



PRESENTERS FROM
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LES MILLS
RPM

RELEASE **74**

FEATURES:
BORN TO MOVE: NEW RESEARCH
RPM VS. SPRINT™
RPM SCIENCE UPDATE
RPM POSITION GLOSSARY

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
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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 you can 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.

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TRACK NAME	SONG TITLE	ARTIST	
1	PACK RIDE	Let Me Love You Courtesy of the Universal Music Group. Written by: Wotman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber 3:28
		Let Me Love You Courtesy of the Universal Music Group. Written by: Wotman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber 1:58
2	PACE	Zillionaire © 2016 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Written by: Dillard, Carlsson, Kronlund, Golan, Borrero, Isaac	Flo Rida 3:44
		Zillionaire © 2016 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Written by: Dillard, Carlsson, Kronlund, Golan, Borrero, Isaac	Flo Rida 2:35
3	HILLS	Hype Courtesy of the Universal Music Group. Written by: Wiles, Mills	Dizze Rascal & Calvin Harris 3:20
		Hype Courtesy of the Universal Music Group. Written by: Wiles, Mills	Dizze Rascal & Calvin Harris 3:20
4	MIXED TERRAIN	Howl © 2017 Les Mills Music Licensing Ltd. Written by: Neil, McDaid, Lightbody	Willow Tree 5:40
5	INTERVALS	Stars (Radio Edit) © 2016 A.R.T Inc. Written by: Apera, Robinson, Trevethick	Shapeshifter 5:36
6	SPEED WORK	Edge Of Life (Extended) © 2016 Wake Your Mind Records. Written by: Unknown	Cosmic Gate & Eric Lumière 6:56
7	MOUNTAIN CLIMB	The Journey Courtesy of the Universal Music Group. Written by: Montalvo	Seven Lions 4:35
		The Journey Courtesy of the Universal Music Group. Written by: Montalvo	Seven Lions 2:04
8	RIDE HOME/ STRETCH	Generationwhy © 2015 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Zhu	ZHU 3:52
9	OUTRO	Fresh Eyes © 2016 Liberator Music. Written by: Golan, Kirkpatrick, Grammer	Andy Grammer 3:18

RPM 74: 30 AND 60-MINUTE FORMATS

60 MINUTES

Track 1	Pack Ride
Track 2	Pace
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 6	Speed Work
Track 3	Hills
Track 6	Speed Work
Track 7	Mountain Climb
TOTAL TIME 56:52	

Please note: Due to track timings, we have omitted the Ride Home/Stretch track for this format. Please advise your class to do their own stretches to assist recovery

Please note: The 30 and 60-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

30 MINUTES

Track 1	Pack Ride
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 8	Ride Home/Stretch
TOTAL TIME 27:14	

CREDITS

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Chief Creative Officer – Dr Jackie Mills
Creative Director – Diana Archer Mills
Technical Consultant – Bryce Hastings
Program Coach – Chris Richardson
Program Planner – Carrie Dean

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 half beat
3/4	MEDIUM – riding on the 3/4 beat
3/4+	BUILDING – riding just under the beat
1/1	ON THE BEAT
1/1+	Small acceleration past the beat
1/1++	Faster acceleration ahead of the beat

RESISTANCE

A	Attack Resistance
B	Base Resistance
C	Climbing Resistance
SC	Strong Climbing Resistance
R	Racing Resistance
R ➔	Add more than Racing Resistance
➔ R	Reduce to Racing Resistance
●	Maintain resistance
➔	Increase resistance
➔	Decrease resistance

PHYSICAL INTENSITY

PI	Physical Intensity
Green	for EASY
Yellow	for MODERATE
Orange	for HARD

The Fine Print

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.

RPM 74



From L-R: Kyle Hubbard, Anna Lowery, Sarah Ostergaard, Glen Ostergaard, Dee Tjoeng

RPM 74 has a really cool, different feel to it with lots of contrast between tracks.

It starts off with a really cruisy Track 1, slower than the norm so a chance to really highlight the music.

We start to ramp up intensity in Track 2 where we bring in uphill and downhill surges to spike the heart rate early on.

In Track 3 we connect with your inner rapper! It's a bit of fun, with intensity thrown into the mix.

An uplifting, fun Track 4 follows, where, like last round, we need to use an important gear before we attack.

Track 5 is one of those feel-good tracks.

Track 6 is a track that musically guides you through the work and finally, Track 7 will really test your body by using two climbing paces and two resistances.

We introduce a new gear to RPM: 'SC' (Strong Climbing Resistance) that'll make you feel like you're fighting with the bike. There's also a demanding Attack Resistance where we feel like it's a fight with the pace. This will come all of a sudden from nowhere and hit you hard!

Every track has an awesome performance element to it where you can really connect with your riders and get them to experience the music, feel and workout.

RPM Presenters

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.

Sarah Ostergaard (New Zealand) is Head of Training for RPM and a BODYPUMP Instructor. She lives in Auckland.

Anna Lowery (United States) is an RPM, BODYCOMBAT, BODYJAM™, CXWORX™, and a SH'BAM™ Trainer, and a BODYPUMP Instructor. She is based in Dallas, Texas.

Dee Tjoeng (Australia) is an RPM Trainer, and a BODYATTACK™ and BODYSTEP™ Instructor. She is based in Brisbane.

