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术语表

音乐

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01. 集结骑行

MUSIC Hung Up 5:34 mins

1/1 = 124rpm

小节焦点

·教授骑行的基本信息，姿势、阻力和节奏，来让身体为骑行做好准备。

·运用轻松的，对话式的声音，将能量和歌曲匹配，融合在一起。

结构

·3个简单的段落，有很多PRP的转换。

BLOCK 1

0:05 / Intro /

2x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

0:15 / V1 / **Touch** my

4x8 / Ride Easy B 1/2 E

0:31 / C / **Friends** don't

4x8 / Ride Easy ↗ 3/4 E

0:46 / **Over**, over

4x8 / Ride Easy ↗ 3/4+ E

1:02 / C / I'm still hung up

8x8 / Racing R 1/1 E

BLOCK 2

1:33 / Instr / (Low)

2x8 / Ride Easy ↘ 1/1-3/4 E

1:41 / V2 / **Do** you ever

4x8 / Ride Easy • 3/4 E

1:56 / **Over**, over

4x8 / Ride Easy ↗ 3/4+ E

2:12 / Underneath my

4x8 / Ride Easy ↗ 3/4+ E

2:27 / C / I'm still hung up

8x8 / Racing R 1/1 E

2:58 / I'm still hung up

4x8 / Racing • 1/2-3/4 E

3:14 / I'm still hung up

4x8 / Racing • 1/1 E

BLOCK 3

3:29 / Instr / (Low)

2x8 / Transition ↘ 1/1-1/2 E

3:37 / V3 / **Do** you ever

4x8 / Ride Easy • 3/4 E

3:52 / **Over**, over

4x8 / Ride Easy ↗ 3/4+ E

4:08 / Underneath my

4x8 / Ride Easy ↗ 3/4+ E

4:24 / C / I'm still hung up

8x8 / Racing R 1/1 E

4:55 / I'm still hung up

4x8 / Racing • 1/2-3/4 E

5:10 / I'm still hung up

4x8 / Racing • 1/1 E

5:25 / Instr / (Low)

2x8 / Ride Easy ↘ to B 1/1-1/2 E

01. 集结骑行

段落目标

1-第1层

姿势/阻力/节奏

随着套路的进行，焦点在PRP – 姿势、阻力和节奏

·基本阻力：肌肉有轻微紧绷感

·**轻松骑行**：肩膀放松，胸部抬起，臀部向后

·加一点阻力，踩踏更快一点，保持中速

·接着，找竞速阻力，肌肉压力更大，留有一点空间

·竞速骑行：手握两侧，放松上半身，腹部自然往内收紧

2-第2层

提高技术/管理强度

现在基本内容已介绍完毕，使用第2层提示来增强阻力感、骑行节奏，以及每一个动作姿势的提升。

·腿部有感觉了吗？

·找到竞速阻力；请记住，深层肌肉有感觉，留有一定空间

·允许阻力让速度减慢，保持竞速动作，保持阻力

·再次开始骑行

·找到节奏，感受节拍

·竞速骑行：**腹部绷紧，保持阻力在腿部的感觉**

3-第3层

激励/联系

提高声音的能量和身体语言。鼓励全班，在第2小节，做好强度转变的准备。

·最后一段——为第2小节做好准备！

联系

用友好的，对话式的语气和音乐联系在一起。这种语气也有助于新骑手与常骑的骑手与你建立联系，使他们感觉更自信。一个宽心的微笑也会起到很大的助益！

02. 节奏

MUSIC Green Light 6:06 mins

1/1 = 132rpm

小节焦点

- 描述爬坡阻力和竞赛阻力的不同感受
- 建立声音上的对比，融入到音乐中的高潮和下降中

结构

- 3段爬坡和快速平路。第2和第3段有较长的竞速阶段，确保骑手们了解。如果他们速度下降了，也是可以的。

BLOCK 1

0:00 / V1 / _ I do my make

4x8 / Seated Recovery

Shake arms, Shoulder Roll  1/2 E

0:14 / _ I know what

4x8 / Ride Easy • 1/2 E

0:33 / _ Hope they

5x8 / Ride Easy  1/2 M

0:47 / PC / _ But I hear

4x8 / Standing Climb  1/2 M

1:02 / But honey I'll be

4x8 / Standing Climb  1/2 M

Accelerate on last 4cts

1:16 / C / 'Cause honey I'll come get

4x8 / Racing (Forward)  1/1 H

BLOCK 2

1:31 / V2 / _ Sometimes I

4x8 / Ride Easy • 1/2 E

1:46 / _ Those

5x8 / Standing Climb  1/2 E

2:04 / PC / _ But I hear

4x8 / Power Climb • 1/2 M

2:19 / But honey I'll be

4x8 / Standing Climb  1/2 M

Accelerate on last 4cts

2:32 / C / 'Cause honey I'll come get

8x8 / Racing (Forward)  to  1/1 H

3:02 / Instr / (Siren + vocals)

8x8 / Aero-Racing (Forward) • 1/1 H

BLOCK 3

3:31 / Instr / (Low)

41/2x8 / Ride Easy  1/1-1/2 E

3:47 / V3 / _ Sometimes I

4x8 / Ride Easy • 1/2 E

4:02 / _ Those

5x8 / Standing Climb  1/2 E

4:20 / PC / _ But I hear

4x8 / Power Climb • 1/2 M

4:35 / But honey I'll be

4x8 / Standing Climb  1/2 M

Accelerate on last 4cts

4:50 / C / 'Cause honey I'll come get

8x8 / Racing (Forward)   1/1 H

5:19 / Instr / (Siren + vocals)

8x8 / Aero-Racing (Forward) • 1/1 H

5:48 / Outro / (Low)

4x8 / Ride Easy   1/1-1/2 E

02. 节奏

段落目标

1-第1层

PRP

指导全班建立好爬坡阻力。使用第1层中的姿势、阻力和节奏来建立一个好的骑行技术。

- 基本阻力：浅层肌肉参与
- 爬坡阻力：阻力加重；顺时针转一大圈，直到阻力足以平衡身体重心离开车座。
- 站姿爬坡：抬起胸部，臀部向后，向两侧摇动
- 竞速：挺胸，上身放松，臀部略微向前，肩膀放松，脚趾微微向下压

2-第2层

提高技术/管控强度/教育

第一段的延续，增强你的提示内容，运用第2层提示语描述关于阻力的变化。这里的目标是提高技术和管控强度，使全班骑的更好，更努力！在持续时间较长的1/1阶段，让骑手们知道，如果速度逐渐减慢了，是没有关系的。

- 让阻力使双腿放慢速度
- 重新设置爬坡阻力：感觉如何？有没觉得很重，肌肉感受到很大挑战？
- 有多么挑战？强力爬坡—从肺部向外喘气
- 竞速阻力：肌肉感受到足够的拉力，还有空间能保持踩踏
- 略向前坐并放松！有助于骑得更快
- 有氧竞速：将身体压的更低一点
- 找准节奏——踩在你的拍点上。让我们持续60秒速度让肌肉和肺部都有感觉

3-第2&3层

管控强度/激励

重复第2段，现在你的技术方面提示应该最小化。更多的是关于激励团队帮助他们成功。使用第3层提示来帮助全班营造良好的感觉，并此之努力！

- 让我们再来一遍，现在你知道那是一种什么样的感觉了—让我们再加一把油
- 强力爬坡：应该像之前一样重
- 我们要越过最高点，坐下，减至竞速阻力，竞速！
- 注意臀部是如何向前坐的，是否自然？脚趾向下
- 看起来很有型，来吧！
- 15秒——来吧，你可以的
- 就像开个银行账户：我们储蓄资金——燃烧卡路里！

表现

这个小节，是一个非常棒的可以跟着一起唱的——如果你会的话，使用戏剧性的能量变化在声音上制造对比。在平稳路段和爬坡时让声音放松，然后在每次竞速时增强声音的强度。

教授提示

第2、3段有长时间的1 / 1部分。对能力不一的骑手保持包容态度，说一些诸如“如果你的速度逐渐减慢了，没关系——尽可能骑快就好。这是它的目的！”

03. 山坡

MUSIC Sounds Good To Me 4:51 mins

1/1 = 100rpm

小节焦点

- 运用PRP提示语教授快速爬坡组合
- 利用歌词和好玩的形式来呈现这个有挑战性的爬坡小节

结构

- 4段快速爬坡。一段短的30秒快速爬坡和一段较长的混合爬坡-重复2次

BLOCK 1

0:00 / Intro /

4x8 / Seated Recovery

Shake arms, Shoulder Roll B① 1/2 E

0:09 / V1 / Na, na, na **oh** my

8x8 / Ride Easy • 1/1 E

0:28 / C / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb C① 1/1 H

2x8 Power Climb • 1/1 H

C① First Standing Climb only

BLOCK 2

0:57 / V2 / Na, na, na **what** you

8x8 / Standing Climb ↗ 1/2 M

1:17 / C / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb • 1/1 H

2x8 Power Climb • 1/1 H

1:45 / **Soft** now

4x8 / Seated Recovery ↘ 1/2 E

1:55 / **Loud** now

4x8 / Ride Easy • 1/1 E

2:04 / **All** night

4x8 / Standing Climb C① 1/1 H

2:14 / Instr / (Rhythm)

4x8 / Power Climb • 1/1 H

BLOCK 3

2:23 / Instr / (Low)

4½x8 / Seated Recovery ↘ 1/2 E

2:34 / V3 / Na, na, na **oh** my

8x8 / Ride Easy C① 1/1 E

2:53 / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb C① 1/1 H

2x8 Power Climb • 1/1 H

C① First Standing Climb only

BLOCK 4

3:23 / V4 / Na, na, na **what** you

8x8 / Standing Climb ↗ 1/2 M

3:42 / C / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb • 1/1 H

2x8 Power Climb • 1/1 H

4:10 / **Soft** now

4x8 / Seated Recovery ↘ 1/4 E

4:20 / **Loud** now

4x8 / Ride Easy • 1/1 E

4:29 / **All** night

4x8 / Standing Climb ↗ 1/1 H

4:39 / Instr / (Rhythm)

4x8 / Power Climb • 1/1 H

↘B①

03. 山坡

段落目标

1-第1层

PRP

第一段很短，会很繁忙的需要快速标上简单的PRP提示语。你需要清晰表明节奏、结构和轻微的爬坡阻力。同时从音乐中找到些乐趣（如果它让你感觉到）。

·轻松骑行，找到节奏...1 / 2 / 1...**臀部向后，上半身放松**

·4轮快速爬坡

·笔直骑行，找到轻微的爬坡阻力—腿部有一点点压力

·站姿爬坡：**挺胸，臀部向后**

·强力爬坡：**臀部向后**

·注意腿部—恰恰恰...

