

RPM 79

01. 集结骑行

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术语

音乐

小节设置

嗨，教练们，我们期待您对新的内容做出反馈！

请点击此处填写一份快速调查

https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. 集结骑行

1/1 = 119rpm

小节焦点

- 指导学员了解和感受骑行姿势、阻力和节奏。
- 让学员用轻松友好的语调交流，感受这首音乐的温暖。

结构

4段轻松加速，按音乐节拍进行。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:05	Intro / _ Got a hole	4x8	Seated Recovery	1/2	●
	0:21	_ Got a feeling	4x8	Ride Easy	1/2	B🔄
	0:37	PC / So here we	5x8	Ride Easy	3/4	↗
	0:57	C / There's a road	8x8	Racing	1/1	R🔄
2	1:30	V2 / _ There's not a	4x8	Ride Easy	3/4	↘
	1:46	_ But you had a way	4x8	Ride Easy	3/4	↗
	2:02	PC / _ This world we	5x8	Ride Easy	3/4+	●
	2:22	C / There's a road	8x8	Racing	1/1	R🔄
3	2:55	V3 / _ Death is in the	4x8	Seated Recovery	1/2	↘
	3:11	Promise me	4x8	Ride Easy	3/4	●
	3:27	C / There's a road	8x8	Racing	1/1	R🔄
4	4:00	V4 / _ Death is in the	4½x8	Seated Recovery	1/2	↘
	4:18	Promise me	4x8	Ride Easy	3/4	●
	4:34	C / There's a road	8x8	Racing	1/1	R🔄
	5:06	Outro / There's a road	4x8	Ride Easy / Seated Recovery	3/4-1/2	↘ to B🔄



01. WHERE WE GO 5:26mins

技术与教授

1 第1层

姿势/阻力/节奏

在第一段使用第1层提示语明确设置姿势、阻力和节奏（PRP）。语气轻松、便于交谈。

- 基本阻力：*感觉像轻微张力或肌肉紧绷*
- 轻松骑行：*双手放松，放在车把上，肩膀放松，挺胸，臀部向后*
- 下一档我们找到竞速阻力——紧张适度，留有移动空间
- 竞速：*放松上身，腹部轻轻收紧，臀部向后*

2 第2层

提高技术

使用第2层提示语教导大家如何使用更好的技术骑行。

- *我们用竞速阻力加速30秒*
- *找到那一档——紧张适度，留有移动空间，能够加速*
- *伸出双手，放松双臂*

3 第2层

管控强度

鼓励大家进入训练状态，开始感到热身更加明显。

- *让我们进入更佳状态，热身，因为要面对的是充满挑战的训练！*
- *找到竞速阻力，要有紧张、紧绷感*
- *现在把心率提高一点，紧跟节拍*

4 第3层

激励/联系

最后一段训练。激励大家发出热情的声音，寻找能量。提醒他们这是最后一段训练。

- *最后一次，找到竞速阻力*
- *最后一段训练- 这段训练更用力一点，这样就可以为小节2做好准备*

联系

有一些很好的歌词，可以强调一下，如“promise me you'll stay with me”，“its alright”和“take me fast or slow”。你会如何带领骑手们与这一小节的感受联系起来？



02. 节奏

1/1 = 138rpm

小节焦点

- 在变换节奏和能量时，用声音和身体在爬坡和短促的节奏爆发之间形成对比。

结构

4段轻松爬坡，短暂的15-30秒节奏训练。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery	1/2	B↻	E
	0:17	PC / You said	4x8 Ride Easy	1/2	↗	
	0:31	C / You said	4x8 Ride Easy	1/2	↗	
	0:44	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	0:59	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	1:13	Instr / (Synth melody)	4x8 Racing (Forward)	1/1	↘ to R↻	H
2	1:26	V2 / Now I'm	4x8 Ride Easy	1/2	↘	E
	1:40	C / You said	4x8 Ride Easy	1/2	↗	
	1:54	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	2:08	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	2:22	Instr / (Synth melody)	8x8 Racing (Forward)	1/1	↘ to R↻	H
3	2:50	Instr / (Low)	4½x8 Seated Recovery	1/2	↘	E
	3:06	V3 / You said	4x8 Ride Easy	1/2	↗	
	3:19	C / You said	4x8 Ride Easy	1/2	↗	
	3:33	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	3:47	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	4:01	Instr / (Synth melody)	4x8 Racing (Forward)	1/1	↘ to R↻	H
4	4:15	V4 / Now I'm	4x8 Ride Easy	1/2	↘	E
	4:29	C / You said	4x8 Ride Easy	1/2	↗	
	4:43	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	4:57	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	5:11	Instr / (Synth melody)	8x8 Racing (Forward)	1/1	↘ to R↻ ↘ to B↻	H



02. WITHOUT YOU 5:43mins

技术与教授

1 第1层

姿势/阻力/节奏

用较长时间指导第1层PRP，重点是找到良好的爬坡阻力。

- 轻松骑行：**挺胸，臀部向后**，放慢节奏
- 4段节奏，但首先要找到爬坡阻力
- 良好、有力变换、爬坡阻力：良好的肌肉张力，足以站立起来
- 站姿爬坡：**胸部抬高，臀部位于车座上方**
- 第一段节奏训练，15秒，前倾，加速，减至竞速阻力，紧张适度，留有足够的移动空间。
- 竞速：按节拍进行，**挺胸，上身放松，肩膀放松，向前滑动**
- 短暂爆发

2 第2层

提高技术

从第1段训练开始使用第2层提示语来加强提示。关注更陡峭、更用力的站姿爬坡，突出较长的竞速阶段。

- 轻松骑行，稍微减速，恢复。会让心率稍微提高一点！
- 这次我们将爬得更用力，竞速时间更长
- 爬坡设置，站姿爬坡
- 手臂感觉良好，上抬，更有力，应该感到多了一点阻力
- 目标是竞速阻力，紧张适度，留有足够的移动空间，跟上节奏保持30秒
- 跟上节拍，手臂放松，臀部向前，脚趾下压
- 看起来已经很棒了

3 第2层

管控强度

这一段是第1段的重复，所以要让大家知道这一点，然后在短短15秒的节奏阶段挑战竞速阻力来控制强度。记住，通过使用包容的语言让挑战提示语显得轻松、易于接受，以配合歌曲的感觉。