Kyle Hubbard (Australia) is an RPM and BODYATTACK Instructor, and a LES MILLS GRIT™ Series Coach. He is based in Melbourne.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

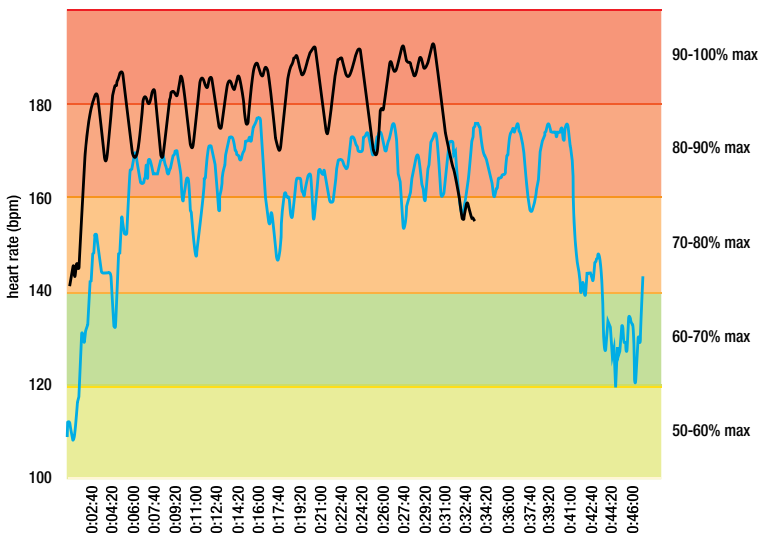
1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublihealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

RPM vs. SPRINT

RPM and **SPRINT**. Two workouts on a bike which initially appear similar, but look more closely and they are quite different. Let's compare them.

TYPE OF TRAINING	RPM	SPRINT
	RPM is 45 minutes of Cardio Peak Training. Moderate to high-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 (H.I.I.T). 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 H.I.I.T. workouts per week.

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



KEY:

RPM — 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.

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 P.R.P. and is inclusive and fun".	In SPRINT , it's coached with "L.P.T. Using enthusiasm and empathy".

COACHING TOOLS

We use different coaching tools in the two programs.

	RPM	SPRINT
COACHING TOOLS	P.R.P. – Position, Resistance and Pace.	L.P.T. – Load, Position and Training.
	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 tempos.	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". Position is simply Sit or Stand, and we vary hip and hand positions. Training 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 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.

RPM SCIENCE UPDATE

RPM combines the effects of 2 training modalities: Cardiovascular training coupled with short bursts of intensity.

What are the key benefits of these 2 training methods?

CARDIOVASCULAR TRAINING

This is what most people are doing when they jump on a treadmill or a stationary bike. It involves sustained periods of exercise operating between 60 and 80% of your maximum heart rate and it challenges the capacity of our muscles to operate for long periods of time.

This type of training generates the following changes:

- **Increases aerobic capacity**

Cardiovascular training increases our aerobic capacity – meaning we get better at providing oxygen to our muscles when they need it.

- **Improves heart function**

It improves heart function by decreasing our resting heart rate and increasing our stroke volume – or the amount of blood that exits the heart on each beat.

- **Reduces blood pressure, decreases cholesterol and body fat**

It also reduces blood pressure, decreases cholesterol and increases the mobilization and utilization of fat, ie it generates fat loss. Cardiovascular disease is the biggest killer in the Western world, so when these changes take place we go a long way to reducing the risks associated with this condition.

SHORT BURSTS OF INTENSITY

The second lot of effects comes from the Peaks of Intensity in each working phase. In some of these peaks our experienced riders will reach intensities of over 85% of their maximum heart

rate. Training at these levels for short periods accelerates our fitness gains.

Changes experienced with this type of training include:

ACCELERATED CHANGES IN OUR VO2

Increasing the intensity for short periods in conjunction with this cardiovascular base has been shown to rapidly improve VO2.

CHANGES IN BODY COMPOSITION

Including these short bursts of effort in our training will cause changes in our body composition. Many studies have shown that including these variations in intensity is more effective at reducing fat than steady-state training — throughout the workout.

So how do we know that RPM delivers on these results?

A study conducted at Loughborough University in the UK⁽¹⁾ measured the effects of doing RPM for 8 weeks on individuals who were not regularly active. Participating in classes 3 times per week, with no changes in diet, generated the following benefits:

- An 11% increase in VO2
- A 7% reduction in systolic blood pressure
- A 13.6% reduction in body fat
- Total cholesterol decreased by 13% including a 23.3% reduction in Low Density Lipoproteins or LDL's – also known as 'bad' cholesterol.

The participants also reduced – on average – 1 inch (3cm) in their waist circumference.

The subjects in this trial had a compliance rate of 95% during the study, which was very high for this type of group. Many of the participants achieved a heart rate of 95% of their maximum during the workouts – indicating the effectiveness of the program to hit short peaks of intensity from a cardiovascular training base.

RPM delivers the combined benefits of cardiovascular conditioning with multiple peaks of intensity, along with the advantage of great instruction and awesome music that increases the attendance beyond what we normally see with this type of training.

CYCLING AT SPEED

RPM utilizes a variety of pedaling speeds, with some sections of the class encouraging riders to sprint at cadences of up to 140rpm depending on their level of experience and ability.

