- *Our goal this round is to make it steeper than round 1! Our body will be thankful for this!*
- *You should feel your legs ignite and your heart rate rise. This is how we get stronger and fitter*
- *If you start to feel your legs slowing down, that's good!*
- *It's OK if you need to back it off a little*
- *1-minute to the end*
- *Start to unleash your power so we can step into our strength*
- *For 25 years RPM has made us stronger*
- *Come with us run to the top*
- *If you can accelerate, do it!*

TRACK TIP

Help your class feel successful by giving two options in this track: to either back off at the end of each round to recover or to only back off once between Blocks 2 and 3. This will help those who want to work harder to do so by building strength endurance and for those that are building their fitness, to allow their body to get respite before they go again.

PERFORMANCE

This is an old-school 'banger' of a track. Allow moments of silence in the music for it to build and create energy and excitement.



04. MIXED TERRAIN

1/1 = 149rpm

TRACK FOCUS

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

TRACK PROFILE

3 Blocks of varied terrain: Climbs, Speed and Recovery

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B↻	1/2	E
	0:08	V1 / That first night	8x8 Ride Easy	•	3/4	M
	0:32	C / Yeah, I see us	8x8 Racing (Forward)	R↻	3/4++	H
2	0:58	V2 / Now we're sittin'	8x8 Ride Easy	↘	3/4	M
	1:24	C / And I see us in	8x8 Racing (Forward)	R↻	3/4++	H
	1:50	Br / And I want the	8x8 Standing Climb	C↻	1/2	
	2:15	Low /	4x8 Standing Recovery Accelerate on last 8cts	•	1/4	E
	2:29	C / I see us in black	8x8 Racing (Forward)	R↻	3/4++	H
	2:54	_ and there'll never	5x8 Ride Easy	↘	3/4-1/2	E
3	3:10	V3 / And I was sitting	8x8 Ride Easy	•	3/4	M
	3:36	C / And I see us in	8x8 Racing (Forward)	R↻	3/4++	H
	4:02	Br / And I want the	8x8 Standing Climb	C↻	1/2	
	4:28	Low /	4x8 Standing Recovery Accelerate on last 8cts	•	1/4	
	4:41	C / I see us in black	8x8 Racing (Forward)	R↻	3/4++	
	5:06	Outro / _ and there'll never	4x8 Ride Easy	↘	3/4-1/2	E

SMARTSTART

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



04. BLACK AND WHITE 5:23mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 Coaching cues to set up your class with good riding Technique.

- Ride Easy: **Chest lifted, butt back**
- 3 Blocks of work for you to find your top speed, to be the best version of you that you can be
- Racing Resistance, pressure in the legs but room to move
- Racing: **Hips forward, elbows dropped, chest lifted, brace the core, chase the beat**

BLOCK 2

Continue to use Layer 1 cues in the Climb, setting up Position, Resistance and Climbing Pace. In the Racing and Aero-Racing phases, use Layer 2 cues which will help your class ride faster and better. Teach your class how they can Manipulate Intensity by riding with more Resistance or faster legs.

- Ride Easy, reduce Resistance and medium Pace
- Going fast in RPM starts with one simple practice, relax: chest lifted, shoulders down and turn your elbows to the rear
- Hips forward, chase the beat
- Find your top speed – can you feel it stretching your fitness?
- Find a heavy gear, Climbing Resistance
- Lift – we use this big gear to balance the body and find the beat. **Lift chest, brace abs**
- These efforts help feed our strength later
- Slow, hand to your heart – shall we make it race?
- What I propose is we chase our top beat to marry the music
- How we do this is by hugging the handlebars and stabilizing the hips – that is going to make our heart beat faster, make us fitter!

BLOCK 3

Final Block, a repeat of Block 2. Use Layer 3 cues to Motivate your class to ride hard to the end.

- One last block
- In life we don't get a second chance like this. The moment is here for you to grab it one last time – let's make it count
- You've got to chase your dreams, top speed
- We've got another uphill to come – grab the gear that grabs your legs
- RPM fans, we love the climb, but the best part is the anticipation of surging down the hill!
- This is the exact middle of the workout, – why don't we continue the journey together?
- This is why we choose RPM!