- 做得好！让我们恢复一下，然后再继续
- 我们将“复制粘贴”之前的步骤
- 因为我们做得不错，让我们在最后两段增加一点后坐力
- 腿部爬坡压力巨大，足以站起来——站姿爬坡！
- 用力、挺胸
- 短暂的爆发加速，看看这次能不能挑战竞速齿轮。
- 立即调紧齿轮，以便双腿快速蹬踏！

4 第3层

激励/鼓舞

最后一段是第2段的重复，全程用30秒的竞速回程！现在，全体学员应该知道如何骑行和爬坡，所以使用这一段来激励他们完成整个训练。使用包容性的语言，用身体和声音使之振奋，以配合这道昂扬的歌曲。

- 我们会跟着你们的-再来一次！
- 你们是我存在的全部意义，所以我们要一起完成！
- 一路返程，快速坚持30秒
- 一起向前！跟上节拍！
- 做得不错，完成一半了，15秒！
- 冲刺！

表现

能量变化会在小节训练过程中产生对比，并在小节训练前后形成对比。通过对比，我们匹配RPM的精华，打造骑手们渴望的骑行旅程。我们可以用声音、表情、肢体语言和骑行强度来进行，不管是在训练还是恢复过程中。



03. 山坡

1/1 = 73rpm

小节焦点

- 明确教授爬坡阻力的感觉，以便骑手们努力训练！
- 通过你的声音和肢体语言让音乐充满活力。

结构

3 x 60秒高强度爬坡训练，最后15秒可加速。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B🔊	E
	0:13	Instr / (Cymbal)	4x8 Ride Easy	1/1	↗	
	0:26	High synth / Hold on	4x8 Ride Easy	1/1	●	
	0:39	Bup / Hold on	4x8 Ride Easy	1/1	↗	
	0:53	Instr / (Dubstep)	4x8 Standing Climb	1/1	C🔊	M
	1:06	Rep / Someone to _	4x8 Standing Climb	1/1	↗	
	1:19	Someone to _	4x8 Pullback Climb	1/1	●	H
	1:32	Someone to _	4x8 Standing Attack	1/1 opt 1/1+	●	
2	1:46	(Low)	4x8 Standing Recovery to Seated Recovery	1/2	↘	E
	1:59	Instr / To hold on	4x8 Ride Easy	1/1	●	
	2:12	To hold on	4x8 Ride Easy	1/1	↗	
	2:25	(Bup) / To hold on	4½x8 Power Climb	1/1	↗	M
	2:40	Instr / (Dubstep)	4x8 Standing Climb	1/1	C🔊	H
	2:53	Rep / Someone to _	4x8 Standing Climb	1/1	↗	
	3:07	Someone to _	4x8 Pullback Climb	1/1	●	
	3:20	Someone to _	4x8 Standing Attack	1/1 opt 1/1+	●	
3	3:33	(Low)	4x8 Standing Recovery to Seated Recovery	1/2	↘	E
	3:46	High synth / Hold on	4x8 Ride Easy	1/1	●	
	4:00	To hold on	4x8 Ride Easy	1/1	↗	
	4:13	(Bup) / To hold on	4½x8 Power Climb	1/1	↗	M
	4:28	Instr / (Dubstep)	4x8 Standing Climb	1/1	C🔊	H
	4:41	Rep / Someone to _	4x8 Standing Climb	1/1	↗	
	4:54	Someone to _	4x8 Pullback Climb	1/1	●	
	5:07	Someone to _	4x8 Standing Attack	1/1 opt 1/1+	●	
	5:21	Outro / (Low)	5x8 Ride Easy / Seated Recovery	1/2	↘ to B🔊	E



03. HOLD ON 5:40mins

技术与教授

1 第1层

姿势/阻力/节奏

明确设置爬坡阻力，让骑手从60秒的训练阶段开始努力训练。然后使用第1层提示语来指导如何在这一段用不同姿势进行爬坡训练。确保障碍爬坡只是臀部略微向后移动，挺胸，核心用力。简单教授第一段训练，使骑手们知道要达到何种效果，要做什么。

- 轻松骑行：**臀部向后，上身放松**
- 3 x 60秒高强度爬坡，挑战我们的力量！
- 爬坡齿轮——加强我们肌肉的压力
- 站姿爬坡：**抬起胸部，体重落在车座上**
- 障碍爬坡：**臀部稍微后移，上身保持不变，收紧核心**
- **臀部前移**：站立冲击！
- 如果希望强度更大——加速！

2 第2层

提高技术/管控强度

这一段与第一段相同，因此教授大家如何恢复，然后使用第2层提示语来改进技术。返回到简单的第1层提示语，加强障碍爬坡训练，以确保训练无误。

- 第2段爬坡——结构一样，但要用阻力挑战
- 双手分开，用力爬坡：**抓住车把，臀部向后，坐回车座**
- 1分钟的高强度训练！迎接更大、更陡、更强的挑战！
- 用更多体重来驾驭重型齿轮
- 障碍爬坡：**稍微后移，带动臀部**
- 像弹弓般，将臀部前移-站立冲击
- 如果还有力气，就继续加速！

3 第3层

激励/鼓舞

最后一段又是1和2的重复。让全体学员知道这是本段的最后一分钟。再次设置结构和阻力，然后使用第3层提示语激励全体学员坚持到最后！积极地用包容性的语言来匹配歌曲的振奋感。

- *记住今天为什么要骑行，牢记这个理由，投入最后一段训练。*
- *再来一分钟，再来一轮！坚持住！我们一起来！*
- *强健和控制良好的感觉有多棒？你会觉得轻松！*
- *30秒，你就到达山顶了！*
- *稍微后移，障碍爬坡*
- *不要等待——永远不要等待！15秒，前进和加速！加油吧。*

表现

当我们让自己真诚地表达对RPM的热爱和激情时，也要允许骑手这样做。通过在高强度的山坡这一段真正地努力训练，我们可以激励全体学员训练得比他们想象的更努力。保持一种积极向上和充满活力的风格将有助于你做到这一点。