A literature review⁽²⁾ on high-cadence training illustrated the following facts about this type of exercise:

- Contrary to concerns, it does not appear that cycling at high speeds increases the risk of injury.
- Most of the risk factors associated with cycling are related to bike setup and technique errors.
- Helping new participants with their bike set up – ensuring they have good technique and only increase speeds within their capabilities – will therefore resolve these issues.

The review also stated that high-cadence training has been shown to increase caloric expenditure and encourage the activation of type II muscle fibers. Including speed intervals in RPM provides variety and delivers great training benefits.

So there you have it – proof that RPM really will deliver amazing results for your participants. We hope this information helps you to teach with the passion and confidence this fantastic program deserves!

(1) Group cycling is an effective intervention to improve cardio-metabolic health in overweight sedentary individuals.
Faulkner, S.H., presented at European Congress on Obesity, 2015

(2) The use of high cadence in cycling and the applications to RPM.
J., Lythe 2009

1

PACK RIDE 1/1=100rpm

TRACK FOCUS

- Coach this track by riding on the beat for most of it, with short moments of faster cadences to lift the heart rate.
- The feel of this cruisy track, using a relaxed, conversational voice.

PROFILE

3x blocks with gentle accelerations faster than the music.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:05 Intro	2x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:14 V1 Believe we were	4x8 Ride Easy	1/1	•	
	0:33 Go through the	4x8 Ride Easy	1/1		
	0:52 PC Up now now	4x8 Ride Easy	1/1+		
	1:12 Instr (Melody)	4x8 Racing	1/1++	R	
2	1:31 V2 Asleep at the	4x8 Ride Easy	1/1		
	1:50 Go through the	4x8 Ride Easy	1/1		
	2:09 PC Up now now	4x8 Ride Easy	1/1+		
	2:28 Instr (Melody)	4x8 Racing	1/1++	R	
	2:48 (Low)	4x8 Ride Easy	1/1++	•	
	3:07 Ref Up now now	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2		
3	3:25 Br	½x8 Transition	1/1	•	
	3:28 V3 Asleep at the	20x8 Repeat BLOCK 2			
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach PRP: Position, Resistance and Pace, where we build towards Racing Resistance through several speed changes.

- *Ride Easy – hands shoulder-width apart, elbows in, chest up, butt back in the saddle*
- *Racing – hands into the dips, shoulders down, soften through your elbows, light brace through your abs*
- *Base Resistance – light tension in the muscles*
- *Roll up onto the beat of the music. We're on the tempo*
- *We are going to ride a little quicker than the music with Racing Resistance*

2 LAYER 2

Position/Resistance/Pace

Build on your coaching of the first block using Layer 2 cues to enhance the feel.

- *Light reduction towards Base Resistance, which is light muscle tension, with one or two gears to take us up to that Racing Resistance*
- *Make sure your arms are relaxed, elbows are soft and chest is up. We want to feel like we are floating on the bike*
- *Starting to generate some heat and energy in the muscles*
- *Hold the tempo to keep the energy in the legs*

3 LAYER 3

Motivate/Connect

Final block; use this one to set the scene for the workout ahead. Be positive, upbeat and encouraging.

- *Third time through. Saving energy but getting the muscles nice and warm, allowing the heart rate to lift*
- *Build your pace, increasing the energy in your legs*
- *You guys look great, preparing for the workout*

CONNECTION

Lots of connection in this track; it's the scene setter where we make our class feel good about being there. Intensity is low so use this opportunity to observe your riders' technique, providing guidance when necessary.

2 PACE 1/1=129rpm

TRACK FOCUS

- Clearly coach how Resistance should feel to create smooth transitions between Climb and Pace phases.
- Coach how to ride faster leading into the 4x8 Aero-Racing surges to spike the heart rate and increase intensity in this track.

PROFILE

5x we ride smooth and fast in this Pace track, accelerating our fitness with downhill and uphill surges.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	2x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:09 V1 Hiding	8x8 Ride Easy	3/4		M
	0:38 C On you baby	8x8 Racing (Forward)	1/1	R	H
2	1:09 V2 _ I'm gonna	8½x8 Ride Easy	3/4		E
	1:40 C On you baby	8x8 Racing (Forward)	1/1	R	H
	2:10 Instr (Trumpet)	4x8 Aero-Racing (Forward)	1/1+	•	
3	2:24 Rap Abracadabra	2x8 Ride Easy	1/2	C	E
	2:32 _ You got a passion	3x8 Standing Climb	1/2	•	M
	2:44 QC On you baby	4x8 Standing Attack	3/4	•	H
	2:59 C Spend it all on shoes	8x8 Racing (Forward)	1/1	to R	
	3:28 Instr (Trumpet)	4x8 Aero-Racing (Forward)	1/1+	•	
4	3:44 V3 _ I'm gonna	201x8 Repeat BLOCK 2			
5	5:00 Rap Abracadabra	21x8 Repeat BLOCK 3			
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Clearly establish Racing Resistance. Use Layer 1 cues to get your riders moving fast with great technique.

- *Racing Resistance – find a drag on your pedal that you can move fast on!*
- *Racing – chest up, upper body relaxed, hips forward, shoulders down*

2 LAYER 2

Position/Resistance/Pace

First-time riders experience the downhill surge Aero-Racing at 1/1+. Set this up in the 8x8 of Ride Easy and again in the last 4x8 of Racing. To get the most out of your riders, make sure they have the correct Racing Resistance by reminding them how it should feel. Use Layer 2 cues to improve execution to help your riders move fast!