2-第2层

PRP/提高技术/管控强度

增加阻力，保持在 $\frac{1}{2}$ 速度。有一大段现在，所以再次使用第1级提示——然后跟进使用第2层，这样他们可以骑得更好，同时知道自己是否足够努力。关注恢复，运用声音形成对比—让声音与歌词匹配。

小重量-加大，放慢到站姿

·小适歇息.....挺胸

·站姿爬坡：收紧核心、挺胸

·强力爬坡：**臀部向后**，推/拉/推/拉

·站立，通过臀部驱动发力，抬高，从髋部驱动。

·放慢，轻松骑行，减小一点阻力

·舒服一点了，感觉好些了，对吗？

·听，听节奏，1/2/1

·很短的一段，10秒上10秒下—这次我们加大一点阻力如何？

·强力爬坡：10秒结束本路段，来回推拉

3-第1&2层

管控强度/激励

重复第2段，现在技术提示应降至最低。更多的是要激励团队成功。使用3层提示来帮助全班努力训练且感觉很好！

·让我们再来一次，现在你知道那是一种什么样的感觉了—让我们再加一把油！

·强力爬坡：和上一次一样重

·我们将要越过顶峰，坐下，减至竞速阻力，竞速！

·注意臀部如何向前滑动，是否自然？脚趾向下

·看起来很有型，来吧！

·15秒——来吧，你可以的

·就像开银行账户：我们储蓄资金——燃烧卡路里！

4-第2层

管控强度

短的一段，重复第1段。这一次，教授快速爬坡的强度和好处。随着疲劳感加剧，激励课堂上的骑手们...

·已经完成一半了！

·让我们回到姿势、阻力、速度

·快速爬坡—使用轻的爬坡阻力，使心跳加速！太棒了！

·感受到腿部有一定的压力

·看看你是否会在座垫上弹动

·做得对——再来一次，臀部、臀部；感觉腿部在燃烧

03. 山地

5-第3层

激励/鼓舞

最后一段：最后一段：较长，重复第2段。保持乐趣并挑战全班努力训练。利用歌词带领全班和你一直到结束。

·最后一段，很长！看看你是否真能坚持到底。尽情尖叫吧！

·对我而言听起来不错！燃烧热量时间！

·现在安静。现在再安静一些...oooooooo

·我们要起飞了吗？摇起来，甩起来！

·最后10秒——毫无偏差！

表现

这个小节充满活力的能量使其逸趣横生，而训练强度又富有挑战性。你的面部表情、身体和声音需要精力充沛，有趣且全身心投入。从教练的角度，要使细节简洁，有足够的时间让大家在快速爬坡组合中骑得安全，有成就感。

联系

这一小节是与大家联络感情的极佳选择——保持投入，乐在其中。本节极具活力能量很有感染力，但训练内容并不轻松，——这是它酷的地方！多使用表扬、和肯定！有些人或许阻力不够，又或许有些踩不到1/1的节奏上，如果你看到这种情况，可以给他们提供一个选择，在强力爬坡的时候，略减小阻力，跟上节奏。

04. 混合地形

MUSIC Keep Me Crazy 5:28 mins

148rpm

小节焦点

- 充满活力，积极向上的状态结合这首有趣的歌！对话式的感觉在恢复阶段，在训练阶段利用身体和声音创造一个大的转变！
- 教授大家快于节奏在持续性速度阶段，并帮助每个人感受到成功感-鼓励大家追逐节奏，但如果速度开始下降，也是可以的！

结构

- 5轮混合地形，2个又快又长的坡，第3和第5段，在节奏上有所挑战。

BLOCK 1

0:00 / Intro / I can hear a

4x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

0:13 / V1 / I made my

4x8 / Ride Easy B 3/4 E

0:26 / **Lately**

4x8 / Ride Easy • 1/2 E

0:39 / C / **Love** in a

4x8 / Racing (Forward) R 3/4+ H

2:03 / **Lately**

4x8 / Ride Easy • 1/2 E

2:16 / **Lately**

4x8 / Ride Easy • 3/4 M

2:29 / C / **Love** in a

10x8 / Racing (Forward) R 3/4+ H

3:01 / **Baby**

2½x8 / Transition • 1/1-1/2 E

BLOCK 2

0:52 / V2 / _ **Cheap** wine

8x8 / Ride Easy ↘ 3/4 E

1:18 / **Lately**

4x8 / Standing Climb C 1/2 M

1:31 / C / **Love** in a

4x8 / Standing Attack • 3/4 H

BLOCK 3

1:44 / (Low)

2x8 / Ride Easy ↘ 1/2-3/4 E

1:50 / V3 / _ **Cheap** wine

4x8 / Ride Easy • 3/4 E

BLOCK 4

3:10 / V4 / _ **Cheap** wine

8x8 / Ride Easy ↘ 3/4 E

3:35 / **Lately**

4x8 / Standing Climb C 1/2 M

3:48 / C / **Love** in a

4x8 / Standing Attack • 3/4 H

BLOCK 5

4:01 / Instr / (Low)

2x8 / Ride Easy ↘ 1/2-3/4 E

4:08 / V5 / _ **Cheap** wine

4x8 / Ride Easy • 3/4 E

04. 混合地形

4:21 / Lately			
4x8 / Ride Easy	•	1/2	E
4:33 / Lately			
4x8 / Ride Easy	•	3/4	M
4:46 / C / Love in a			
10x8 / Racing (Forward)	R	3/4+	H
5:19 / Outro / Baby			
2x8 / Transition	↘B	1/1-1/2	E

段落目标

1-第1层

PRP

第一段直到平路竞速，使用第1层PRP 提示语。让骑手们感受到节奏，并享受在这首积极向上的音乐中！

- 这是感觉不错的一段。
- 轻松骑行：**挺胸，肘部微屈，双臂放松**15秒，我们要追上节奏。
- 竞速阻力：腿有深层联系的感觉，但确保能加快
- 15秒-跟上节奏！
- 竞速：**臀部在座垫上略向前坐，脚趾向下，身体放松**

2-第1层

姿势/阻力

运用第1层提示建立爬坡阻力。

早一点提示从站姿爬坡到站姿攻击这两个动作间的转换，这样骑手们就会提前知道将要发生什么。同样在这里使用 第1层提示，他们可以去尝试略微加快速度的挑战。

- 混合地形：2段短的快速爬坡，2段具有挑战性的长的平路骑行
- 爬坡阻力：重的阻力直到能站起来
- 站姿爬坡：**臀部向后，挺胸**
- 现在我们说快速爬坡！我们要加速了！15秒
- 站姿攻击：**臀部向前，把车把往下推**

3-第2层

管控强度/提高技术/教育

提醒全班竞速阻力的感觉应该是什么样子的，这样他们才会骑在正确的强度里。挑战全班，让他们保持最高速度尽可能长的时间，在45秒加速中。使用第2层提示帮助他们追逐他们的最快速度，并告知他们，如果开始减速，是可以的。这一段的目的是关于持续时间和极速追逐。

- 挑战前方的平路——我们要逐步建立，并有45秒要追逐节拍。
- 开始准备了！兴奋起来吧！
- 45秒！你的最高速度！保持尽可能长的时间！
- 跟上节奏：1, 2, 1, 2
- 如果你开始慢下来，没关系！
- 试试这个，脚趾向下一点，流畅的小圆圈会骑得更快！

4-第2层

管控强度

这一段与第2段一样，所以开始时用爬坡阻力帮助骑手们做好准备，然后在站姿攻击时使用第2层提示来管理强度，帮助他们骑得更努力！

- 我们会把所有这些再来一遍，再多一次！
- 爬坡阻力：肌肉紧绷

04. 混合地形

- 15秒-加速骑行上小山丘
- 来吧！
- 臀部向前，站姿攻击！
- 这是加速你健身水平提升的地方！

5-第3层

激励/运动性

最后一段重复第3段，一段45秒具有挑战性的平路竞速。现在，车手们知道接下来要做什么，所以只是使用第3层提示做关于激励和乐趣的事情。提醒他们这是关于极速持久力的训练，所以如果在接近终点时速度慢下来了也是正常的！

- 再来一次有挑战的平路
- 我们会先预热，然后躁动起来！
- 这是你的练习-冲击你的最高速！
- 45秒所有人
- 这会训练我们的速度；让我们更强健-让我们感觉非常好！
- 臀部向前，站姿攻击！
- 这是改变你健身水平的地方！

联系

借助歌曲有趣的能量与骑手们建立联系！通过开心、积极向上，让音乐真正发挥力量。这是一个可以让你尽情释放你对RPM热爱的小节，并与全班分享。

表现

突出音乐，在恢复时用对话式的能量，在速度渐进阶段时建立你的声音。在1/1来临时，用POP的能量点燃全场。

05. 间歇

MUSIC Hypnotic 6:27 mins

1/1=90rpm

小节焦点

- 使用感受提示教授攻击阻力，以管控好每一段的强度。
- 在第2、3段的最后20秒，指导大家略微减小阻力，加快速度。

结构

- 3段完全相同的段落，每段60秒且强度最大化。

BLOCK 1				BLOCK 2			
0:00 / Intro /				2:30 / V2 / _ You pour			
8x8 / Seated Recovery,				8x8 / Seated Recovery			
Shake arms, Shoulder Roll • 1/2 E				Shake arms, Shoulder Roll ↘ 1/2 E			
0:22 / V1 / _ I smoke				2:51 / So hypnotic			
8x8 / Ride Easy B👁 1/2 E				8x8 / Ride Easy • 1/1 E			
0:42 / So hypnotic				3:12 / Instr / (Synth beat)			
8x8 / Ride Easy • 1/1 E				4x8 / Standing Attack A👁 1/1 H			
1:03 / So hypnotic				3:23 / Instr / (Synth beat)			
8x8 / Ride Easy ↗ 1/1 M				4x8 / Racing • 1/1 H			
1:25 / Instr / (Synth beat)				3:34 / So hypnotic			
4x8 / Standing Attack A👁 1/1 H				8x8 / 4x Attack COMBO			
1:36 / Instr / (Synth beat)				1x8 Standing Attack • 1/1 H			
4x8 / Racing • 1/1 H				1x8 Racing • 1/1 H			
1:47 / So hypnotic				Opt ↗ on first Standing Attack			
8x8 / 4x Attack COMBO				3:55 / Instr / (Synth melody)			
1x8 Standing Attack • 1/1 H				4x8 / Racing (Forward) • 1/1 H			
1x8 Racing • 1/1 H				4:06 / (Synth melody)			
Opt ↗ on first Standing Attack				4x8 / Racing (Forward) ↘ 1/1+ H			
2:08 / Instr / (Synth melody)				BLOCK 3			
8x8 / Racing (Forward) • 1/1 H				4:17 / V3 / _ You pour			
				8x8 / Seated Recovery			
				Shake arms, Shoulder Roll ↘ 1/2 E			
				4:38 / So hypnotic			
				4x8 / Ride Easy • 1/1 E			