小节提示

教授障碍爬坡时，3段训练都用简单的第1层提示语来确保骑手训练无误。强调只是臀部略微后移，胸部不变，核心用力。



04. 混合地形

1/1 = 103rpm

小节焦点

- 通过正确教授不同阻力，让全体学员找到合适的强度。
- 把能量与这首歌的欢乐感觉相结合。

结构

4轮训练，颇具挑战性——爬坡、冲击和快速冲刺。

	Music		Sequence/Exercise	Pace	Resistance	PI	
1	0:00	Intro	2x8	Seated Recovery	1/2	●	E
	0:09	V1 / Not a soul	4x8	Ride Easy	1/1	B🔗	
	0:27	Ooohhhh	4x8	Ride Easy	1/1	R🔗	
	0:46	PC / Cross my heart	4x8	Standing Climb	1/2	C🔗	M
	1:05	C / Of the other _	4x8	Standing Attack	1/1	●	H
2	1:24	Br	1x8	Transition	1/2	●	E
	1:28	V2 / Not a soul	4x8	Ride Easy	1/1	B🔗	
	1:47	Ooohhhh	4x8	Ride Easy	1/1	R🔗	
	2:06	PC / Cross my heart	4x8	Standing Climb	1/2	C🔗	M
	2:24	C / Of the other _	4x8	Standing Attack	1/1	●	H
3	2:43	Instr / (Low)	2x8	Seated Recovery	1/2	↘	E
	2:52	Ooohhhh	4x8	Ride Easy	1/1	↗	
	3:11	PC / My heart	4x8	Standing Climb	1/2	C🔗	M
	3:29	PC / Cross my heart	4x8	Standing Attack	1/1	●	H
	3:48	C / Of the other _	4x8	Racing (Forward)	1/1+	↘ to R🔗	
4	4:07	Instr / (Low)	2½x8	Seated Recovery	1/2	↘	E
	4:18	Ooohhhh	4x8	Ride Easy	1/1	↗	
	4:37	PC / Cross my heart	4x8	Standing Climb	1/2	C🔗	M
	4:56	C / Of the other _	4x8	Standing Attack	1/1	●	H
	5:14	_ Oh hey	4x8	Racing (Forward)	1/1+	↘ to R🔗	
					↘ to B🔗		



04. ONE FOOT 5:37mins

技术与教授

1 第1层

姿势/阻力/节奏

使用第1层PRP提示语，找到正确的骑行姿势、阻力和节奏。

- 找到重型阻力-爬坡齿轮
- 准备好，保持阻力，前倾并加速20秒
- 站姿爬坡：**挺胸，臀部向后，左右摇摆**
- 站立冲击：**身体前倾，臀部前倾**

2 第2层

提高技术

与第1段同样的动作，所以教大家如何做得更好。使用第2层提示语提高技术，帮助大家骑得更好。

- 退后一步，重新找到节奏，这就是恢复时间
- 加大爬坡阻力，迫使你站起来
- 更多地利用你的体重——左右摇摆

3 第2层

管控强度

向全体学员解释地形的变化，训练将变得更加困难。以更大的训练强度挑战他们。

- 2次减速，2次发力
- 现在挑战是20秒的冲击，20秒的竞速
- 我们一定能做到！这会是个惊喜
- 坐下，降至竞速阻力-肌肉有压力，但仍有移动空间！
- 竞速：**放松上身，腹肌收紧，臀部向前，脚尖下压。**

4 第3层

激励/鼓舞

最后一轮是第3段的重复。通过这最后的挑战激励全体学员骑手。使用包容性强的语言，鼓励他们更加努力训练。

- 最后一轮-让我们一起完成！
- 我们会让你充满激情，然后你需要完成它！
- 冲刺阶段-我们距离目标不远了；我们可以做到的，对吗？

表现

这一小节很有挑战性。想想如何让骑手们接受挑战，同时获得很多乐趣！通过专注于节奏，你可以让每个人都融入音乐，训练，或两者兼而有之！

小节提示

明确教授节奏。我们在站姿爬坡时按半拍骑行，在轻松骑行和冲击姿势时按全拍。在竞速中，训练大家比节拍骑得更快。



05. 间歇

1/1 = 87rpm

小节焦点

- 挑战全体学员，让他们在每一段尽可能努力训练。

结构

3段。第一段较短，后两段较长。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8	Seated Recovery	1/2	B🔗 E
	0:11	Instr / (Guitar)	4x8	Ride Easy	1/1	●
	0:22	(Heavy guitar)	4x8	Ride Easy	1/1	↗
	0:33	V1 / _ What if you	8x8	Ride Easy	1/1	↗
	0:55	C / _ Run for cover	8x8	Standing Attack	1/1	A🔗 M
2	1:17	V2 / _ What are you	8x8	Ride Easy	1/1	↘
	1:39	C / _ Run for cover	8x8	Standing Attack	1/1	A🔗 H
	2:02	Ref / _ And there	6x8	Standing Recovery	1/4	● E
	2:19	Running _	6½x8	Standing Recovery	1/2-1/1	●
	2:37	C / Run for cover _	8½x8	Standing Attack	1/1	● or opt ↗ H
	3:00	Instr / (Guitar)	8x8	Racing	1/1	●
3	3:22	Br / (Low)	1x8	Transition	1/1	↘ E
	3:25	V3 / _ What are you	8x8	Ride Easy Option: Stay in Seated Recovery for 4x8	1/1	●
	3:47	C / _ Run for cover	8x8	Standing Attack	1/1	A🔗 H
	4:09	Ref / _ And there	6x8	Standing Recovery	1/4	● E
	4:26	Running _	6½x8	Standing Recovery	1/2-1/1	●
	4:44	C / Run for cover _	8½x8	Standing Attack	1/1	● or opt ↗ H
	5:08	Instr / (Guitar)	8x8	Racing	1/1	●
					↘ to B🔗	



05. RUN FOR COVER 5:34mins

技术与教授

1 第1层

姿势/阻力/节奏

使用第1层提示语设置姿势、阻力和节奏，确保大家知道该做什么，何时做，以便找到合适的强度，开始感到成功。

- *臀部开始，轻松骑行，跟上节拍*
- *大声点 - 1, 2, 1, 2, 1, 2*
- *同样的节奏，增加新的推力，增加一个齿轮*
- *这一轮很短，只有20秒！*
- *冲击阻力：挑战节拍的具有挑战性的齿轮*
- *站立冲击：双手向外，臀部向前，挺胸，腹部收紧保持稳定*

2 第2层

提高技术/管控强度

现在的重点是第2层。既然大家知道该做什么，何时做，我们教授做什么和如何做。看看他们正在做的事情，帮助他们做得更好，并从中获得更佳效果。

- *后退，轻松骑行，找到节奏*
- *第2轮比较长：2次冲击，中间有休息，最后有惊喜。怎么样？*
- *找到冲击阻力，挑战齿轮*
- *推把手，帮你站起来*
- *双腿放慢，恢复，慢下来，呼吸。你需要这样！*
- *开始快一点*
- *可选项：如果想要更多阻力，调大阻力-冲击！*
- *准备好了吗？*
- *坐下，竞速20秒-给自己一个惊喜！*
- *竞速：臀部向后，肩膀放松，腹部收紧，帮你用力*