- *Felt good, right? 4 more – now they come at you harder and faster!*
- *30-second flat road with a 15-second downhill surge where we're going to move faster!*
- *Racing Resistance – find that drag in your pedal that you can move quick on!*
- *Think tight circles so you move really quickly*
- *Road is about to drop off – 15 seconds – we're going to move faster!*
- *Aero-Racing – drop your body a little lower*

3 LAYERS 1 & 2

Position/Resistance/Physical Intensity

There is a quick transition into Standing Climb; you only have 2x8 to set up Climbing Resistance. It's important to coach this clearly so that your riders have enough gear on their bike for the first climb and uphill surge of the track. This block is intense! The uphill surge levels out to a fast flat and into another downhill surge. Make sure your riders know where they are going by pre-cueing early on.

- *Climbing Resistance – find a heavy gear under your feet to stand on*
- *Standing Climb – chest up, butt back*
- *Up ahead an uphill surge. Shift your hips forward, a little faster!*
- *Another flat road with a 15-second downhill surge at the end!*
- *Reduce to Racing Resistance*
- *Remember, tight circles for fast legs*
- *Come on now! Fast down the hill with control*

4 LAYER 2

Position/Physical Intensity

The last 2 blocks are identical to Blocks 2 and 3 so coach the recovery and set up the last bit of work ahead. Remind your class the work comes from those downhill surges and then use Layer 2 cues to Improve Execution or Manipulate Intensity, depending on what your class needs. Be big in your vocals to help encourage your riders!

- *3 down, 2 to go*
- *I want you to focus on those fast downhill surges, because that's where the work is!*
- *30-second fast flat road, 15-second downhill*
- *You should be breathing heavily now! I know I am!*
- *Are you moving quickly? Can you move any quicker?*

5 LAYER 3

Inspire/Motivate

Be encouraging and uplifting in your voice and cues to motivate your riders to finish the last uphill and downhill surge with good intensity. Remember to pre-cue early in the quick transitions in and out of the saddle!

- *Climbing Resistance – heavy gear again to push you out of the saddle*
- *Are you ready? Last Pace phase ahead!*
- *Now we're moving quickly!*
- *30 seconds. You can do this. You're already there!*
- *15 seconds – what have you got?*
- *Felt good before, feels even better now!*

PERFORMANCE

Have fun with the cool, upbeat feel by being big and upbeat in your vocals and body language. If you set up the first 3 blocks well you shouldn't have to cue too heavily in Blocks 4 and 5. This is where you can let the song 'POP' and really have fun with the lyrics and music.

COACHING TIP

This is a busy track! Make sure you pre-cue early and let your riders know exactly what is coming and where the work is. Be clear about how Racing Resistance and Climbing Resistance should feel, to allow for smooth transitions between climbs and pace.

3 HILLS 1/1=64rpm

TRACK FOCUS

- Manipulate intensity by coaching Climbing Resistance at the start of each block and checking back in at the end of each round.
- Pre-cue the 15-second surge to the top of each climb.

PROFILE

4x 1-minute climbs with a cardio peak at the end of each one.

BLOCK	MUSIC	POSITION	PAGE	RESISTANCE	PI
1	0:00 Intro (Heavy synth) 4½x8	Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:16 V1 Crossbar 4x8	Ride Easy	1/1		
	0:31 Hype 4x8	Ride Easy	1/1	C	
	0:46 Instr (Synth) 4x8	Standing Climb	1/1		M
	1:02 Hype 4x8	Ride Easy	1/1	•	
	1:16 Instr (Synth) 4x8	Standing Climb	1/1		H
	1:32 (Down synth) 4x8	Standing Attack	1/1+	•	
2	1:47 V2 _ I'm so legit 4x8	Ride Easy	1/1		E
	2:02 Hype , every 4x8	Ride Easy	1/1		
	2:16 Instr (Synth) 4x8	Standing Climb	1/1	C	M
	2:32 Hype , every 4x8	Power Climb	1/1	•	
	2:47 Instr (Synth) 4x8	Standing Climb	1/1		H
	3:01 (Down synth) 4x8	Standing Attack	1/1+	•	
3	3:17 Br ½x8	Transition	1/1		E
	3:19 Instr (Heavy synth) 28½x8	Repeat BLOCK 1			
4	5:06 V3 _ I'm so legit 24x8	Repeat BLOCK 2			
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Set up Climbing Resistance and pace before you stand using Layer 1 cues. Then coach position to find good climbing technique.

- *Gear up to find the climbing tempo – 1, 2, 1, 2*
- *Climbs are short – only 1 minute – so before we stand we need to find a strong Climbing Resistance*
- *Turn up until the legs feel trapped by the beat. Same tempo, but labored*
- *Standing Climb – chest up, butt back, side to side*
- *30 seconds left – first 15, climb on the beat; second 15, surging up the hill faster*
- *Standing Attack – hips forward*

2 LAYERS 1 & 2

Position/Resistance

Check in with resistance at the end of the first block, making sure they are riding at the correct intensity. Use Layer 2 cues to improve technique, then in Power Climb use Layer 1 cues to make sure they are riding well.