TRACK TIP

This track is a fast Paced, full-of-energy track. There are lots of Choreography changes so be sure to clearly cue those PRP changes.

CONNECTION

Connect with the musical lyrics like the presenters did on the Masterclass footage. Create a journey within the track through its highs and lows.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Challenge your class to work at 100% effort for this track. Motivate and Inspire your class with the things you say and the way you move

TRACK PROFILE

3x Intervals where we adjust our Standing Position to alter the muscle recruitment

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	8x8 Seated Recovery	B↺	1/2	E
	0:21	Synth /	8x8 Ride Easy	↗	1/1	
	0:44	B up /	8x8 Racing	↗	1/1	M
	1:06	Drop /	4x8 Standing Attack	A↺	1/1	H
	1:17		4x8 Standing Climb	•	1/1	
	1:28		4x8 Standing Attack	Opt to ↗	1/1	
	1:39		4x8 Standing Climb	•	1/1	
	1:50	Low /	4x8 Standing Recovery	•	¼ - ½	
	2:01	B up /	4x8 Standing Attack	Opt to ↗	1/1+	
2	2:12	Instr /	8x8 Seated Recovery	↘	1/4	E
	2:34	Synth /	8x8 Ride Easy	↗	1/1	M
	2:56	Drop /	4x8 Standing Attack	A↺	1/1	H
	3:07		4x8 Standing Climb	•	1/1	
	3:18		4x8 Standing Attack	Opt to ↗	1/1	
	3:29		4x8 Standing Climb	•	1/1	
	3:40	Low /	4x8 Standing Recovery	•	1/4	
	3:51	B up /	4x8 Standing Attack	Opt to ↗	1/1+	
3	4:02		40x8 REPEAT BLOCK 2			



05. TELL ME WHY (1991 REMIX) 5:57mins

TECHNIQUE AND COACHING

BLOCK 1

Use the first Block to set the Resistance and Pace in the different Positions using Layer 1 cues. Be descriptive how it should feel to get your class riding with good Technique and intensity straight-away.

- *We want to make this track matter – so create an unforgettable feeling that we all came here for*
- *One goal is to give it 100%*
- *Demanding Attack Resistance – strong grip of the legs, it challenges you to stay on the beat*
- *Attack: **Hips forward, lift your chest**, long and tall*
- *A surprise for you!*
- ***Hips back over the saddle, Standing Climb***
- *Strongly grab your handlebars, **brace your core**, bodyweight over pedals*
- *More pressure, Attack*
- *Drive knees high to the handlebars, lift chest away from the bar*
- *Push back*
- *Feels good, right?*
- *Slow down – let's give it all we've got!*
- *Attack, accelerate!*

BLOCK 2

Use Layer 2 cues to build on the first Block, using Manipulate Intensity and Improve Execution cues to find the work and to ride better.

- *Reduce, recover*
- *They say if you're working hard, we should be recovering hard as well!*
- *The goal is to go 100%, but it looks different from person to person, from yesterday and tomorrow – that's OK. The intention is to go 100% with everything we've got right now!*
- *Attack Resistance – go!*
- *Hold Resistance, hold the Pace, hips back slightly*
- *Strong muscle pressure*
- *Make it stronger, add a gear*
- *Different positions shifting the muscle focus to work with the front, hips back, working with the back*
- *Shifting gets us through this long power phase*
- *Let's give it 100% – accelerate!*

BLOCK 3

Final Block, continue to use Layer 2 cues which Educate your class but also use Layer 3 Motivational cues that will Inspire them to finish this track working at their hardest.

- *Again we find 100% effort one last time!*
- *The best version of you is right here, right now!*
- *Find your 100% effort*

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.

TRACK TIP

Challenge your class to find that top 100% effort, especially in the short 10 seconds of 1/1+ at the end of each Block. This will take our workout into that anaerobic state.