3 第3层

激励/鼓舞

专注于使用第3层提示语。激励全体学员，帮助他们继续努力训练，但希望这次更努力。

- *减速——你还在等什么？*
- *没有亲吻，没有道歉-这次没有。我们再做一遍*
- *找到腿部的发力点-站立，冲击！*
- *抬起膝盖，腿用力——就这样变强壮*
- *腿放慢，呼吸，慢下来-稍快一点*
- *如果可以的话，加一个齿轮——“你已经把所有齿轮都用上了”。冲击！*
- *这是最好的一部分-贯穿训练，用上腿的力气*
- *坚持到最后一秒*
- *坚持、坐下、竞速*
- *用尽最后一丝力气*
- *改变双腿，改变身体，改变健康水平！*

联系

骑手们现在正在进行深入训练，所以要多关注学员，考虑他们需要什么，帮助他们在这一小节用合适的强度训练。他们需要给予一些动力，鼓励一下，还是需要一些空间来独自完成？在较难的训练部分与他们联系，让他们知道你就在他们身边，并且记住当训练变难时，同理心会大有帮助。

表现

这一小节的重点是音乐中激励人心的高能量。可以从歌词中感受到很多的乐趣，并让我们的声音、音量、音调和强度产生变化，以配合音乐的变化。



06. 速度训练

1/1 = 145rpm

小节焦点

- 通过声音、面部表情和身体与这首歌的感觉联系起来。
- 指导全体学员骑行时跟上速度变化，跟上节拍。

结构

4 X 30秒速度训练，跟上节拍。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8	Seated Recovery	1/2	B🔁 E
	0:13	V1 / I'd rather be a	8x8	Ride Easy	1/2	● E
	0:39	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	1:05	Instr / (Rhythmic clap)	4x8	Ride Easy	3/4+	↗ M
	1:18	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R🔁 H
2	1:45	V2 / _ I'm in need	8x8	Ride Easy or Seated Recovery	1/2	↘ E
	2:11	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	2:37	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R🔁 H
3	3:03	Instr / (Low)	4x8	Seated Recovery	1/2	↘ E
	3:17	V3 / I'd rather be a	8x8	Ride Easy	1/2	● E
	3:43	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	4:09	(Rhythmic clap)	4x8	Ride Easy	3/4+	↗ M
	4:22	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R🔁 H
4	4:49	V4 / _ I'm in need	8x8	Ride Easy or Seated Recovery	1/2	↘ E
	5:15	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	5:41	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R🔁 H
	6:07	Outro	4½x8	Seated Recovery	1/2	↘ to B🔁 E



06. SILENCE 6:23mins

技术与教授

1 第1层

姿势/阻力/节奏

使用简单的第1层指导来设置第一个速度训练阶段。用描述性提示语提醒全体学员竞速阻力应该感觉如何。

明确指导冲力变化和加速，让全体学员达到腿部的最快速度。

- 这一节是为了训练我们的意志和健康水平
- 用音乐和冲力帮助腿部达到最快速度
- 更换为轻齿轮，中速；注意稍微加速——这是在聚集冲力。让节奏引导你达到最快速度
- 仅次于竞速阻力，加快节奏
- 当我们到达终点线时，找到竞速阻力，并跟上节拍
- 向前滑动臀部，倾斜脚趾，使用冲力

2 第2层

提高技术

想一想如何帮助全体学员用更好的技巧来骑行。使用第2层提示语帮助他们。

- 轻松骑行，臀部后移，稍微减速，恢复
- 冲力，内心平静下来
- 开始快速思考。如果通过上身放松，会让腿部的冲力增加
- 竞速阻力，张力适度，留有足够的移动空间
- 与我们一起，放松，找到内心的平静，跟上节拍
- 使用冲力！
- 记住放松手臂和上身，以保持快速

3 第2层&第3层

教授/激励

教授全体学员快速骑行的好处，鼓励他们想要骑得更快，请使用第2和第3层提示语。通过告知他们即使是初学者也能骑得很快，激励在场的每个人！

- 坐下来恢复，减至基本阻力
- 越频繁地快速骑行，身体就越容易加速
- 冲力-加速时，顺势而为，保持自然平静和放松
- 想象一下如果试着骑得更快一点，会发生什么
- 就是这样...臀部、脚趾、手臂放松
- 记住，上身放松，腿部快骑
- 跟上节拍，跟上节拍！

4 第3层

激励

最后一段——全体学员骑手需要你的激励来克服疲劳。使用第3层提示语达到这一目的。

- 恢复，放慢速度，稍微减速，坐在或呆在这里
- 快速骑行的惊人好处——让你轻松。当你感到轻松时，你会感到平静和快乐
- 大家在和我们一起努力吗？
- 加速，竞速...跟上节拍