- *If that wasn't challenging to ride faster you need more gear!*
- *Feel the abs fire up to help keep the chest lifted*
- *Power Climb – hands wide, hips back, brace the abs to push the legs away*
- *2nd 30-second challenge. Just like Round 1, 15-seconds Standing Climb, 15-seconds Standing Attack where we shift the hips forward to use the front of the thigh – that's where the power is to help us go faster*

3 LAYER 2

Resistance/Position/Physical Intensity

Build on the Layer 2 cues from the last block, even more important now as your class will be starting to fatigue. Help them get through by improving their technique.

- *If you've got enough resistance, your heels should naturally drop as you push down and you have to lift the knees to keep the pedals moving – push down and pull up*
- *It's heavy now – lift up on the handlebars to help push the feet down*
- *Just like Round 1 and 2, 15 seconds on the beat. 15 seconds where we shift the hips forward, using the fast and powerful quads*
- *Keep lifting the handlebars and pumping the knees to accelerate up the hill*

4 LAYER 3

Motivate/Inspire

Final block, a repeat of Block 2. Motivate your class to push through fatigue to finish riding with good intensity. Motivate with all the benefits they'll get out of working hard.

- *This one will up your fitness, on the outside and the way you feel on the inside*
- *Last 60 seconds! You can do this, in fact you've already done it!*
- *Big cardio peak coming*

CONNECTION

Use the cool lyrics to encourage riders to work harder each round and let them know that they can do it! Lyrics like – "You can do this", "You're a star, you should get your own trailer", "This is legit. There is no stopping us; we did not quit", "Ready for action, we're gonna get physically fit".

PERFORMANCE

Show your love for RPM by riding hard and moving to the music. Use the lyrics or make up your own to get the class hyped!

4

MIXED TERRAIN 1/1=141rpm

TRACK FOCUS

- Clearly coach Attack Resistance before the Standing Attacks.
- Allow space for the music by layering your cues early on.

PROFILE

3x rounds of Mixed Terrain with 4x short explosive Attacks in Blocks 2 and 3.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 V1 Hard to let	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:14 Time to	8x8 Ride Easy	3/4	•	
	0:41 PC Never gonna	4x8 Ride Easy	3/4+	R	
	0:55 C Hard to let	7x8 Racing (Forward)	1/1	•	H
2	1:19 V2 No return	8x8 Ride Easy	3/4		E
	1:47 PC Never gonna	4x8 Ride Easy	3/4+	R	E
	2:00 C Hard to let	7x8 Racing (Forward)	1/1	•	H
	2:24 Learn	4x8 Ride Easy	3/4	•	E
	2:37 Woah	7x8 Racing (Forward)	1/1	•	H
	3:01 C Hard to let	1x8 Standing Attack	3/4	A	
	3:03 Never learn	1x8 Racing	3/4	•	
	3:07 Explosive	1x8 Standing Attack	3/4	•	
	3:11 On the turn	1x8 Racing	3/4	•	
	3:14 Howl like a	1x8 Standing Attack	3/4	•	
	3:18 Animal	1x8 Racing	3/4	•	
	3:21 Hard to	1x8 Standing Attack	3/4	•	
	3:24 Learn	1x8 Standing Recovery	1/2	•	
	3:28 V3 No return	38x8 Repeat BLOCK 2			
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach PRP as you work through the choreography. Clearly coach the Pace and Resistance changes.

- *Base Resistance and a medium pace to recover*
- *Find Racing Resistance and start to build your pace*
- *Feel that light drag and connection to the work*
- *Racing – **hips forward on the saddle, toes down, relax the body***

2 LAYERS 1 & 2

Position/Resistance/Pace

45 seconds before we're back into the work. Use this time to profile what's ahead. In the last 4x8 before Racing, front-load your coaching so when the chorus hits, you can create space and you're not fighting against the vocals. In the short Ride Easy phase, highlight the importance of finding Attack Resistance and what it should feel like.

- *We call this track Mixed Terrain – we have a flat race, short recovery, a flat race and then 4x explosive Attacks*
- *Find your Racing gear – let's build our speed*
- *When the music lifts again, we shift the hips forward, reach to Racing and we ride FAST!*
- *Racing – **hips are forward, those hips are still, toes down***
- *Recover, hold the gear, medium pace; remember, short race with 4x Attacks*
- *4x Attacks coming, need to find Attack Resistance, create drag and slow the legs*
- *Standing Attack – **hips forward, chest up***
- *Racing – if the legs slow, its OK!*

3 LAYER 3

Motivate/Inspire

Last block, where we repeat Block 2. Let your class know we're about to do it again, one last time.

Then remind them of the profile and resistance needed to find intensity one last time. Use lots of Layer 3 cues to Motivate and Inspire your class to the end; keep it inclusive and positive.

- *Didn't that feel great? Do you want to do that again?*
- *Let's recover first*
- *Look at your feet – have you got small quick circles? Are they going quickly?*
- *I got the jump on you on the last one, who's going to take me on during this one?*
- *Remember the importance of the gear before the Attack; find Attack Resistance*

TECHNIQUE TIP

Emphasize that the gear before the Standing Attacks is enough to create drag on the wheel and slow the legs down. Refer to it as Attack Resistance. You need it to be a controlled $\frac{3}{4}$ pace; it should be a challenge to slow down in Racing.

5 INTERVALS $1/1=89\text{rpm}$

SMARTSTART

TRACK FOCUS

- Match your energy to the feel of this upbeat, fun track.