05. 间歇

5:00 / Instr / (Synth beat)			
4x8 / Standing Attack	A🔊	1/1	H
5:11 / (Synth beat)			
4x8 / Racing	•	1/1	H
5:21 / So hypnotic			
8x8 / 4x Attack COMBO			
1x8 Standing Attack	•	1/1	H
1x8 Racing	•	1/1	H
Opt 🔊 on first Standing Attack			
5:42 / (Synth melody)			
4x8 / Racing (Forward)	•	1/1	H
5:53 / (Synth melody)			
4x8 / Racing (Forward)	Opt 🔊	1/1+	H
6:04 / Outro / (Low)			
8x8 / Seated Recovery	🔊B🔊	1/2	E

段落目标

1-第1层

PRP

清晰的教授小节结构和PRP:姿势，攻击阻力和节奏。

- 轻松骑行：臀部向后，抬胸，肘部放松
- 找到节奏：1, 2, 1, 2
- 当我们开始，我们需要一个费力的攻击阻力——很大的压力，只留下一点踩踏的空间。
- 站姿攻击：臀部向前，在车把抬高身体
- 竞速：臀部向后坐，有力的绷紧腹部
- 前面有4次快速冲击。站姿 4, 3, 2, 1，竞速 4, 3, 2, 1

2-第2层

提高技术

使用第2层提示指导全班如何能骑得更好。我们希望他们能产生更大的能量，并在4次快速冲击中运用到爆发力。

在最后4个8拍那段，指导大家稍微减少阻力加快速度。但确保不要将阻力减小太多！

- 把膝盖抬高，从髋部运用到大肌肉群
- 脚后跟向后刮，用上脛绳肌
- 爆发力-蹬离车座
- 略微减小阻力从而加快速度
- 加快双腿速度提升你的健身水准

3-第3层

管控强度/激励/运动性

激励大家在这最后60秒强度最大化。使用第3级提示鼓舞大家努力的骑到最后。

- 创造改变的最后一次机会
- 尽最大努力燃烧最多的卡路里
- 让我们一起骑过这段起伏
- 我们一起，加快一点现在；如果有必要，减小一点阻力
- 做到你个人最佳——尽你所能

表现

增强简单和具有激励性的教授，需要通过你在第2段和第3段时，将自身的强度和骑行表现推向最大化。如果你的会员看到你都那么努力，他们才更愿意屈服于你的领导。这种身体强度上的转变，会对身体语言和声音带来直接的好处。-就期待着看全班的能量会有什么样的提高吧！

06. 速度训练

MUSIC Fractures 6:17 mins

1/1 = 160rpm

小节焦点

- 让身体和声音和旋律优美的节奏联系在一起
- 清晰的PRP教授

结构

- 3 段速度，追逐节奏。

BLOCK 1

0:00 / Intro /

4x8 / Seated Recovery

Shake arms, Shoulder Roll  1/2 E

0:12 / Instr / (Rhythm)

4x8 / Ride Easy • 3/4 E

0:24 / V1 / _ Burning

8x8 / Ride Easy  3/4 E

0:48 / _ Maybe there

8x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

1:12 / **Coming after**

4x8 / Ride Easy  3/4 E

1:24 / See me running **full** steam

4x8 / Ride Easy  3/4 M

1:36 / Instr / (Drop)

8x8 / Racing (Forward) • 3/4+ H

BLOCK 2

2:00 / (Low)

4x8 / Ride Easy • 1/2 E

2:12 / V2 / _ Feeding

8x8 / Ride Easy  3/4 E

2:36 / _ Maybe there

8x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

3:00 / **Coming after**

4x8 / Ride Easy • 3/4 E

3:12 / See me running **full** steam

4x8 / Ride Easy  3/4 M

3:24 / Instr / (Drop)

12x8 / Racing (Forward) • 3/4+ H

BLOCK 3

4:00 / (Low)

4x8 / Ride Easy • 1/2 E

4:12 / V3 / _ Feeding

8x8 / Ride Easy  3/4 E

4:36 / _ Maybe there

8x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

5:00 / **Coming after**

4x8 / Ride Easy • 3/4 E

5:12 / See me running **full** steam

4x8 / Ride Easy  3/4 M

5:24 / Instr / (Drop)

12x8 / Racing (Forward) • 3/4+ H

6:00 / Outro /

4x8 / Ride Easy  1/1-1/2 E

06. 速度训练

段落目标

1-第1层

PRP

使用简单的第1层PRP提示，为快速骑行建立一个好的动作技术。用描述性的，前后一致的方式教授竞速阻力。

- 顺时针略微转动旋钮，中等速度
- 好了，我们要找到竞速阻力-合适的压力，有足够的加快速度的空间。
- 稳固的竞速阻力；有合适的压力，但一旦准备加速，能够迅速加快-阻力会帮助我们减速（如果我们需要）！
- 竞速：**放松手臂，沉肩，向前滑动臀部，把脚趾向下一点点**

2-第2层

提高执行

恢复时，使用对话式声音。长的速度阶段，使用第2层提示教大家如何骑得更久更好。

- 一到两次调整帮我们回到竞速阻力：有阻力但有足够的加速空间——加快获得动能并努力完成。
- 谁想来试试？36秒左右
- 你感觉就像自己在飞一样
- 臀部轻轻坐在座垫上，核心自然参与；放松手臂，脚趾向下，结合任何能帮助你骑得更快的技巧。

2-第3层

激励/祝贺

最后一段。通过使用第3级提示，让大家越过终点线，激励全班成功。

- 找个机会喘口气；募集氧气——恢复
- 最后一次取决于你-我已经教授了所有能够帮助骑快的方法。找到竞速阻力，向前滑动，脚趾向下，放松手臂
- 竞速阻力-找到合适的压力，确保你用力时可以做到的
- 非常棒的训练-这燃烧脂肪！
- 接近尾声了。快速冲过终点线。

表现

这首乐曲旋律优美。别过于力量盖过了音乐，说的太多，或者用了很大很有驱动力的声音。

07. 山脉

4:46 / Get ready _			
4x8 / Standing Climb (Easy)	C	1/1	M
5:01 / (B up)			
4½x8 / Standing Climb (Easy)	➔	1/1	M
5:16 / (Heavy)			
4x8 / Standing Climb	➔	1/1	H
5:32 / (Pulsing beat)			
4x8 / Power Climb	•	1/1	H
5:46 / (Pulsing beat + low chant)			
4x8 / Standing Climb	➔	1/1	H
6:00 / (Pulsing beat + low chant)			
4x8 / Standing Attack	•	1/1 or 1/1+	H



段落目标

1-第1层

PRP

使用第1层PRP提示语，帮助全班建立好爬坡动作技术。掌握正确的姿势，在正确的阻力和节奏上。

- 轻松骑行：**臀部向后，上身放松**
- 爬坡阻力：加一次阻力，直到感觉肌肉有强烈的紧绷感
- 站姿爬坡：**挺胸，臀部向后，左右摇摆，臀部位于脚后跟上方**
- 感觉是很重的；听到的也是很重的-加一次阻力让它变重！
- 强力爬坡：**臀部向后向下压住座垫，握紧车把**
- 站姿攻击：**臀部向前，车把往远推远离身体**

2-第2层

教育/提高技术/管控强度

在这一段，使用第2层提示教骑手们如何骑得更好、更有力、更有技巧并且阻力扎实。运用声音上的对比，围绕音乐营造出戏剧效果。用更大的肢体动作和声音，在骑行很吃力的部分，来展示给骑手们这部分应该有的感觉。

- 第2轮——因为这段山路开始变得更陡，我们会教你如何骑得更好，让我们一起变得更强健！
- 爬坡阻力：感觉到肌肉有强烈紧绷感
- 继续向前，1分钟的高强度力量
- 开始了——没有极限！
- 利用身体重量，移动重心在车座两侧，来推动更重的阻力
- 当我们坐下时，臀部向后坐-强力爬坡
- 想象下蹬踏的轨迹——向前蹬踏板，获得更多的力
- 15秒可加速的选择。如果还有力气，加油！
- 站立攻击-向前！
- 留意腿部的感觉——沉重的！

3-第3层

运动性/激励

在最后的这一段，把焦点放在骑手身上。使用第3层提示带领大家完成。对骑手保持包容，并从身体和精神上挑战他们，直至终点。

- 回来，轻松骑行——史诗般的爬坡，来吧！
- 我们把这段训练作为结尾吧？
- 现在你知道该用多重；你知道怎么样骑更有力-让我们把它作为结尾吧？
- 重阻力

07. 山脉

- 有时不仅仅是身体变强壮——转变思维。比赛时间 到了！
- 我们要把这段当最后一段去努力—没有限制！
- 身体上强壮，精神上同样保持强壮
- 坐下强力爬坡时间，45秒
- 你要勇敢起来—有时你需要战斗。反馈到车子上！
- 大阻力，站姿，再来30秒—这种力量的感觉如何？
- 最后15秒——全力。倒数7, 6, 5 , ...