联系

使用大量的包容性语言与全体学员沟通。让骑手们在整个训练过程中感觉和你在一起。

表现

这首歌与之前的歌曲形成了巨大对比，所以试着看看能给大家带来什么效果。Brent采取了一种意念-身体法——用内心的平静来产生冲力，健身。

小节提示

就像第4小节一样，动作提示语也已通过加速和快节奏的教材编写而改变。加速现在为3/4 +，快节奏是3/4 ++，但我们仍然以同样的方式进行教授。



07. 山脉

1/1 = 65rpm

小节焦点

- 从身心角度打造强大的骑行高峰。
- 帮骑手感受力量迸发，并与音乐和身体体验相联系。

结构

3段高强度山峰骑行——1 x 75秒，
2 x 60秒——以30秒下坡结束。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery	1/2	B🔗	E
	0:14	Instr / (Beat)	4x8 Ride Easy	1/1	↗	
	0:29	Instr / (Bup)	4x8 Ride Easy	1/1	C🔗	
	0:44	(Heavy)	4x8 Standing Climb	1/1	↗	M
	0:59	(Rhythm)	4x8 Standing Climb	1/1	↗	
	1:14	(Windup)	4x8 Standing Climb	1/1	↗	
	1:28	(Heavy synth)	8x8 Standing Attack	1/1	●	H
2	1:58	Instr / (Low)	3x8 Standing Recovery	1/2	●	E
	2:09	V1 / (Vocals)	8x8 Ride Easy	1/1	↘	
	2:38	_ It's like pure	4x8 Power Climb	1/1	↗	M
	2:54	Instr / (Bup)	4x8 Power Climb	1/1+	↗	
	3:08	(Heavy synth)	4x8 Standing Climb	1/1	C🔗	M
	3:23	(Synth)	4x8 Standing Climb	1/1	↗	
	3:37	(Low windup)	4x8 Pullback Climb	1/1	●	
	3:53	(High synth)	4x8 Standing Attack	1/1	●	
3	4:07	(Low)	3x8 Standing Recovery	1/2	●	E
	4:18	Instr / (Vocals)	8x8 Ride Easy	1/1	↘	
	4:48	Instr / _ It's like pure	4x8 Power Climb	1/1	↗	M
	5:03	(Bup)	4x8 Power Climb	1/1+	↗	
	5:18	(Heavy synth)	4x8 Standing Climb	1/1	C🔗	H
	5:32	(Synth)	4x8 Standing Climb	1/1	↗	
	5:47	(Low windup)	4x8 Pullback Climb	1/1	●	
	6:02	(High synth)	4x8 Standing Attack	1/1	●	
	6:17	(Low beat)	8x8 Racing (Forward)	1/1++	↘ to R🔗	
					↘ to B🔗	



07. PURE ADRENALINE 6:50mins

技术与教授

1 第1层

通过设置正确的爬坡阻力和姿势来感受强度的逐步提升。使用第1层提示语，让全体学员骑行时运用好技巧。

- 阻力仅大于基本阻力，腿部按节拍骑行。
- 爬坡阻力；肌肉深处紧绷。
- 使用大齿轮，迫使你从车座站起来
- 站姿爬坡：**挺胸，臀部向后，双肩放松，左右摇摆**
- 站立冲击：**前倾，腹部收紧**

2 第2层&第1层

改进技术/姿势

使用第2层提示语，注意力量，通过使用更多阻力来增加肌肉力量。然后使用第1层提示语设置明确的障碍爬坡。

- 下一个训练高峰是60秒的站立骑行训练；更陡，会让我们变得更强健。
- 臀部坐回车座，蹬踏幅度更大
- 当一只脚蹬踏板时，另一只脚擦臀而过，以带动更多肌肉用力。
- 障碍爬坡：**稍微向后移动臀部，腹肌收紧，稳住臀部，感觉腿后根在发力！**
- 站立冲击：**前倾，膝盖抬高至车把高度；股四头肌用力，为达到最快速度提供力量**

3 第3层

教授/激励

激励骑手们通过联系身体感觉、激昂的音乐和歌词达到新的体能巅峰。

- 肾上腺素：这是我们使最终峰值达到新的健身峰值所需要的！
- 克服阻碍自己的感觉
- 让我们沿着山的另一边向下骑行30秒
- 越快越好；什么都无法阻挡我们

联系

通过注意骑手们的努力与其联系。使用包容性的语言，例如——“我们是最强的”，“什么也无法阻挡我们。”

表现

那么多美妙的音乐时刻！从一开始的强大节奏，与音乐融为一体，全身脂肪在站立爬坡时充分燃烧，站立冲击和站立恢复时的强度明显变化。为了突出这些时刻，言语要少，留出空间，让大家安静地体验。发出声音时，可以有很多方法。加强、激励、柔和、敦促、或振奋？使用其中一些或全部使用，可自行选择。



08. 回程/伸展

1/1 = 110rpm

小节焦点

- 在恢复、放松腿部和做伸展运动的同时，庆祝骑行完成并互相庆祝。

结构

易于骑行的平坦路面，按节拍骑行两次，放松腿部，恢复。

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:02	Intro / Ohhh	2x8	Seated Recovery	1/2	B↺
	0:10	V1 / I'll admit I	4x8	Ride Easy	3/4	●
	0:28	PC / She said	4x8	Ride Easy	3/4	↗
	0:45	C / How long has	6x8	Racing	1/1	↗
2	1:11	V2 / _ I'll admit I	4x8	Ride Easy	3/4	●
	1:29	PC / She said	4x8	Ride Easy	3/4	●
	1:46	C / How long has	8x8	Racing	1/1	↗
3	2:21	Rep / She said	2x8	Transition off the bike		
	2:30	She said	2x8	Standing Quadricep Stretch R		
	2:39	QC / How long has	1½x8	Standing Quadricep Stretch L		
	2:45	Been creepin' round	7x8	Standing Gluteal Stretch L,R		



08. HOW LONG 3:18mins

技术与教授

1 第1层

姿势/阻力/节奏

在骑手们设置基本阻力、恢复和放松腿部的同时祝贺他们。

- *找到基本阻力，轻松骑行，节奏中等*
- *放松和恢复*

2 第2层

教育

让全体学员感到成功，感受他们的心跳和双腿恢复正常。

- *现在我们感觉好多了——在节奏上更加协调一致*

3 第2层

教育

教授全体学员舒展股四头肌和臀大肌。

- *伸展股四头肌：膝盖到膝盖，伸展腿前部*
- *伸展臀大肌：将一条腿交叉，下压到另一条起支撑作用的腿*

联系

帮助骑手们感到成功，为之前投入的努力而自豪，这很重要。这对于鼓励他们重新回到课堂会起到很大作用。

表现

平缓的节拍会带来绝妙的感觉，结合歌词，如“was it for real or just for show”和“how long has this been going on”，带领大家享受这些乐趣。

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



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，或者从小节训练开始，或者当我们开始在训练阶段开始设置训练强度时，在整个小节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



术语

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



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小节，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小节训练阶段，有时在5小节中增加发力。

注意：如果自行车不允许将手置于“D”中，则停留在竞速位置。

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小节、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。

术语

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、小节骑行期间或结束时的恢复、姿势休息和伸展运动。



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。

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。

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。



术语

障碍爬坡

第 1 层

- 臀部稍微后移，上身保持不变
- 腹部内收
- 抬胸
- 双肩向后、放松
- 眼睛位于车把前方

第 2 层

- 稳住臀部，感觉腿后部用力。
- 稍微后移，臀部用力



这个姿势是臀部的稍微后移。确保你教授大家抬胸，并通过核心收紧。

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. 在车座上前倾
2. 脚趾轻微下压-稳住脚踝
3. 防止从车座弹出：来回推拉，收紧腹部并增加阻力
4. 放松上身
5. 下巴内收，眼睛向下看
6. 通过“如果腿开始变慢，没关系，只要尽力即可”等言语来帮助人们获得成功的感受



MUSIC

01

Where We Go (4:01)

P!nk

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02

Where We Go (1:25)

P!nk

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Without You (2:51)

Avicii feat. Sandro Cavazza

Courtesy of the Universal Music Group.