PROFILE

3x intervals: Block 1 – a shorter 40 seconds; Blocks 2 and 3 are 60 seconds long

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Synth)	8x8 Ride Easy	1/1	B	E
	0:22 V1 _ We were like	8x8 Ride Easy	1/1		
	0:44 PC _ I wouldn't	8x8 Ride Easy	1/1		M
	1:05 C First time it	4x8 Standing Attack	1/1	A	
	1:16 I think certainly	4x8 Racing	1/1	•	H
	1:27 We're moving up	4x8 Standing Attack	1/1		
	1:38 Take it	4x8 Racing	1/1	•	
2	1:48 V2 _ We were like	8x8 Ride Easy or Seated Recovery Shake arms, Shoulder Roll	1/2		E
	2:10 PC _ Hope we stand	8x8 Ride Easy	1/1		
	2:32 C First time it	4x8 Standing Attack	1/1	A	M
	2:42 I think certainly	4x8 Racing	1/1	•	
	2:53 We're moving up	4x8 Standing Attack	1/1	•	H
	3:03 Take it	4x8 Racing	1/1	•	
	3:15 Instr (Guitar)	8x8 Racing	1/1 or 1/1+	• or	
3	3:36 Instr _ We were like	40x8 Repeat BLOCK 2			
	5:24 Outro Rest of the	3x8 Ride Easy	1/2		E
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach to the basics of PRP to get your class moving with good technique and finding intensity early on. Use Layer 1 cues, keeping them short and to the point.

- *Find the tempo, the rhythm*
- *Heading towards our Attack Resistance a demanding resistance with room to move*
- *Standing Attack – **chest up, belly braced***
- *Racing – **butt back and brace the belly**, body still, grip the handlebars*

2 LAYER 2

Position/Pace

In this block your goal is to coach your class to ride with better technique and to increase their intensity using Layer 2 cues.

- *Ride Easy – rolling. Option to sit up and recover that way*
- *Block 2, a little more 'sticky'*
- *Attack Resistance – a demanding and challenging resistance with room to move*
- *Standing Attack – hips forward works the quads, lift the knees up to the handlebars*
- *Racing – Push and Pull, drive the legs*
- *Option to stay on pace or light reduction and take a faster tempo. Either way, we're working hard!*

3 LAYER 3

Motivate/Inspire

Final block, where motivation should be at an all-time high. Keeping it upbeat yet driving will inspire your class to work hard to the end.

- *Let's do the last one together. Let's give it 100%!*
- *This is the calorie burner – this creates the metabolic stress. This makes you look good on the beach in the summertime!*
- *Take the option now – to stay on the pace or back off a little and accelerate!*

PERFORMANCE

This track is hard but should not be delivered too aggressively. Keep it light, upbeat and fun. Match the feel of the song.

6 SPEED WORK $1/1=132\text{rpm}$

TRACK FOCUS

- Clearly coach the paces/positions within the choreography so riders don't go full pace too soon.
- Highlight the music by pre-cueing the choreography allowing silence to happen during the Racing and Aero-Racing phases.

PROFILE

2x speed efforts where we build speed before we fly for the last 30 seconds.

BLOCK	MUSIC		POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Cymbals)	8x8	Ride Easy	3/4	B	
	0:29 Instr (Bass beat)	8x8	Racing	3/4+		
2	0:58 V1 _ Fly with me	8x8	Ride Easy	3/4		E
	1:26 Edddge	4x8	Ride Easy	1/2		
	1:41 _ If we leave	8½x8	Standing Climb	1/4	C	
	2:12 Instr (Synth)	8x8	Ride Easy	1/2	•	
	2:41 (B up)	8x8	Ride Easy	3/4		
	3:11 (Heavy synth)	8x8	Racing	3/4+	to R	H
	3:40 Life	8x8	Aero-Racing (Forward)	1/1	•	
3	4:09 (Low)	5x8	Transition	1/1-3/4		M
	4:27 V2 _ Look at me	8x8	Ride Easy	3/4	•	E
	4:56 Edddge	4x8	Seated Recovery Shake Arms, Shoulder Roll	1/4	•	
	5:11 Life	8x8	Ride Easy	1/2	C	
	5:40 (B up)	4x8	Ride Easy	3/4		M
	5:55 (Heavy synth)	8x8	Racing	3/4+	to R	H
	6:23 (Synth)	8x8	Aero-Racing (Forward)	1/1	•	
					to B	

BLOCK OBJECTIVES

1 LAYER 1

Physical Intensity

1-minute to achieve recovery with an active flush using light resistance and easy pace.

- *30 seconds to flush. At least Base Resistance on the dial*
- *When the music drops, small increase in resistance, reach to Racing, building pace*
- *We push out the fatigue and replace with fresh legs*

2 LAYER 1

Position/Resistance/Pace

Coach PRP as you move through the choreography changes. After the climb, you have 90 seconds to build towards riding on the beat. Be clear coaching the paces as you'll find the music lifts but the pace continues to build. Front-load all your cues so when the final 30 seconds hits you can allow the music to breathe and be the driving force.