06. SPEED WORK

1/1 = 132rpm

TRACK FOCUS

- Allow your class to feel the journey within this song by using the music. Try not to over-power it with too much talking, give space and silence between your cues

TRACK PROFILE

3 x Blocks of Speed work with extended phases in Blocks 2 and 3

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B⬆	1/2	E
	0:14	Beat /	4x8 Ride Easy	•	3/4	
	0:29	Br /	1x8 Seated Recovery	↗	1/4	
	0:31	C / If you're lost	4x8 Seated Recovery	•	1/4	
	0:46	Synth /	4x8 Ride Easy	•	3/4	
	1:01	B up / If you're lost	4x8 Ride Easy	• Opt to ↗	3/4+	M
	1:15	Drop /	8x8 Racing (Forward)	R⬆	1/1	H
2	1:45	V1 / Lyin' in my bed	4x8 Seated Recovery	↘	1/4	E
	2:00	Flashback, warm	4x8 Ride Easy	↗	1/2	
	2:14	C / If you're lost	4x8 Ride Easy	•	3/4	
	2:29	B up /	4x8 Ride Easy	• Opt to ↗	3/4+	M
	2:43	Drop /	8x8 Racing (Forward)	R⬆	1/1	H
	3:12	Low /	4x8 Ride Easy	•	3/4	M
	3:27	(Pulsing beat)	8x8 Aero-Racing (Forward)	•	1/1+	H
3	3:55		36x8 REPEAT BLOCK 2			



06. TIME AFTER TIME (EXTENDED MIX) 6:11mins

TECHNIQUE AND COACHING

BLOCK 1

Reset all the basics of PRP: Position, Resistance and Pace, using Layer 1 cues. Then, during the 30-second Racing phase, use the Speed Coaching cues to help them pedal fast.

- *Hands on top, Ride Easy, Base Resistance*
- *Let the legs slow down, sit up*
- *Speed Work, 3 rounds, 1x short, 2x long*
- *Heading towards the beat*
- *Racing Resistance, good muscle pressure*
- *Relaxed and fast*
- **Chest lifted**
- **Hinge from hips, slightly forwards in the saddle**, constant pressure, constant effort

BLOCK 2

Use Layer 2 PRP cues where you Educate, Improve Technique and Manipulate Intensity all to help your riders to ride better.

- *Reduce Resistance, let's recover*
- *Back to Ride Easy*
- *Up ahead two blocks, each with two lots of Speed Work to really elevate our fitness*
- *Medium Pace – can you feel the energy of the music drawing you in for more?*
- *Light gear, just below Racing tension – building Pace*
- *Start to find Racing Resistance so we can ride fast with control*
- *Improve your efficiency by leading and driving your toes forward from the hips and the quads*
- *Focus on that smooth rhythm*
- *Leave Resistance, slow*
- *Drop into Aero-Racing, tension up your torso even more for optimal speed*
- *How good does it feel to ride fast?*

BLOCK 3

Repeat of Block 2 so no surprises now. Focus on motivating your class by inspiring them to ride as well as what you are doing. Allow the music to shine – let it do the talking.

- *One more time*
- *The best thing about riding fast, is that it makes you feel free!*
- *When the music drops, you know what to do*
- *Notice the feeling of your muscles and your heart – nothing is better than this!*

PERFORMANCE

Another classic 'banger'; give the music the opportunity to build and shine. Space your cues around the key moments within the song; for example the low before the final Aero-Racing in Blocks 2 and 3. Then the drop into Aero-Racing. Lower your voice – don't over-power it.



07. MOUNTAIN CLIMB

1/1 = 70rpm

TRACK FOCUS

- Challenge your class to maintain or build their intensity through to the very end in this track

TRACK PROFILE

3x strength-endurance climbs: 1x 30-second and 2x 2-minute climbs

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	1½x8 Seated Recovery	B↻	1/4	E
	0:05	(Violins)	6x8 Ride Easy	↗	1/4	M
	0:27	Beat /	4x8 Standing Climb	C↻	1/1	H
	0:41		4x8 Standing Climb	↗	1/1	
2	0:55	Low /	2x8 Standing Recovery	•	1/2	E
	1:01	(Violins)	10x8 Ride Easy	↘	1/1	M
	1:39	B up /	10x8 Stranding Climb Accelerate on last 16cts	C↻	1/1	H
	2:15	Beat /	8x8 Power Climb	•	1/1	
	2:44	Low /	2x8 Standing Climb	↗	3/4	
	2:50	Beat /	6x8 Standing Climb	•	1/1	
	3:10		7x8 Standing Attack	↗	1/1	
3	3:32	Low /	2x8 Standing Recovery	•	1/2	E
	3:38	(Violins)	10x8 Ride Easy	↘	1/1	M
	4:16	B up /	10x8 Standing Climb Accelerate on last 16cts	C↻	1/1	H
	4:53	Beat /	8x8 Power Climb	•	1/1	
	5:20	Low /	2x8 Standing Climb	↗	1/1	
	5:28	Beat /	6x8 Standing Climb	•	1/1	
	5:46		7x8 Standing Attack	↗	1/1	
	6:08	Fade /	4x8 Power Climb	•	1/1	