Written by: Bergling, Sandro, Lennevald, Falk, Al Fakir, Pontare, Cavazza

Without You (2:52)

Avicii feat. Sandro Cavazza

Courtesy of the Universal Music Group.

Written by: Bergling, Sandro, Lennevald, Falk, Al Fakir, Pontare, Cavazza

03

Hold On (5:40)

Slushii

© 2017 Slushii. Written by: Unknown

04

One Foot (4:09)

WALK THE MOON

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One Foot (1:28)

WALK THE MOON

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05

Run For Cover (3:24)

The Killers

Courtesy of the Universal Music Group.

Written by: Flowers, Vannucci, Stoermer, Cameron, Price, Marley, Lee

Run For Cover (2:10)

The Killers

Courtesy of the Universal Music Group.

Written by: Flowers, Vannucci, Stoermer, Cameron, Price, Marley, Lee

06

Silence (Illenium Remix) (3:16)

Marshmello feat. Khalid

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Silence (Illenium Remix) (3:07)

Marshmello feat. Khalid

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07

Pure Adrenaline (6:50)

Lyrical Longshot

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08

How Long (3:18)

Charlie Puth

© 2017 Artist Partner Group, Inc. Written by: Franks, Puth, Kasher, Hindlin



从左到右，后排：Adam Rigby（影子展示者）、Jude Larson（影子展示者）、Brent Findlay、Dee Tjeong、Amanda Breen、Joshua Berrier & Nelly Nie（影子展示者）
从左到右，前排：Philip Moore（影子展示者）、Cath Martin（影子展示者）、Glen Ostergaard、Tommi Wong（影子展示者）& Julien Duffour（影子展示者）

拍摄本片时我们在庆祝莱美新西兰成立50周年，因此它具有特殊意义。为了纪念这一时刻，我们选择了新西兰各地莱美俱乐部的教练，组成一个团队，他们真正代表了所在俱乐部的莱美项目。我们承认，他们每天都在向学员们传授优秀的经验，是所在俱乐部的英雄。

RPM79是一部伟大的作品，动作简单，配有极佳的风格多变的音乐，可以让骑手们从有氧运动极限训练中收获最佳效果。音乐之旅充满惊喜！小节1，骑行感觉很好，从内而外温暖你。小节2，供大家尽情顽皮、嬉戏，提升能量。小节3，与合成和电子乐形成鲜明对比，呈现的不仅是史诗感。小节4，感觉超酷，反冲力强，比你想象得要难！确保教授这一小节时强度适度，这样小节5方可奏效。小节5的强度比其他版本更持久，有音乐激励，而没那么“显而易见”。第6小节，为灵魂而设计，靠你去体验。小节7酷到极点，会让你全身振奋，最后全身肾上腺素都会飙升！

动作完美配合音乐的感觉-简单，易于教授，留有足够的空间联系全体学员、进行表现。

障碍爬坡使得大家在3、7小节可略恢复，稍微变换一下训练的感觉。
这使我们能够在整个60秒保持站立！

这是一次有趣、简单、具有挑战性的健身锻炼，适用于各种身体状况。

尽情享受吧！



大声说出你的想法，让我们听到
告诉我们你对这个课程的想法。登陆
lesmills.com/BLAH

致谢

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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小节，以体现当前的音乐和训练原则。如果使用老版本教学，一定要与现代小节混合教学，不要改变动作；小节一经推出，就用于教学，但可以使用更现代的指导语言和术语。如果使用第63期（返程骑行/伸展）的小节8，那么不要同时教授RPM 63之前的小节9（伸展）



小节设置

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 79 小节设置30分钟	
Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 08	Ride Home/Stretch (If time permits)
Total Time	25:44

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!

小节设置60分钟T		小节设置30分钟	
Track 01	Pack Ride	Track 01	Pack Ride
Track 02	Pace	Track 03	Hills
Track 03	Hills	Track 04	Mixed Terrain
Track 04	Mixed Terrain	Track 05	Intervals
Track 05	Intervals	Track 07	Mountain Climb
Track 06	Speed Work	Track 08	Ride Home/ Stretch (If time permits)
Track 03	Hills		
Track 06	Speed Work	Total Time	29:07
Track 07	Mountain Climb		
Track 08	Ride Home/ Stretch		
Total Time	56:34		

KEY

Bup	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)
		Tempo	Normal pace of the music
V	Verse		

Pace

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

Resistance

A🔊	Attack Resistance	B🔊	Base Resistance
C🔊	Climbing Resistance	R🔊	Racing Resistance
↗️	Increase Resistance	●	Maintain Resistance
↘️	Decrease Resistance		



我们是莱美部落

我们是一个全球性的领导者大家庭，热情地致力于创造一个健康的星球。

我们勇敢地激励他人爱上运动，从而发掘自身真实的潜力。

锻炼是我们全球性的运动。数以百万计的我们每天通过汗水团结在一起。我们的运动震撼着整个世界。

音乐是我们的灵魂。它驱使着我们，聚焦在我们身上，为我们带来激情。

我们消除了评判的界限，使所有人都能享受运动带来的独特益处。在尊重传统的同时，我们也为未来设定了方向。希望尽可能人性地去启发，去革新，去创造。

我们完全相信，我们能改变世界。

我们就是莱美部落。

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。



RPM **79**

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

Hey instructors, we'd love your feedback on our new notes. Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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RPM 79

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01. PACK RIDE

1/1 = 119rpm

TRACK FOCUS

- Coach your class to understand and feel the riding Positions, Resistances and Paces.
- Allow your class to feel the warmth of this song by using a relaxed and friendly tone.