- *Coming up, a slow climb. Dial up to inflate the muscles and slow the legs down*
- *When we sit, we are going to hold the resistance*
- *Ride Easy – find the pace, 1, 2, 1, 2, **chest up, butt back***
- *Your legs are feeling grounded but just like a bird flying into the wind before it takes off, we've gotta move through the drag before we take flight*
- *Start to let it go a little, a gentle acceleration to medium pace*
- *When the music changes, back down to Racing Resistance, reach to Racing and hover just under the beat*
- *Racing – **relax the arms, shoulders down***
- *As we are about to take off, think about **shifting the hips forward** and tipping the toes over the pedal*
- *30 seconds on the beat*
- *Aero-Racing – **drop your body a little lower***

3 LAYERS 2 & 3

Pace/Inspire/Motivate

Final block; coach your class through the changes using PRP. Again, front-load your coaching so the music can shine. Teach your class how they can ride better and smarter. Then motivate them to the finish.

- *We're going to do that again, one more Block*
- *Start to create that wind tunnel around your legs, like a big head wind, by adding resistance*
- *Find Racing Resistance, reach to Racing and build your speed*
- *This time we see how smooth we can glide, with a light engagement through the belly and relax the upper body*
- *Time to soar, the sky is the limit, you can make it!*

CONNECTION

This is a beautiful piece of music. Front load your coaching so when the music changes, you won't need to say anything for at least 15 seconds. It'll leave you and your class with goosebumps allowing the music to come through more.

PERFORMANCE

After several high-energy, uplifting songs, match the feel of this music by dropping your vocals, speaking slower, and saying less. There are several lyrics to help create imagery throughout the track.

- *Fly with me – "just as a bird moves into the wind prior to flight, we move through the drag before we can fly"*
- *Let it go – "When we sit, we hold resistance, but don't let that worry you. We'll let it go when the time is right"*

7

MOUNTAIN CLIMB 1/1 = 85rpm

TRACK FOCUS

- Coach the different paces and resistances with clarity throughout the track.
- Match the feel of the song by changing your vocals to match the music's energy.

PROFILE

4x blocks using a strong Climbing Resistance in the slow and heavy climbs and a demanding Attack Resistance in the fast climbs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Eerie)	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:11 Instr (Synth)	4x8 Ride Easy	1/1	A	
	0:22 (B up)	4x8 Ride Easy	1/1	↗	
	0:34 (Windup)	2x8 Ride Easy	1/2	SC	M
	0:39 (Heavy)	8x8 Standing Climb	1/2	•	H
2	1:02 (Low melody)	8x8 Ride Easy	1/1	↘	E
	1:24 (Guitar)	8x8 Ride Easy (Gear every 2x8 = 4x gears to get SC)	1/2	SC	M
	1:46 Br	½x8 Ride Easy	1/2	↗	H
	1:48 (Heavy)	8x8 Standing Climb	1/2	•	
3	2:10 (Low)	4x8 Ride Easy	1/2	↘	E
	2:22 (Synth)	4x8 Ride Easy	1/1	•	H
	2:33 (Synth rhythm)	8x8 Standing Climb	1/1	A	
	2:56 (Melody)	8x8 Standing Climb	1/1	Opt	E
	3:19 (Low)	4x8 Standing Recovery	1/2	•	M
	3:30 (Synth melody)	4x8 Ride Easy	1/2	•	
	3:41 (Windup)	2x8 Ride Easy	1/2	SC	H
	3:47 (Heavy)	8x8 Standing Climb	1/2	•	E
4	4:09 (Low guitar)	8x8 Ride Easy	1/2 or 1/1	↘	
	4:32 Br	1x8 Ride Easy	1/1	A	M
	4:35 (Synth rhythm)	8x8 Standing Climb	1/1	•	H
	4:57 (Melody)	8x8 Standing Climb	1/1	Opt	
	5:20 (Low)	4x8 Standing Recovery	1/2	•	E
	5:31 (Synth melody)	4x8 Ride Easy	1/2	•	M
	5:42 (Windup)	2x8 Ride Easy	1/2	SC	
	5:48 (Heavy)	8x8 Standing Climb	1/2	•	H
	6:11 (Melody)	8x8 Racing (Forward)	1/1++	↘ to R	
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Coach your class to find the slow pace and the strong Climbing Resistance. Use Layer 1 cues to get them there.

- *Let's build our fitness with two gears – a strong Climbing Resistance and a demanding Attack Resistance*
- *Let's hook into the faster climbing rhythm, find some drag – Attack Resistance*
- *Double that gear to find a strong Climbing Resistance*
- *Slow the legs, slow them right down*
- *Standing Climb – chest up, butt back, pull up on the handlebars, drive down through the feet*

2 LAYER 2

Pace/Resistance

Hook into the faster pace to recover. Then it's 8x8 to find the Strong Climbing Resistance at the slow pace. Add a gear on the change every 2x8, highlighting the music.

- *When the strong climb comes back, switch to your demanding voice. Teach your class how to work harder using Layer 2 cues*
- *Coming up 5 gears to find that strong Climbing Resistance*
- *Slow down, 1, 2 – harder to push, 3 – heavy to push, 4 – more muscles, last gear 5 – STAND*
- *Super strong, like we're fighting with the bike*
- *Pull up, drive down*

3 LAYER 2

Pace/Resistance

Recover, then find that fast climbing pace and demanding Attack Resistance straight away. A 40-second fast climb that will challenge us all. Use Layer 2 cues to ensure your class is riding with better technique. Challenge them to add more resistance at the 20-second point. Short recovery, then it's back to the slow climb using Strong Climbing resistance. Switch your vocals to that demanding voice to match the feel of the music.