表现

这一小节可让你尽情表现！运用肢体和声音制造对比，和歌曲的对比匹配在一起。在训练区间用大能量的有力的声音，而在恢复区间降低音调。你的骑手们沉浸其中！

08. 回程/伸展

MUSIC Hard Times 3:02 mins

1/1 = 120rpm

小节焦点

- 祝贺全班骑手，庆祝大家完成整个骑行。
- 放松腿部帮助恢复；伸展大肌肉群臀部/腿部。

结构

- 2次短加速放松腿部，伸展使用的主要肌肉：股四头肌、臀大肌、腘绳肌。

BLOCK 1

0:00 / Intro /

4x8 / Seated Recovery

Shake arms, Shoulder Roll B🔊 1/2 E

0:16 / V1 / _ All that I want

4½x8 / Ride Easy • 3/4 E

0:34 / C / Hard **times**

6x8 / Racing ↗ 1/1 E

BLOCK 2

0:49 / And I gotta

2½x8 / Ride Easy Opt🔊 3/4 E

0:59 / V2 / _ Walking

4½x8 / Ride Easy • 3/4 E

1:17 / C / Hard **times**

4x8 / Racing ↗ 1/1 E

BLOCK 3

1:34 / And I gotta

4½x8 / **Transition off bike**

1:52 / **Ground**

8½x8 / **Standing Quadricep Stretch** R L

2:26 / **Times**, gonna

2½x8 / **Standing Gluteal Stretch** R

2:34 / _ I still don't

2x8 / **Standing Hamstring Stretch** R

2:42 / Instr / (Distorted vocal melody)

2x8 / **Standing Gluteal Stretch** L

2:50 / (Distorted vocal melody)

2x8 / **Standing Hamstring Stretch** L

2:58 / Outro /

½x8 / **Shake and congratulate!**

段落目标

1-第 1 层

姿势/阻力/节奏

带领全班充分放松，让心率慢慢降下来。多微笑、大量表扬，肯定大家今天训练所做的努力。

- 轻的、基本阻力和中等速度—保持双腿转动！
- 真是太棒了所有人！
- 如果感觉不错，就加快踩到节拍上。

2-第 2 层

管控强度

另一段短的平路，注意力放到腿部，现在应该感觉好些了，心率也开始下降。

- 开始感觉好点了吗？
- RPM的伟大之处：它是很吃力的，对吗？但只要
你保持持续练习，就会感觉越来越容易，接着你
会更努力，就会变得更加强健！

3-第 3 层

改进技术/教育

指导全班如何伸展，并解释是哪块肌群被伸展。

- 轻轻踢一踢腿
- 抬起一边的脚后跟至臀部；站直，髋部向前—拉
伸大腿前侧。
- 双膝并拢；膝盖朝下，感觉有更多拉伸感
- 抬腿靠在另一边大腿，臀部伸展，向后坐。

术语

RPM 的重要骑行姿势

整个骑行过程中，骑行位置各不同。这样，对身体和训练的肌肉提出的要求略有不同。变换位置大有裨益，避免身体过度用力，让骑行多变，这是室内骑行的一个重要因素。

某些位置用于特定的速度或阻力，因为它们是为节奏、爬坡和体力恢复而设计的。其他的位置可用于所有的速度和阻力。你的目标是在每个位置上的骑行都有效、高效，让参与训练的骑手也这样做。

单车设置

上课前，使用“单车快速检查”，确保在踏板位于最下方时膝盖可略微弯曲。

车座高度

将脚置于十二点和六点的位置。抽出下方的一只脚，脚后跟置于踏板上。腿和臀部在一条直线上，脚后跟应刚好触到踏板-车座高度最有利于发力。如果脚后跟很容易触到踏板，膝关节弯曲，则说明车座太低了。如果不倾斜臀部则无法触到踏板，则说明车座太高了。一旦将脚放回踏板/趾笼，检查膝盖是否轻微弯曲——最佳角度是25度。

车座从前到后

将踏板置于三点和九点的位置，车座安置好，使前膝与踏板轴或前踏板足趾护带顶部成直线。如果膝盖位于踏板轴后，那么车座需要前移。如果膝盖位于踏板轴前，车座需要后移。

车把高度

车把高度应略低于车座或与之位于同一水平线。初学者或有腰部后背问题的人应使车把略高于车座。

车把前后

竞速时，上臂和躯干应成90度角。如果感觉在车座上需要向前滑动才能达到90度角，将把手移近一点。

轻松骑行

第1层

- 臀部以上向前倾
- 坐回车座
- 双手分开，与肩同宽
- 上臂和躯干 成90度角
- 颈后拉长，收下巴
- 抬胸
- 肩膀向后
- 肘部放松
- 上身放松
- 臀部、膝盖、脚踝成直线
- 膝盖骨中间与第二趾成直线
- 眼睛位于车把前方



术语

第2层

- 肩膀远离耳朵
- 放松上身，帮助恢复
- 分开双手，帮助呼吸

这是基本的骑行位置，也可用于恢复。可用于从轻到中度的爬坡阻力，或者从音轨训练开始，或者当我们开始在训练阶段开始设置训练强度时，在整个音轨训练期间促进运动恢复。

竞速

第1层

- 臀部以上向前倾
- 向前伸出手臂
- **将臀部向后滑动**
- 上臂和躯干成90度角
- **抬胸**
- **双肩向后、向下**
- **弯曲肘部**
- **收腹、绷紧**
- 颈后拉长，收下巴
- 眼睛位于车把前方
- 臀部、膝盖、脚踝成直线



第2层

- 前伸身体—保持肘部弯曲
- 坐回车座；感觉臀部和腿后肌
- 腹部有力，保持上身静止
- 膝盖对齐，膝盖骨中间与脚中间成直线

这是骑行位置，并非提示，会自动骑得更快，然而，一般我们要增加强度，略提高阻力和/或速度。

不要超越这个位置，因为会损伤下背、肩部或颈部。这种前倾位置给我们提供了更广阔的支持面，略改变了臀部角度，可变换使用臀部和大腿肌肉；因此，这是发力的最佳位置。用于1、2、4、5、6小节。

竞速（向前）

第1层

- 向前伸出手臂
- **向前滑动**
- 上臂和躯干成90度角
- **抬胸**
- **双肩向后、向下**
- **弯曲肘部**
- **收腹、绷紧**
- 颈后拉长，收下巴
- 眼睛位于车把前方
- **脚趾略微向下**
- 臀部、膝盖、脚踝成直线
- 膝盖骨中间与脚中间成直线



术语

RPM 的重要骑行姿势

第2层

- 在车座上向前滑动，将膝盖置于发力位置
- 帮助更好地带动股四头肌
- 脚尖向下，用脚小转幅、快速蹬车
- 身体、臀部和上身保持不动；支撑腹部

在2、4、6小节快速骑行时使用。也可用于5音轨，调节肌肉活力。通过在车座上向前滑动、略微下沉脚趾，可让腿部骑行速度更快。把膝盖放在踏板的发力位置上，这意味着我们主要依靠股四头肌发力，并且减少了踏板轴（踏板绕其转动）长度。

有氧竞速（向前）

第1层

- 手置于“D”中
- 在车座上向前滑动
- 肘部向内、向下
- 肩膀下垂
- 上身放低
- 眼睛位于车把前方
- 脚趾略微向下



第2层

- 放低上半身，如同紧跟前方骑手
- 调整至下风处，借助空气动力

最常见的两种用法是在2、4和6音轨训练阶段，有时在5音轨中增加发力。

注意：如果自行车不允许将手置于“D”中，则停留在竞速位置

强力爬坡

第1层

- 臀部以上向前倾
- 向前伸出手臂
- 将臀部向后滑动
- 抬胸
- 双肩向后、向下
- 弯曲肘部
- 收腹、绷紧
- 来回推拉
- 颈后拉长，收下巴
- 眼睛位于车把前方
- 臀部、膝盖、脚踝成直线
- 膝盖中间与脚中间在成直线



第2层

- 分开双手-更好地支持你发力
- 用股四头肌发力向前推，用腿后肌拉
- 用脚大幅度蹬车
- 来回推拉
- 坐在车座上-加长踏板轴，更有助于发力

使用为爬坡发力位置，以慢速克服重阻力，训练腿部，或力量。位置即竞速位置（臀部向后）。更大的支撑面、臀后部的滑动及臀部位置可使身体处于发力的最佳位置。

术语

注意：正确的蹬车技术很重要，可在阻力增加的情况下驱动踏板。同时“推拉”腿部，高效骑行，避免‘直角’蹬车。

站姿爬坡

第 1 层

- 双手置于车把端部，在放松状态下握住车把
- 臀部稍高于座位前方
- 收腹、绷紧
- 抬胸
- 双肩向后、向下
- 肘部放松、向内
- 身体重心左右摇摆
- 眼睛位于车把前方



第 2 层

- 躯干有力，方可爬坡骑行有力
- 感觉臀部刚好触到车座前端
- 蹬下踏板，尽力发力
- 拉起车把，抵消向下的推力
- 将身体重心保持在腿部，而非车把

站立之前，确保设置了足够的阻力。站起时，你会更有力，因为用了全身重量来驱动踏板。应有足够的阻力来平衡体重。

站姿冲击

第 1 层

- 双手置于车把端部
- 身体重心略前倾
- 收腹、绷紧
- 抬胸
- 眼睛位于车把前方



第 2 层

- 臀部稍向前移，感觉股四头肌发力
- 躯干发力，带动腿部发力
- 力量集中在前身，股四头肌发力！
- 向前，股四头肌发力！

在第5音轨、爬坡顶端使用这一位置，变换肌肉训练，快速训练强度与力量。臀部前移可增加股四头肌力度。

坐姿恢复

第 1 层

- 坐在车座后部
- 肩膀向后
- 抬胸
- 臀部、膝盖、脚踝成直线



第 2 层

- 展开胸部，喘口气
- 双臂放松垂于两侧。
- 吸气，氧气可提供能量。

此位置用于开始、音轨骑行期间或结束时的恢复、姿势休息和伸展运动。

术语

RPM 的重要骑行姿势

站姿恢复

第 1 层

- 高高站在自行车上
- 胸挺起，展开
- 拉长背部
- 伸腿，用力伸一点
- 脚跟向下



第 2 层

- 起身，恢复
- 感受腿部和背部的放松
- 花点时间恢复体力

这一位置用于放慢蹬踏板时恢复和姿势休息。

速度训练提示

1. 坐在车座上向前滑动
2. 脚趾略微向下-脚踝不动
3. 防止从车座上弹出：来回推拉，收紧腹部，增加阻力。
4. 放松上身。
5. 收下巴，眼睛向下看。
6. 通过“如果腿开始放慢速度，没关系，只要尽力即可”来帮助人们感觉成功。

OTHER FORMATS

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

RPM 77: 30-MINUTE FORMAT

Track 1	Pack Ride
Track 2	Pace
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 8	Ride Home/Stretch (If time permits)

Total Time 31:28

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

60-MINUTE FORMAT

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
Track 8	Ride Home/Stretch

30-MINUTE FORMAT

Track 1	Pack Ride
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 7	Mountain Climb
Track 8	Ride Home/Stretch (If time permits)

写给教练

当与过去的版本混合教学时,请尝试从最新材料中选择音轨,以体现当前的音乐和训练原则。如果使用老版本教学,一定要与现代音轨混合教学,不要改变动作;音轨一推出,就用于教学,但可以使用更现代的指导语言和术语。如果使用63版(回程/伸展)的第8小节,那么不要同时教授RPM 63版之前的第9小节(伸展)。