PROFILE

4 easy accelerations onto the beat of the music.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:05 Intro / _ Got a hole	4x8	Seated Recovery	1/2	●	E
	0:21 _ Got a feeling	4x8	Ride Easy	1/2	B↻	
	0:37 PC / So here we	5x8	Ride Easy	3/4	↗	
	0:57 C / There's a road	8x8	Racing	1/1	R↻	
2	1:30 V2 / _ There's not a	4x8	Ride Easy	3/4	↘	
	1:46 _ But you had a way	4x8	Ride Easy	3/4	↗	
	2:02 PC / _ This world we	5x8	Ride Easy	3/4+	●	
	2:22 C / There's a road	8x8	Racing	1/1	R↻	
3	2:55 V3 / _ Death is in the	4x8	Seated Recovery	1/2	↘	
	3:11 Promise me	4x8	Ride Easy	3/4	●	
	3:27 C / There's a road	8x8	Racing	1/1	R↻	
4	4:00 V4 / _ Death is in the	4½x8	Seated Recovery	1/2	↘	
	4:18 Promise me	4x8	Ride Easy	3/4	●	
	4:34 C / There's a road	8x8	Racing	1/1	R↻	
	5:06 Outro / There's a road	4x8	Ride Easy / Seated Recovery	3/4-1/2	↘ to B↻	



01. WHERE WE GO 5:26mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Clearly set up Position, Resistance and Pace (PRP) in this first block using Layer 1 cues. Use a relaxed, conversational tone.

- *Base Resistance: Feels like light tension or a grab in the muscles*
- *Ride Easy: Hands relaxed on the handlebars, **shoulders down, lift your chest, hips back***
- *Next gear we find Racing Resistance – good tension with room to move*
- *Racing: **Relax your upper body, light brace through the belly, butt back***

2 LAYER 2

Improve Technique

Use Layer 2 cues to teach your class how they can ride with better Technique.

- *We're simply going to accelerate for 30 seconds with our Racing Resistance*
- *Find that gear – good tension but with room to move, you should be able to accelerate*
- *Hands are stretched out, arms are relaxed*

3 LAYER 2

Manipulate Intensity

Encourage your class to get into the workout more, to start to feel warmer.

- *Let's get nice and warm, 'cause we've got a challenging workout ahead of us!*
- *Racing Resistance is in, feel the tension grab*
- *Now it's time to get the heart rate up a little, let's find the beat*

4 LAYER 3

Motivation / Connection

Final block of work. Motivate your class to find energy using an enthusiastic voice. Remind them this is the last block.

- *Let's find that Racing Resistance one last time*
- *Final block – hit this one a little harder so you're ready for Track 2*

CONNECTION

There are some great lyrics you could highlight like "promise me you'll stay with me", "its alright" and "take me fast or slow". How will you connect to the feel of this track and take your riders with you?



02. PACE

1/1 = 138rpm

TRACK FOCUS

- Create contrast between the Climbs and short bursts of Pace by using your voice and body between the changing rhythms and energy.

PROFILE

4 blocks of easy Climbs and short 15-30 second Pace phases.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery	1/2	B↻	E
	0:17	PC / You said	4x8 Ride Easy	1/2	↗	
	0:31	C / You said	4x8 Ride Easy	1/2	↗	
	0:44	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	0:59	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	1:13	Instr / (Synth melody)	4x8 Racing (Forward)	1/1	↘ to R↻	H
2	1:26	V2 / Now I'm	4x8 Ride Easy	1/2	↘	E
	1:40	C / You said	4x8 Ride Easy	1/2	↗	
	1:54	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	2:08	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	2:22	Instr / (Synth melody)	8x8 Racing (Forward)	1/1	↘ to R↻	H
3	2:50	Instr / (Low)	4½x8 Seated Recovery	1/2	↘	E
	3:06	V3 / You said	4x8 Ride Easy	1/2	↗	
	3:19	C / You said	4x8 Ride Easy	1/2	↗	
	3:33	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	3:47	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	4:01	Instr / (Synth melody)	4x8 Racing (Forward)	1/1	↘ to R↻	H
4	4:15	V4 / Now I'm	4x8 Ride Easy	1/2	↘	E
	4:29	C / You said	4x8 Ride Easy	1/2	↗	
	4:43	C / Gotta learn	4x8 Standing Climb	1/2	C↻	M
	4:57	And I'm done	4x8 Standing Climb Last 4cts accelerate	1/2	↗	
	5:11	Instr / (Synth melody)	8x8 Racing (Forward)	1/1	↘ to R↻ ↘ to B↻	H



02. WITHOUT YOU 5:43mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use the long setup phase to coach Layer 1 PRP with a focus on finding good Climbing Resistance.

- Ride Easy: **Chest up, butt back**, slow pace
- 4 phases of Pace, but first, head towards Climbing Resistance
- Good firm turn, Climbing Resistance: good muscle tension, enough for us to stand
- Standing Climb: **Lifted in our chest, hips over saddle**
- First Pace phase coming up, 15 seconds, lean in, speed up, reduce to Racing Resistance, good tension with plenty of room to move
- Racing: Straight on the beat, **chest up, upper body relaxed, shoulders down, slide forward**
- Short burst

2 LAYER 2

Improve Technique

Enhance your cues from Block 1, using Layer 2 cues. Focus on a steeper, stronger Standing Climb and highlight the longer Racing phase.

- Ride Easy, light reduction, recover. That lifted the heart rate a little!
- This time we're going to climb stronger and race longer
- Climbing gear, Standing Climb
- Nice and lifted, stronger in the arms, we should feel a little more Resistance
- You're aiming for Racing Resistance, that good tension with plenty of room to move, 30-seconds on Pace
- Straight on the beat, relax in arms, hips forward, dip in toes
- Looking amazing already

3 LAYER 2

Manipulate Intensity

This block is a repeat of Block 1, so let your class know this and then Manipulate Intensity by challenging their Racing Resistance for the short 15-second Pace phase. Remember to keep your challenge cues light by using inclusive language to match the feel of the song.

- You guys are moving really well! Let's take a Recovery before we go again
- We're going to 'copy and paste'
- Because we're moving so well, let's give these last two a bit of a kick
- Big Climbing pressure in the legs, enough to stand – Standing Climb!
- Strong and lifted through your chest
- Short burst of speed ahead, so see if you can challenge your Racing gear this time
- Straight away, tight quick circles for fast legs!

4 LAYER 3

Motivate / Inspire

This last block is a repeat of Block 2, with a 30-second Racing phase all the way home! By now your class should know how to ride and climb well, so use this block to Motivate and Inspire them to the end. Use inclusive language and be uplifting with your body and voice to match the awesome song.

- We're going to follow you guys – one more time!
- We're nothing without you guys, so we're going to finish this one together!
- All the way home, 30 seconds in the quick zone
- Go together! Find the beat!
- Great work, halfway, 15 seconds!
- Right through to the end!

PERFORMANCE

Shifts of energy will create contrast within the track as well as create contrast from the tracks before and after. By incorporating contrast we match the RPM essence and create the journey our riders look for. We can do this with our voice, our expressions, our body language, and the intensity we ride whether it be during work or recovery.