07. ADAGIO FOR STRINGS 6:27mins

TECHNIQUE AND COACHING

BLOCK 1

Set your class into the climb by finding Climbing Resistance in the first minute of the track. Coach the Layer 1 cues needed to get your class riding with great Resistance, form and Technique.

- *Heavy Climbing gear, Standing Climb*
- *Once you've got the rhythm, add some more Resistance*
- **Chest lifted, abs braced**, *slight side to side shift over the bike*

BLOCK 2

Because Block 1 was short; continue to build on your Layer 1 cues. Then teach your class how they can ride better. Because this block is long, they will need the assistance to Improve their Technique as they will be fatiguing.

- *Sit to Ride Easy, light reduction*
- *You may stay on it if you want to*
- *Take some time to enjoy the sounds*
- *Two rounds – 2-minute Mountain Climbing efforts*
- *Using the music and the Resistance to get us to the top*
- *Stand, feel the weight of the music in the legs, heavy and loud*
- *Something huge is coming*
- *Building, faster, over the beat*
- *Sit, Power Climb, sitting deep into the saddle, **chest lifted, belly braced***
- *Push and pull, feel the muscle activation*
- *Attack, shift hips forward, pull up on the handlebars, get more power from the push muscles of your quads*

BLOCK 3

Final effort. Show your love for the workout and for this level of Intensity. Use Layer 3 Motivational Cues to get everyone to the finishline.

- *Sit to Ride Easy – this time a little less reduction*
- *As we approach our last mountain, I want you to know that this mountain represents all of the hope, possibilities and dreams if you take it. Who is going to take it?*
- *60 seconds left – let me take you to the finish. Are you coming?*
- *I keep asking you to come with me but in this last part I am coming with you*
- *You take the lead now!*

PERFORMANCE

Continue to allow this amazing piece of music to come alive and create a journey for your class. Use your body and voice to match the highs and lows within the music.



08. RIDE HOME / STRETCH

1/1 = 120rpm

TRACK FOCUS

- Focus on rolling out the legs to help recovery
- Recognize and celebrate everyone’s hard work
- Celebrate and acknowledge the awesome milestone of RPM 100

TRACK PROFILE

2 short rolling Blocks before we dismount from the bike for lower-body stretches

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B↺	1/4	E
	0:16	V1 / Days go by	5½x8 Ride Easy	•	3/4	
	0:38	C / Loving every	5½x8 Racing	↗	3/4+	
2	1:00	V2 / Waking in the	5½x8 Ride Easy	↘	3/4	
	1:21	C / Loving every	11x8 Racing	↗	1/1	
3	2:06	PC / Freedom is	3½x8 Upper Body Stretch	•	1/2	
	2:20	Br /	1½x8 Transition off bike			
	2:26	B up /	6x8 Standing Quadricep Stretch L&R			
	2:53		5x8 Standing Gluteal Stretch L&R			
			2x8 Bike-supported Back Stretch			



08. ALIVE 3:24mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Coach the Choreography, emphasizing the reason why this track is so important to recovery. Acknowledge the ride and celebrate RPM 100.

- *Let's ride home everyone*
- *Find a gear that's manageable – light Resistance in the legs*
- *How alive do you feel right now?*
- *Back to Ride Easy*
- *Roll the legs out to recover*

BLOCK 3

Guide your class through each of the lower-body stretches, explaining how to achieve the release and where it should be felt.

- *Let's have a small stretch*
- *Quads first, knee to knee, hips forward*
- *Hip stretch, sit back, lift chest*
- *Bike stretch, release the upper back*



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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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