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 verse
V	

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
1/1	ON THE BEAT
1/1+	a little faster than rpm

RESISTANCE

A 	Attack Resistance
B 	Base Resistance

C 	Climbing Resistance
R 	Racing Resistance
↘R	reduce to Racing Resistance
	Maintain resistance
	Increase resistance
	Decrease resistance

CREDITS

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Chief Creative Officer – Dr Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultant – Bryce Hastings

Program Planner – Monique Whareumu

MUSIC

- 1 **Hung Up** (5:34)
SJ & Tritonal feat. Emma Gatsby
© 2016 Enhanced Music.
Written by: Reed, Cisneros, Handler, Jones
- 2 **Green Light** (3:48)
Lorde
Courtesy of the Universal Music Group.
Written by: Antonoff, Little, Yelich-O'Connor
Green Light (2:18)
Lorde
Courtesy of the Universal Music Group.
Written by: Antonoff, Little, Yelich-O'Connor
- 3 **Sounds Good To Me** (2:25)
Nelly
Courtesy of the Universal Music Group.
Written by: Delicata, Golan, Harr, Isaac, Jackson, Haynes, James
Sounds Good To Me (2:26)
Nelly
Courtesy of the Universal Music Group.
Written by: Delicata, Golan, Harr, Isaac, Jackson, Haynes, James
- 4 **Keep Me Crazy** (3:10)
Sheppard
Courtesy of the Universal Music Group.
Written by: Bovino, G. Sheppard, A. Sheppard, Moorman, Walsh
Keep Me Crazy (2:18)
Sheppard
Courtesy of the Universal Music Group.
Written by: Bovino, G. Sheppard, A. Sheppard, Moorman, Walsh
- 5 **Hypnotic** (4:17)
Wilkinson feat. Shannon Saunders & Youngman
Courtesy of the Universal Music Group.
Written by: Wilkinson, Smith, Saunders
- Hypnotic** (2:10)
Wilkinson feat. Shannon Saunders & Youngman
Courtesy of the Universal Music Group.
Written by: Wilkinson, Smith, Saunders
- 6 **Fractures** (6:17)
Illenium feat. Newve
© 2017 Kasaya / Seeking Blue.
Written by: Lanz, Rappaport, Bumford, Miller
- 7 **All Aboard (Dimitri Vegas & Like Mike Edit)** (6:16)
Bassjackers & D'Angello & Francis
© 2017 Smash The House.
Written by: van Hilst, Flohr, M. Thivaos, D. Thivaos, de Laet, Franssens
- 8 **Hard Times** (3:02)
Paramore
© 2017 Atlantic Recording Corporation.
Written by: Williams, York
- 9 **Rockin'** (3:55)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Tesfaye, Forest, Jackson, Kotecha, Payami, Pennington, Sandberg, Sauderson, Svensson, Balshe, Martin, Holman

我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名指导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

在莱美国际，我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。最重要的是，我们热衷于随时随地传递改变人生的健身体验。

BE LOUD AND HEARD

告诉我们你对这个课程的想法。

登陆lesmills.com/BLAH

制作人

Glen Ostergaard (新西兰) : RPM, BODYPUMP, LES MILLS SPRINT 的课程主管。以BODYATTACK开始其奥克兰的团体健身职业生涯。

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从左到右: Joshua Berrier, Karen Russell, Brent Findlay, Dee Tjeong and Glen Ostergaard.

RPM 77是一场完美的音乐之旅-情感丰富、令人振奋的乐趣和发力被山地、平地和山脉的骑行背景平衡。

重点是照看好所有的新骑手, 确保课前自行车设置良好, 精确指导骑行位置、阻力变化和速度变化。指导动作, 因为这是教练最重要的任务之一。其为骑行地形、训练强度和音乐感打造了平台!

Hung Up可带来充满感情的感觉; 音轨2为我们开绿灯, 可骑得更快, 早早紧绷肌肉, 缓慢爬坡进行平衡。山地骑行用快速爬坡动用好氧系统, Keep Me Crazy通过混合地形让我们疯狂, 直到我们进入催眠地带。音轨5催眠是经典的间歇音轨, 已使用了很多年。最后的山地是总号角, 让队伍中的骑手们戴上帽子, 嘟--嘟, 奋力向前!

好好享受骑行吧!

Sarah ☺ M.O

01. Pack Ride

02. Pace

03. Hills

04. Mixed Terrain

05. Intervals

06. Speed Work

07. Mountain Climb

08. Ride Home/Stretch

Glossary

Music

Express Formats

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01. PACK RIDE

MUSIC Hung Up 5:34 mins

1/1 = 124rpm

TRACK FOCUS

- Coach the basics of the ride using Position, Resistance and Pace to prepare the body for the ride

- Use a relaxed and conversational voice, matching the energy of the song

PROFILE

- 3 easy blocks with lots of changes in PRP

BLOCK 1

0:05 / Intro /

2x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

0:15 / V1 / **Touch** my

4x8 / Ride Easy B 1/2 E

0:31 / C / **Friends** don't

4x8 / Ride Easy ↗ 3/4 E

0:46 / **Over**, over

4x8 / Ride Easy ↗ 3/4+ E

1:02 / C / I'm still hung up

8x8 / Racing R 1/1 E

BLOCK 2

1:33 / Instr / (Low)

2x8 / Ride Easy ↘ 1/1-3/4 E

1:41 / V2 / **Do** you ever

4x8 / Ride Easy • 3/4 E

1:56 / **Over**, over

4x8 / Ride Easy ↗ 3/4+ E

2:12 / Underneath my

4x8 / Ride Easy ↗ 3/4+ E

2:27 / C / I'm still hung up

8x8 / Racing R 1/1 E

2:58 / I'm still hung up

4x8 / Racing • 1/2-3/4 E

3:14 / I'm still hung up

4x8 / Racing • 1/1 E

BLOCK 3

3:29 / Instr / (Low)

2x8 / Transition ↘ 1/1-1/2 E

3:37 / V3 / **Do** you ever

4x8 / Ride Easy • 3/4 E

3:52 / **Over**, over

4x8 / Ride Easy ↗ 3/4+ E

4:08 / Underneath my

4x8 / Ride Easy ↗ 3/4+ E

4:24 / C / I'm still hung up

8x8 / Racing R 1/1 E

4:55 / I'm still hung up

4x8 / Racing • 1/2-3/4 E

5:10 / I'm still hung up

4x8 / Racing • 1/1 E

5:25 / Instr / (Low)

2x8 / Ride Easy ↘ to B 1/1-1/2 E

01. PACK RIDE

BLOCK OBJECTIVES

1-LAYER 1

Position/Resistance/Pace

Focus on PRP – Position, Resistance and Pace – as you move through the choreography

- Base Resistance: A light connection to the muscles
- Ride Easy: **Shoulders down, chest lifted, hips back**
- Add a small gear and roll a little quicker, Medium Pace
- Up ahead, we're going to find Racing Resistance, a deeper pressure in the muscles with room to give
- Racing: Slide your hands wide, relax your upper body, light brace through the belly

2-LAYER 2

Improve Technique/Manipulate Intensity

Now the basics have been covered, use Layer 2 cues to enhance the feel of the Resistance, the rhythm of the Pace, and to Improve Technique in each Position.

- Feel the buzz in your legs?
- Find your Racing Resistance again; remember, a deeper muscle tension with room to give
- Allow Resistance to slow your legs, hold Racing and hold your gear
- Start to roll out again
- Find the rhythm, feel the beat
- Racing: **Brace your belly to keep the Resistance in your legs**

3-LAYER 3

Motivation/Connection

Lift the energy in your voice and body language. Encourage your class to be ready for the intensity shift in Track 2.

·Last block – let's be ready for Track 2!

CONNECTION

Connect to the music with the use of a friendly and conversational tone. This tone will also help new and regular riders connect to you and make them feel more confident. A reassuring smile also goes a long way!

02. PACE

MUSIC Green Light 6:06 mins

1/1 = 132rpm

TRACK FOCUS

- Describe the difference in the feel of Climbing and Racing Resistance
- Create vocal contrast to match the highs and lows in the music

PROFILE

- 3 blocks of climbs and fast flats. Blocks 2 and 3 have longer Racing phases so be sure to let riders know it's OK if they start to slow down

BLOCK 1

0:00 / V1 / _ I do my make

4x8 / Seated Recovery

Shake arms, Shoulder Roll  1/2 E

0:14 / _ I know what

4x8 / Ride Easy • 1/2 E

0:33 / _ Hope they

5x8 / Ride Easy  1/2 M

0:47 / PC / _ But I hear

4x8 / Standing Climb  1/2 M

1:02 / But honey I'll be

4x8 / Standing Climb  1/2 M

Accelerate on last 4cts

1:16 / C / 'Cause honey I'll come get

4x8 / Racing (Forward)  1/1 H

BLOCK 2

1:31 / V2 / _ Sometimes I

4x8 / Ride Easy • 1/2 E

1:46 / _ Those

5x8 / Standing Climb  1/2 E

2:04 / PC / _ But I hear

4x8 / Power Climb • 1/2 M

2:19 / But honey I'll be

4x8 / Standing Climb  1/2 M

Accelerate on last 4cts

2:32 / C / 'Cause honey I'll come get

8x8 / Racing (Forward)  1/1 H

3:02 / Instr / (Siren + vocals)

8x8 / Aero-Racing (Forward) • 1/1 H

BLOCK 3

3:31 / Instr / (Low)

41/2x8 / Ride Easy  1/1-1/2 E

3:47 / V3 / _ Sometimes I

4x8 / Ride Easy • 1/2 E

4:02 / _ Those

5x8 / Standing Climb  1/2 E

4:20 / PC / _ But I hear

4x8 / Power Climb • 1/2 M

4:35 / But honey I'll be

4x8 / Standing Climb  1/2 M

Accelerate on last 4cts

4:50 / C / 'Cause honey I'll come get

8x8 / Racing (Forward)  1/1 H

5:19 / Instr / (Siren + vocals)

8x8 / Aero-Racing (Forward) • 1/1 H

5:48 / Outro / (Low)

4x8 / Ride Easy  1/1-1/2 E

02. PACE

BLOCK OBJECTIVES

1-LAYER 1

PRP

Coach your class to build towards Climbing Resistance. Use Layer 1 PRP cues to establish great technique.