- *We're going to turn it up a few notches – it's going to get harder*
- *Find that faster climbing pace – find your demanding Attack Resistance*
- *We're going to stand and ride!*
- *From fighting with the bike to fighting the pace*
- *We are light on the handlebars, lifted on the bike, lifted on the pedals*
- *I'm adding more – who's coming with me?*
- *10 seconds – stay in the work!*
- *Hold the gear, sit, slow*
- *We are going to double the resistance to find that strong climbing gear*
- *We're back to the fight, the fight with the bike. You've almost gotta get off and push it, but not quite*

4 LAYER 3

Motivate/Inspire

This block is a repeat of the previous one. All the technical coaching has been done; now your job is to get your class across the line by motivating them to get there. Use lots of positive and inclusive encouragement.

- *Recovery, to re-energize the body*
- *2 more rounds – are you with me?*
- *Find that demanding Attack Resistance and that fast pace*
- *No chain, not today – we're feeling good!*
- *What do you say? More gear?*
- *Walk it out to recover, one more battle to fight*
- *Hold the gear, sit, slow down*
- *This is it – we give everything, the only thing we leave is the sweat on the floor!*
- *Fight – you've got this!*
- *At the top, a downhill surge, back off to Racing Resistance as fast as you can, giving everything to the end!*

PERFORMANCE

Match the music by changing your vocals to create contrast. Be demanding and direct in the strong, slow climbs and more upbeat and energized in the fast climbs. In the recoveries, find your conversational voice to drop the class right out of the work.

8

RIDE HOME/STRETCH 1/1=108rpm

TRACK FOCUS

- Lead your class through this flushing-out track to help recover.

PROFILE

Short flush of the legs with a light resistance and a short sequence of stretches for the legs.

BLOCK		MUSIC		POSITION	PACE	RESISTANCE	PI
1	0:00	Intro (Low vocals)	4½x8	Seated Recovery Shake arms, Shoulder Roll	1/2	B 	E
	0:19	Instr (Synth)	4x8	Ride Easy	3/4	•	
	0:37	V1 _ Something	6x8	Ride Easy	3/4		
	1:03	PC _ I'm awake	4x8	Ride Easy	3/4	•	
	1:22	C _ Hey hey hey	8x8	Racing	1/1		
2	1:57	Ref _ We feel the	4x8	Transition off bike, shake legs			
	2:15	PC _ I'm awake	4x8	Standing Quadricep Stretch R			
	2:35	C _ Hey hey hey	4x8	Standing Quadricep Stretch L			
	2:50	Rep _ All the kids	4x8	Standing Gluteal Stretch L			
	3:08	Instr (Guitar)	4x8	Standing Gluteal Stretch R			
	3:26	(Synth)	4x8	Standing Hamstring Stretch L R			
	3:43	Outro	1x8	Bike-supported Lower Back Stretch			

BLOCK OBJECTIVES**1**

Coach your class through the choreography to flush out the legs and bring the heart rate down.

- *At least Base Resistance and medium pace*
- *This is a well-earned track – a lot of hard work has gone into today's ride*
- *A flushing-out track is all about allowing the heart rate to drop and flushing out our legs*

2

Lead your class through the stretches, taking time to acknowledge where it should be felt and why it is important to stretch.

- *Quadriceps Atretch – knee in, heel to butt. Let that foot drop into your hand – you want to stretch out through that front thigh*
- *Really important that we stretch out our cycling muscles after our workouts*



RPM POSITION 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, power or 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.

RPM – BIKE SETUP

Before you begin the class use the 'on-the-bike quick check' to make sure your riders are riding in a safe and effective position.

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 generating great force production. If your heel easily touches the pedal and the knee is bent, then the seat is too low. If you can not reach the pedal without losing your hip alignment, then your seat is too high.

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 hip*
- **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 6½ feet (2 meters) in front of flywheel



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 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 6½ feet (2 meters) in front of flywheel
- 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*
- *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 forward 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 in and braced**
- Lengthen the back of your neck and tuck in chin
- Eyes 6½ feet (2 meters) in front of flywheel
- **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 1/1 in Tracks 2, 4 and 6. By sliding forward in 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 flywheel
- **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 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.

POWER CLIMB

LAYER 1

- Hinge from the hips
- Reach arms forward
- **Slide the butt back**
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Push and Pull
- Lengthen the back of your neck and tuck in chin
- Eyes 6½ feet (2 meters) in front of flywheel
- 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 load 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 load. 'Push and pull' your legs simultaneously to ride efficiently and avoid pedaling in 'squares'.

STANDING CLIMB

LAYER 1

- Hands placed at end of handlebars with relaxed grip
- **Butt just over the front of your seat**
- **Abs in and braced**
- **Chest lifted**
- **Shoulders back and down**
- **Elbows soft and in**
- Body weight moves side to side
- Eyes 6½ feet (2 meters) in front of the flywheel



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 production as you can
- Pull up on the handlebars to counteract the downward push
- Keep your body weight into your legs, not into 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.

STANDING ATTACK

LAYER 1

- Hands to the end of the handlebars
- **Bring your body weight slightly forward**
- **Abs in and braced**
- **Chest up**
- Eyes 6½ feet (2 meters) in front of the flywheel



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's, and at the top of climbs to change muscle recruitment for quick efforts of intensity and power. Bringing the weight 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 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.

SPRINT 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"

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