- Base Resistance: *Light muscle engagement*
- Climbing Resistance: *Make the Resistance heavy; big turn clockwise, enough to balance the body weight out of the saddle*
- Standing Climb: **Lift your chest, butt back, side to side**
- Racing: **Chest up, upper body relaxed, hips slide forward, shoulders down, toes dipped slightly**

2-LAYER 2

Improve Technique/Manipulate Intensity/Educate

Enhance your cues from Block 1 by using Layer 2 cues to describe the shifts in Resistance. The goal here is to Improve Technique and to Manipulate Intensity, to get your class riding better and harder! In the longer 1/1 phases, let riders know it's OK if they start to slow down.

- Let the Resistance slow down your legs
- Reset Climbing Resistance: *How does it feel? Is it heavy and challenges the muscles?*
- How challenging? Power Climb – *takes the air out of the lungs*
- Racing Resistance: *Good tension in the muscles but plenty of give*
- Slide forward and relax! *Helps you go faster*
- Aero-Racing: **Drop your body a little lower**
- Find your Pace – *sit on your beat. Let's get 60 seconds of speed in the muscles and lungs*

3-LAYER 2&3

Manipulate Intensity/Motivation

A repeat of Block 2, except now your your technical cues should be minimal. It's more about motivating your group to succeed. Use Layer 3 cues to help your class feel good and work hard!

- Let's do that again, now you know the feel – *let's add a little more gas*
- Power Climb: *Should be as heavy as it was before*
- We're going to roll over the top, sit, reduce to Racing Resistance and go!
- Notice how your hips want to slide forward naturally? *Dip the toes too*
- Looking sharp, gang!
- 15 seconds – *come on, you can do this*
- It's like opening up a bank account: *we're depositing some funds – calorie burn!*

PERFORMANCE

This track is a great one to sing along to – if that's your thing. Use the dramatic shifts of energy in the song to help create contrast in your voice. Use a relaxed voice in the verses and climbs, then lift your vocal intensity in each Racing chorus.

COACHING TIP

The 2nd and 3rd blocks have longer 1/1 phases. Be inclusive for all abilities and say something like, "If you're slowing, it's OK – just ride as fast as you can. It's the intention that matters!"

03. HILLS

MUSIC Sounds Good To Me 4:51 mins

1/1 = 100rpm

TRACK FOCUS

- Coach the fast climbing combination using PRP cues
- Use the lyrics and be playful with this challenging Hills track

PROFILE

· 4 blocks with fast climbing. A short 30-second fast climb and a longer mixed climb – we repeat 2x

BLOCK 1

0:00 / Intro /

4x8 / Seated Recovery

Shake arms, Shoulder Roll  1/2 E

0:09 / V1 / Na, na, na **oh** my

8x8 / Ride Easy • 1/1 E

0:28 / C / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb  1/1 H

2x8 Power Climb • 1/1 H

 First Standing Climb only

BLOCK 2

0:57 / V2 / Na, na, na **what** you

8x8 / Standing Climb  1/2 M

1:17 / C / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb • 1/1 H

2x8 Power Climb • 1/1 H

1:45 / **Soft** now

4x8 / Seated Recovery  1/2 E

1:55 / **Loud** now

4x8 / Ride Easy • 1/1 E

2:04 / **All** night

4x8 / Standing Climb  1/1 H

2:14 / Instr / (Rhythm)

4x8 / Power Climb • 1/1 H

BLOCK 3

2:23 / Instr / (Low)

4½x8 / Seated Recovery  1/2 E

2:34 / V3 / Na, na, na **oh** my

8x8 / Ride Easy  1/1 E

2:53 / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb  1/1 H

2x8 Power Climb • 1/1 H

 First Standing Climb only

BLOCK 4

3:23 / V4 / Na, na, na **what** you

8x8 / Standing Climb  1/2 M

3:42 / C / **Hey**, come on

12x8 / **3x Climbing COMBO**

2x8 Standing Climb • 1/1 H

2x8 Power Climb • 1/1 H

4:10 / **Soft** now

4x8 / Seated Recovery  1/4 E

4:20 / **Loud** now

4x8 / Ride Easy • 1/1 E

4:29 / **All** night

4x8 / Standing Climb  1/1 H

4:39 / Instr / (Rhythm)

4x8 / Power Climb • 1/1 H

 BO

03. HILLS

BLOCK OBJECTIVES

1-LAYER 1

PRP

First block is short and busy so stick to simple PRP cues. You want to clearly establish Rhythm, Profile and light Climbing Resistance. Have a little fun with the music too, if it takes you there.

- Ride Easy, find the rhythm... 1/2/1... **Butt back, relaxed through the upper body**
- 4 rounds of fast climbing hills
- Straight away, find a light Climbing Resistance – a firm pressure in the legs
- Standing Climb: **Chest up, butt back**
- Power Climb: **Butt back**
- Watch our legs – cha-cha-cha...

2-LAYER 2

PRP/Improve Technique/Manipulate Intensity

Add Resistance and stand on the ½ Pace. A longer block this time, so use Layer 1 cues again – then follow up with Layer 2 so they can ride better and know whether or not they are working hard enough. Use the Recovery to bring contrast to your voice – matching your voice to the lyrics.

- Light gear – change up, slow to stand
- Nice little breather... lift the chest
- Standing Climb: Brace core, lift chest
- Power Climb: **Hips back**, push/pull/push/pull
- Stand and drive through the hips, lift up, hip drive
- Slow, Ride Easy, light gear back
- Softer now – feels good, right?
- Listen, listen to the rhythm, 1/2/1
- Short set, 10 up 10 down – shall we go a little heavier this time?
- Power Climb: 10 seconds to the finish of this block; Push and Pull

3-LAYER 1&2

Manipulate Intensity/Motivation

A repeat of Block 2, except now your your technical cues should be minimal. It's more about motivating your group to succeed. Use Layer 3 cues to help your class feel good and work hard!

- *Let's do that again, now you know the feel – let's add a little more gas*
- Power Climb: Should be as heavy as it was before
- We're going to roll over the top, sit, reduce to Racing Resistance and go!
- Notice how your hips want to slide forward naturally? Dip the toes too
- Looking sharp, gang!
- 15 seconds – come on, you can do this
- It's like opening up a bank account: we're depositing some funds – calorie burn!

4-LAYER 2

Manipulate Intensity

Short block, repeat of Block 1. This time, coach intensity and the benefits of climbing quickly. Keep your class motivated as fatigue kicks in...

- Halfway there!
- Let's get back on Position, Resistance, Pace
- Fast climbing – using light Climbing Resistance shoots the heart rate up! So good!
- Feel that firm pressure in the legs
- See if you can jump out of the seat
- You've got this – one more, hips, hips; feel the legs burning

03. HILLS

5-LAYER 3

Motivate/Inspire

The final block: It's longer and a repeat of Block 2.

Have fun challenging your class to work hard. Use the lyrics and bring your class with you to the end.

- *Last block, a long one! See if you can really crank it up. Scream and shout!*
- *Sounds good to me! Burn time!*
- *Quiet now. Quieter now... oooooooooo*
- *Shall we lift off? Shake it, shake it!*
- *Last 10 seconds – right on the money!*

PERFORMANCE

The playful energy of this track makes it so much fun whilst the workout is so challenging. Your face, body and voice need to be energetic, fun and engaged. From a coaching point of view, keep the detail light but have enough to allow them to ride safely and successfully in the faster climbing combos.

CONNECTION

An awesome track to connect with your participants – stay engaged and have fun. The playful energy of the track is infectious yet the workout is hard, which makes it so cool! Use lots of praise and acknowledgment! Some may not take enough, yet others will and won't be able to hit 1/1; so if you see this happen, provide options to reduce Resistance slightly in the Power Climbs.

04. MIXED TERRAIN

MUSIC Keep Me Crazy 5:28 mins
148rpm

TRACK FOCUS

- Be energetic and upbeat to match this fun song! Be conversational in the recovery phases and create a big shift in your body and voice in the working phases
- Allow everyone to feel successful by coaching duration over Pace – encourage them to chase the Pace but it's OK if the legs start to slow down!

PROFILE

• 5 rounds of Mixed Terrain with 2 fast climbs and longer, challenging Pace phases in Blocks 3 and 5

BLOCK 1

0:00 / Intro / **I** can hear a
4x8 / Seated Recovery
Shake arms, Shoulder Roll • 1/2 E

0:13 / V1 / **I** made my
4x8 / Ride Easy B 3/4 E

0:26 / **Lately**
4x8 / Ride Easy • 1/2 E

0:39 / C / **Love** in a
4x8 / Racing (Forward) R 3/4+ H

2:03 / **Lately**
4x8 / Ride Easy • 1/2 E

2:16 / **Lately**
4x8 / Ride Easy • 3/4 M

2:29 / C / **Love** in a
10x8 / Racing (Forward) R 3/4+ H

3:01 / **Baby**
2½x8 / Transition • 1/1-1/2 E

BLOCK 2

0:52 / V2 / **_ Cheap** wine
8x8 / Ride Easy ↘ 3/4 E

1:18 / **Lately**
4x8 / Standing Climb C 1/2 M

1:31 / C / **Love** in a
4x8 / Standing Attack • 3/4 H

BLOCK 4

3:10 / V4 / **_ Cheap** wine
8x8 / Ride Easy ↘ 3/4 E

3:35 / **Lately**
4x8 / Standing Climb C 1/2 M

3:48 / C / **Love** in a
4x8 / Standing Attack • 3/4 H

BLOCK 3

1:44 / (Low)
2x8 / Ride Easy ↘ 1/2-3/4 E

1:50 / V3 / **_ Cheap** wine
4x8 / Ride Easy • 3/4 E

BLOCK 5

4:01 / Instr / (Low)
2x8 / Ride Easy ↘ 1/2-3/4 E

4:08 / V5 / **_ Cheap** wine
4x8 / Ride Easy • 3/4 E

04. MIXED TERRAIN

4:21 / **Lately**

4x8 / Ride Easy

• 1/2 E

4:33 / **Lately**

4x8 / Ride Easy

• 3/4 M

4:46 / C / **Love** in a

10x8 / Racing (Forward)

R 3/4+ H

5:19 / Outro / **Baby**

2x8 / Transition

↘B 1/1-1/2 E

- Mixed Terrain: 2 short fast climbs and 2 challenging long flats
- Climbing Resistance: Heavy gear to stand on
- Standing Climb: **Butt back, chest up**
- Now we said fast climbs! We're going to accelerate! 15 seconds
- Standing Attack: **Hips forward**, push up on your handlebars

BLOCK OBJECTIVES

1-LAYER 1

PRP

Use Layer 1 PRP cues as you work towards the first short flat race. Get your riders to feel the rhythm and enjoy the upbeat song!

- This one's a feel-good one
- Ride Easy: **Chest up, elbows soft, arms relaxed** 15 seconds – we're going to chase the beat
- Racing Resistance: Deep connection in your legs with a lot of give
- 15 seconds – chase that rhythm!
- Racing: **Hips forward on the saddle, toes down, body relaxed**

2-LAYER 1

Position/Resistance

Use Layer 1 cues to set up Climbing Resistance. Pre-cue the transition from Standing Climb to Standing Attack early on, so your riders know exactly what's coming up. Use Layer 1 cues here so they can execute the challenging acceleration well.

3-LAYER 2

Manipulate Intensity/Improve Technique/Educate

Remind your class what Racing Resistance should feel like, so they can ride with the right level of intensity. Challenge your class to ride their top Pace as long as they can in the 45-second phase. Use Layer 2 cues to help them chase their top speed but let them know it's ok if they start to slow down. This one is about duration and intention over speed.

- Challenging flat ahead – we're going to build and then there's 45 seconds where we chase the beat
- Here comes the build! Start to let it bubble!
- 45 seconds! Your top Pace for as long as you can!
- Chase the rhythm: 1, 2, 1, 2
- If you're slowing down, it's OK!
- Try this – little dip through your toes and smooth small circles to go fast!

4-LAYER 2

Manipulate Intensity

This one is the same as Block 2, so set your riders up with Climbing Resistance and then use Layer 2 cues in Standing Attack to Manipulate Intensity to help them to ride hard!

- We're going to do it all over again, one more time!

04. MIXED TERRAIN

- *Climbing Resistance: – Heavy grip in the muscles*
- *15 seconds – accelerating up the small hill*
- *Let's go get it!*
- *Hips forward, Standing Attack!*
- *This is the stuff that accelerates your fitness!*

5-LAYER 3

Motivation/Athlete

The last block is a repeat of Block 3, a 45-second challenging flat race. By now your riders know where they're going, so it's all about motivation and fun using Layer 3 cues. Remind them it's about duration over speed, so it's OK if they're slowing down towards the end!

- *One more challenging flat*
- *We're going to let it bubble first and then we're going to let it pop!*
- *This is your workout – you ride at your top Pace!*
- *45 seconds everyone*
- *This makes us fast; this makes us fit – it just makes us feel good!*
- *Hips forward, Standing Attack!*
- *This is the stuff that accelerates your fitness!*

CONNECTION

Connect to your riders with the fun energy of the song! Be happy and upbeat to let the music really shine through. This is a great track to show your love for RPM and share it with your class.

PERFORMANCE

To help the music shine, be conversational in the recovery periods, build your vocals during the building Pace phases and then let the energy of the song POP when the 1/1 hits.

05. INTERVALS

5:00 / Instr / (Synth beat)

4x8 / Standing Attack A 🔁 1/1 H

5:11 / (Synth beat)

4x8 / Racing • 1/1 H

5:21 / **So** hypnotic

8x8 / **4x Attack COMBO**

1x8 Standing Attack • 1/1 H

1x8 Racing • 1/1 H

Opt 🔁 on first Standing Attack

5:42 / (Synth melody)

4x8 / Racing (Forward) • 1/1 H

5:53 / (Synth melody)

4x8 / Racing (Forward) Opt 🔁 1/1+ H

6:04 / Outro / (Low)

8x8 / Seated Recovery 🔁 B 🔁 1/2 E

2-LAYER 2

Improve Technique

Coach your class how they can ride better using Layer 2 cues. We want them to generate more power and be explosive in the 4 quick Attacks.

In the final 4x8 block, coach a slight reduction of Resistance to go faster. But make sure they don't back off too much!

- Drive your knees up to use the big muscles in your hips
- Scrape heel back to use hamstrings
- Explosive power – jump out of the saddle
- Small gear back to speed up the legs.
Accelerate your legs to accelerate your fitness

3-LAYER 3

Manipulate Intensity/Motivation/Athlete

Motivate to Maximize the Intensity in this final 60-second effort using Layer 3 cues to inspire participants to ride hard to the end.

- One more chance to create change
- Maximum effort for the biggest calorie burn
- Let's ride this wave together
- We all go together, quicker now; reduce gear if you need to
- Your personal best – do what you can

PERFORMANCE

Amplify your simple and motivational coaching by physically pushing yourself to your maximum in Blocks 2 and 3. If your participants see you pushing hard, they are likely to follow your lead. This shift in physical exertion has the added benefit of influencing your body language and vocal qualities – watch how the energy in the class lifts!

BLOCK OBJECTIVES

1-LAYER 1

PRP

Coach clear setup of Profile and PRP: Position, Attack Resistance, and Pace.

- Ride Easy: Hips back, chest lifted, elbows soft
- Find the beat: 1, 2, 1, 2
- When we go, we need a demanding Attack Resistance – strong pressure with just a little room to move
- Standing Attack: Hips forward, push up tall on handlebars
- Racing: Sit hips back, brace abs strongly
- 4 quick Attacks ahead. Stand 4, 3, 2, 1, race 4, 3, 2, 1

06. SPEED WORK

MUSIC Fractures 6:17 mins

1/1 = 160rpm

TRACK FOCUS

- Connect body and voice to the melodic rhythms of the song
- Coach PRP with clarity

PROFILE

- 3x speed phases where we chase the rhythm

BLOCK 1

0:00 / Intro /

4x8 / Seated Recovery

Shake arms, Shoulder Roll  1/2 E

0:12 / Instr / (Rhythm)

4x8 / Ride Easy • 3/4 E

0:24 / V1 / _ Burning

8x8 / Ride Easy  3/4 E

0:48 / _ Maybe there

8x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

1:12 / **Coming** after

4x8 / Ride Easy  3/4 E

1:24 / See me running **full** steam

4x8 / Ride Easy  3/4 M

1:36 / Instr / (Drop)

8x8 / Racing (Forward) • 3/4+ H

BLOCK 2

2:00 / (Low)

4x8 / Ride Easy • 1/2 E

2:12 / V2 / _ Feeding

8x8 / Ride Easy  3/4 E

2:36 / _ Maybe there

8x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

3:00 / **Coming** after

4x8 / Ride Easy • 3/4 E

3:12 / See me running **full** steam

4x8 / Ride Easy  3/4 M

3:24 / Instr / (Drop)

12x8 / Racing (Forward) • 3/4+ H

BLOCK 3

4:00 / (Low)

4x8 / Ride Easy • 1/2 E

4:12 / V3 / _ Feeding

8x8 / Ride Easy  3/4 E

4:36 / _ Maybe there

8x8 / Seated Recovery

Shake arms, Shoulder Roll • 1/2 E

5:00 / **Coming** after

4x8 / Ride Easy • 3/4 E

5:12 / See me running **full** steam

4x8 / Ride Easy  3/4 M

5:24 / Instr / (Drop)

12x8 / Racing (Forward) • 3/4+ H

6:00 / Outro /

4x8 / Ride Easy  1/1-1/2 E

06. SPEED WORK

BLOCK OBJECTIVES

1-LAYER 1

PRP

Use simple Layer 1 PRP cues to set up great technique for riding fast. Be descriptive and consistent when coaching Racing Resistance.

- Light gear clockwise, medium Pace
- *Coming up, we're going to find Racing Resistance – good tension, lots of give to gain momentum for speed*
- *Secure that Racing Resistance; good tension but once we get momentum, we can punch through it – it'll slow us down if we let it though!*
- **Racing: Relax the arms, drop the shoulders, slide your hips forward, dip your toes a little**

2-LAYER 2

Improve Execution

Recover, using a conversational voice. Longer speed phase, so teach your class how they can ride better for longer using Layer 2 cues.

- One or two turns brings us back to that Racing Resistance: good tension with lots of give – gain momentum and push through it
- Who's up for an effort? 36 seconds give or take
- You just wanna feel like you're flying
- Light hips on the seat, gently engaging through the core; relax the arms and dip the toes everything you need to help you ride better

2-LAYER 3

Motivation/Celebrate

Final block. Motivate your class to succeed by using Layer 3 cues to bring them across the finish line.

- *Use this chance to breathe; accumulate oxygen – to recover*
- *Last one's up to you – I've given you all the tools to go fast. Finding Racing Resistance, slide forward, dip toes, relax arms*
- *Racing Resistance – feel the tension that you know you can punch through it*
- *Good training – this burns the fat!*
- *Almost home. Float across the finish line.*

PERFORMANCE

This piece of music is melodic. Don't overpower the song by talking too much or by using a BIG, driving voice.

05. POWER TRAINING 2

4:46 / Get ready _

4x8 / Standing Climb (Easy)  1/1 M

5:01 / (B up)

4½x8 / Standing Climb (Easy)  1/1 M

5:16 / (Heavy)

4x8 / Standing Climb  1/1 H

5:32 / (Pulsing beat)

4x8 / Power Climb • 1/1 H

5:46 / (Pulsing beat + low chant)

4x8 / Standing Climb  1/1 H

6:00 / (Pulsing beat + low chant)

4x8 / Standing Attack • 1/1 or 1/1+ H



BLOCK OBJECTIVES

1-LAYER 1

PRP

Coach PRP using Layer 1 cues to get your class climbing with great technique – riding in the correct Position, using the correct Climbing Resistance and Pace.

- Ride Easy: **Butt back, upper body relaxed**
- Climbing Resistance: Add a gear to find a strong grip in the muscles.
- Standing Climb: **Chest up, butt back, side to side, hips over your heels**
- It feels heavy; it sounds heavy – add a gear to make it heavy!
- Power Climb: **Slide hips back in the saddle, grip the handlebars**
- Standing Attack: **Shift your hips forward, push the handlebars away from you**

2-LAYER 2

Educate/Improve Technique/Manipulate Intensity

Use Layer 2 cues in this block to teach your riders how to ride better, stronger and smarter with a heavier gear. Use contrast in your voice to create drama around the music. Be BIG in body and voice in the hard efforts to show how your riders should be feeling.

- Round 2 – because this mountain is going to get steeper, we're going to teach you how to ride a little better, so we can get stronger together!
- Climbing Resistance: Find a heavy grip in your muscles
- Up ahead, 1 minute of heavy strength work
- Here it comes – no limits!
- Use your body weight; shift across the saddle to push the heavy gear
- When we sit, butt slides back – Power Climb
- Think about your pedal stroke – drive pedal forward for more power
- 15 seconds with an optional acceleration. If you've got the gas, go for it!
- Standing Attack – lean in!
- Notice how your legs are feeling – heavy!

3-LAYER 3

Athlete/Motivation

Focus your riders in this final block. Use Layer 3 motivational cues to bring them home. Be inclusive, and challenge them physically and mentally through to the finish.

- Come back, Ride Easy – EPIC climbing, gang!
- Shall we bring this train home?
- Now you know how heavy; you know how to ride it stronger – let's bring this one home together, right?

05. POWER TRAINING 2

- *Heavy gear*
- *Sometimes it's more than just getting strong – reset the mind. It's game time!*
- *We're going to make this minute last – NO limits!*
- *Strong through the body, stay stronger in the mind*
- *Time, sit Power Climb, 45 seconds*
- *You've gotta be brave – sometimes you've just gotta fight. Push back at the bike!*
- *Big gear, stand, sub-30 – how epic does this feel?*
- *Last 15 seconds – let's all go. Count down... 7, 6, 5,...*

PERFORMANCE

This track has Performance all over it! Use contrast in your body and voice, matching the contrast of the song. Be BIG in the heavy working phases and let your voice drop in the recovery phases. Your class will go off!

08. RIDE HOME/STRETCH

MUSIC Hard Times 3:02 mins

1/1 = 120rpm

TRACK FOCUS

- Congratulate your class and celebrate reaching the end of the ride
- Flush out the legs to help recovery; stretch the big muscle groups in hips/leg

PROFILE

- 2 short accelerations to flush out the legs, and stretches for the main muscles we used: quads, glutes, hamstrings

BLOCK 1

0:00 / Intro /
 4x8 / Seated Recovery
Shake arms, Shoulder Roll B🔊 1/2 E
 0:16 / V1 / _ All that I want
 4½x8 / Ride Easy • 3/4 E
 0:34 / C / Hard **times**
 6x8 / Racing ↗ 1/1 E

BLOCK 2

0:49 / And I gotta
 2½x8 / Ride Easy Opt🔊 3/4 E
 0:59 / V2 / _ Walking
 4½x8 / Ride Easy • 3/4 E
 1:17 / C / Hard **times**
 4x8 / Racing ↗ 1/1 E

BLOCK 3

1:34 / And I gotta
 4½x8 / **Transition off bike**
 1:52 / **Ground**
 8½x8 / **Standing Quadricep Stretch** R L
 2:26 / **Times**, gonna
 2½x8 / **Standing Gluteal Stretch** R
 2:34 / _ I still don't
 2x8 / **Standing Hamstring Stretch** R
 2:42 / Instr / (Distorted vocal melody)
 2x8 / **Standing Gluteal Stretch** L
 2:50 / (Distorted vocal melody)
 2x8 / **Standing Hamstring Stretch** L
 2:58 / Outro /
 ½x8 / **Shake and congratulate!**

BLOCK OBJECTIVES

1-LAYER 1

Position/Resistance/Pace

Lead your class through the flush, allowing the heart rate to come down slowly. Use lots of smiles and praise, acknowledging their efforts in the workout today.

- *Light, Base Resistance and Medium Pace – keep the legs moving!*
- *That was an awesome workout, guys!*
- *If you feel good, just roll up onto the beat*

2-LAYER 2

Manipulate Intensity

Another short flush, bringing attention to the feet that they should be starting to feel better now and their heart rate should be dropping.

- *Starting to feel a little bit better?*
- *The great thing about RPM, it's hard work, yeah? But you keep coming back and it gets a little bit easier, then you work harder and then you get FITTER!*

3-LAYER 2

Improve Technique/Educate

Coach your class how to stretch, explaining which muscles you are stretching.

- *Give your legs a little shake*
- *Pick up one heel – pull it into your butt; stand tall. Push the hip forward – feel the stretch down the front of your thigh*
- *Knees together; push your knee down and feel that stretch a little more*
- *Take that leg and cross it over into a Glute Stretch. Sit back*

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 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 in front of the handlebars*



GLOSSARY

LAYER 2

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

This is the basic riding position and can also be used for recovery. It's used with light to moderate Climbing Resistance either at the start of the track, to provide active recovery through the track, or when we start to build intensity at the beginning of work phases.

RACING

LAYER 1

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



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 in front of the handlebars
- **Toes slightly down**
- Hips, knees, ankles in line
- Middle of kneecap in line with middle of foot



GLOSSARY

KEY RPM RIDING POSITIONS

LAYER 2

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

Used when we ride fast in Tracks 2, 4 and 6. Also used occasionally in Track 5 to vary the muscle activation. By sliding forward 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 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 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 forward 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 in front of the handlebars
- Hips, knees, ankles in line
- Middle of kneecap in line with middle of foot



LAYER 2

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

We use the Power Climb position to drive heavy resistance at slow pace and work on leg strength, or power. The positioning is the same one we use with Racing (butt back). The wide base of support, the slide of the butt back and the position of the hips place the body in the best position to produce optimal power.

GLOSSARY

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'.

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 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.

STANDING ATTACK

LAYER 1

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



LAYER 2

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

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

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.

GLOSSARY

KEY RPM RIDING POSITIONS

STANDING RECOVERY

LAYER 1

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



LAYER 2

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

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

SPEED COACHING CUES

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

OTHER FORMATS

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

RPM 77: 30-MINUTE FORMAT

Track 1	Pack Ride
Track 2	Pace
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 8	Ride Home/Stretch (If time permits)

Total Time 31:28

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

60-MINUTE FORMAT

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
Track 8	Ride Home/Stretch

30-MINUTE FORMAT

Track 1	Pack Ride
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 7	Mountain Climb
Track 8	Ride Home/Stretch (If time permits)

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.

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 verse
V	

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
1/1	ON THE BEAT
1/1+	a little faster than rpm

RESISTANCE

 Attack Resistance

 B	Base Resistance
 C	Climbing Resistance
 R	Racing Resistance
 ↘R	reduce to Racing Resistance
	Maintain resistance
	Increase resistance
	Decrease resistance

CREDITS

Program Director – Glen Ostergaard

Head of Training, RPM – Sarah Ostergaard

Choreography & Music – Glen Ostergaard

Chief Creative Officer – Dr Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultant – Bryce Hastings

Program Planner – Monique Whareumu

MUSIC

- 1 **Hung Up** (5:34)
SJ & Tritonal feat. Emma Gatsby
© 2016 Enhanced Music.
Written by: Reed, Cisneros, Handler, Jones
- 2 **Green Light** (3:48)
Lorde
Courtesy of the Universal Music Group.
Written by: Antonoff, Little, Yelich-O'Connor
Green Light (2:18)
Lorde
Courtesy of the Universal Music Group.
Written by: Antonoff, Little, Yelich-O'Connor
- 3 **Sounds Good To Me** (2:25)
Nelly
Courtesy of the Universal Music Group.
Written by: Delicata, Golan, Harr, Isaac,
Jackson, Haynes, James
Sounds Good To Me (2:26)
Nelly
Courtesy of the Universal Music Group.
Written by: Delicata, Golan, Harr, Isaac,
Jackson, Haynes, James
- 4 **Keep Me Crazy** (3:10)
Sheppard
Courtesy of the Universal Music Group.
Written by: Bovino, G. Sheppard, A.
Sheppard, Moorman, Walsh
Keep Me Crazy (2:18)
Sheppard
Courtesy of the Universal Music Group.
Written by: Bovino, G. Sheppard, A.
Sheppard, Moorman, Walsh
- 5 **Hypnotic** (4:17)
Wilkinson feat. Shannon Saunders
& Youngman
Courtesy of the Universal Music Group.
Written by: Wilkinson, Smith, Saunders

- Hypnotic** (2:10)
Wilkinson feat. Shannon Saunders
& Youngman
Courtesy of the Universal Music Group.
Written by: Wilkinson, Smith, Saunders
- 6 **Fractures** (6:17)
Illenium feat. Newve
© 2017 Kasaya / Seeking Blue.
Written by: Lanz, Rappaport, Bumford, Miller
- 7 **All Aboard (Dimitri Vegas & Like Mike Edit)**
(6:16) Bassjackers & D'Angello & Francis
© 2017 Smash The House.
Written by: van Hilst, Flohr, M. Thivaos,
D. Thivaos, de Laet, Franssens
- 8 **Hard Times** (3:02)
Paramore
© 2017 Atlantic Recording Corporation.
Written by: Williams, York
- 9 **Rockin'** (3:55)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Tesfaye, Forest, Jackson, Kotecha,
Payami, Pennington, Sandberg, Saunderson,
Svensson, Balshe, Martin, Holman

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.

BE LOUD AND HEARD

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



From L-R: Joshua Berrier, Karen Russell, Brent Findlay, Dee Tjeong and Glen Ostergaard.

RPM 77 is the perfect musical journey – emotive, uplifting fun and driving balanced by the riding backdrop of hills, flats and mountains!

The key focus is to look after all our new riders so ensure a good bike setup pre-class and precisely coach riding positions, resistance changes and speed changes. Coach the choreography as this is one of our most important roles as an instructor. It lays the platform for riding terrain, workout intensity and musical feel!

Hung Up sets the emotive feel; Track 2 gives us the *Green Light* to ride faster, balanced with slow climbs engages the muscles early on. Hills kicks the aerobic system with faster climbing then *Keep Me Crazy* keeps us crazy through the Mixed Terrain until we hit the hypnotic zone. Track 5 *Hypnotic* is the classic Interval track, one for the ages. The final mountain is a total banger so get your train hat on – toot toot and go hard!

Enjoy the ride!

Josh ☺ *Man.O*

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.

Brent Findlay (New Zealand) is an RPM, BODYPUMP and LES MILLS GRIT Series Trainer and a CXWORX Instructor. He is also a personal trainer and has a background in playing professional cricket.

Dee Tjeong (Australia) is an RPM Trainer and a BODYATTACK and BODYSTEP Instructor. She is based in Brisbane, where she also works as a nurse.

Karen Russell (Australia) is an RPM, BODYPUMP and CXWORX Trainer. She is based in Brisbane, where she is the Regional Group Fitness Manager for Goodlife Health Clubs.

Joshua Berrier (USA) is an RPM and LES MILLS SPRINT Trainer, a BODYPUMP, BODYCOMBAT and CXWORX Instructor, and a LES MILLS GRIT Series Coach. He is based in New York, where he is the Director of Visual Merchandising for MAC Cosmetics.



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