03. HILLS

1/1 = 73rpm

TRACK FOCUS

- Clearly coach how Climbing Resistance should feel so that your riders work hard!
- Bring the driving energetic music alive through your voice and body language.

PROFILE

3x 60-second heavy Climbs with optional accelerations in the last 15 seconds.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B↻	E
	0:13	Instr / (Cymbal)	4x8 Ride Easy	1/1	↗	
	0:26	High synth / Hold on	4x8 Ride Easy	1/1	●	
	0:39	Bup / Hold on	4x8 Ride Easy	1/1	↗	M
	0:53	Instr / (Dubstep)	4x8 Standing Climb	1/1	C↻	
	1:06	Rep / Someone to _	4x8 Standing Climb	1/1	↗	H
	1:19	Someone to _	4x8 Pullback Climb	1/1	●	
	1:32	Someone to _	4x8 Standing Attack	1/1 opt 1/1+	●	
2	1:46	(Low)	4x8 Standing Recovery to Seated Recovery	1/2	↘	E
	1:59	Instr / To hold on	4x8 Ride Easy	1/1	●	
	2:12	To hold on	4x8 Ride Easy	1/1	↗	
	2:25	(Bup) / To hold on	4½x8 Power Climb	1/1	↗	M
	2:40	Instr / (Dubstep)	4x8 Standing Climb	1/1	C↻	H
	2:53	Rep / Someone to _	4x8 Standing Climb	1/1	↗	
	3:07	Someone to _	4x8 Pullback Climb	1/1	●	
	3:20	Someone to _	4x8 Standing Attack	1/1 opt 1/1+	●	
3	3:33	(Low)	4x8 Standing Recovery to Seated Recovery	1/2	↘	E
	3:46	High synth / Hold on	4x8 Ride Easy	1/1	●	
	4:00	To hold on	4x8 Ride Easy	1/1	↗	
	4:13	(Bup) / To hold on	4½x8 Power Climb	1/1	↗	M
	4:28	Instr / (Dubstep)	4x8 Standing Climb	1/1	C↻	H
	4:41	Rep / Someone to _	4x8 Standing Climb	1/1	↗	
	4:54	Someone to _	4x8 Pullback Climb	1/1	●	
	5:07	Someone to _	4x8 Standing Attack	1/1 opt 1/1+	●	E
	5:21	Outro / (Low)	5x8 Ride Easy / Seated Recovery	1/2	↘ to B↻	



03. HOLD ON 5:40mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Clearly set up Climbing Resistance so your riders work hard from the start of the 60-second working phase. Then use Layer 1 cues to coach how we climb in the different positions within the block. Ensure that the Pullback Climb is only a slight shift back of the hips, with a lifted chest and strong core. Keep this first working block simple in coaching so that your riders know exactly where they are going and what they are doing.

- Ride Easy: **Butt back, upper body relaxed**
- 3x 60 second heavy hills to challenge our strength!
- Climbing gear – firm pressure in the muscles that we stand on
- Standing Climb: **Lift your chest, body weight over saddle**
- Pullback Climb: **Small shift back of your hips, upper body stays up, brace core tightly**
- **Shift your hips forward:** Standing Attack!
- If you're looking for more intensity – accelerate!

2 LAYER 2

Improve Technique / Manipulate Intensity

This block is identical to the first, so coach the Recovery and then introduce Layer 2 cues to Improve Technique. Revert back to the simple Layer 1 cues to reinforce the Pullback Climb to ensure it is performed correctly.

- Hill number 2 – same in profile but we're going to challenge it with Resistance
- Hands wide, Power Climb: Grip your handlebars, **butt back in the saddle**
- 1 minute of heavy work! Let's go bigger, steeper, stronger!
- Use your body weight more to shift the heavy gear
- Pullback Climb: Small shift back, activating our glutes
- Like a slingshot, shift your hips forward – Standing Attack
- If you've got the gas, accelerate!

3 LAYER 3

Motivate / Inspire

Last block, where again it's a repeat of Block 1 and 2. Let your class know that this is the final minute in the Hills. Set up the profile and Resistance one more time and then use Layer 3 cues to Motivate and Inspire your class to the finish! Be positive by using inclusive language to match the uplifting feel of the song.

- *Remember why you're riding today, and hold onto that reason; immerse yourself in this last hill*
- *One more minute, one more round! Hold on! Together!*
- *How great does it feel to be strong and in control? You feel free!*
- *30 seconds and you're at the top of your hills!*
- *Small shift back, Pullback Climb*
- *Don't wait now – don't ever wait! 15 seconds, shift forward and accelerate! Go for it!*

PERFORMANCE

When we allow ourselves to authentically show our love and passion for RPM we give our riders permission to do the same. By genuinely working hard in this heavy Hills track we can inspire our class to work harder than they ever imagined. Maintaining an uplifting and energetic style will help you achieve this.

TRACK TIP

Use simple Layer 1 cues for all 3 blocks when coaching the Pullback Climb, to make sure that your riders execute it properly. Emphasize that it's only a slight shift back with the hips, chest stays up and core strong.



04. MIXED TERRAIN

1/1 = 103rpm

TRACK FOCUS

- Allow your class to find intensity by coaching the different Resistances correctly.
- Match your energy to the fun feel of this song.

PROFILE

4 challenging rounds with Climbs, Attacks and fast Sprints.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	2x8 Seated Recovery	1/2	●	E
	0:09	V1 / Not a soul	4x8 Ride Easy	1/1	B↻	
	0:27	Ooohhhh	4x8 Ride Easy	1/1	R↻	
	0:46	PC / Cross my heart	4x8 Standing Climb	1/2	C↻	M
	1:05	C / Of the other _	4x8 Standing Attack	1/1	●	H
2	1:24	Br	1x8 Transition	1/2	●	E
	1:28	V2 / Not a soul	4x8 Ride Easy	1/1	B↻	
	1:47	Ooohhhh	4x8 Ride Easy	1/1	R↻	
	2:06	PC / Cross my heart	4x8 Standing Climb	1/2	C↻	M
	2:24	C / Of the other _	4x8 Standing Attack	1/1	●	H
3	2:43	Instr / (Low)	2x8 Seated Recovery	1/2	↘	E
	2:52	Ooohhhh	4x8 Ride Easy	1/1	↗	
	3:11	PC / My heart	4x8 Standing Climb	1/2	C↻	M
	3:29	PC / Cross my heart	4x8 Standing Attack	1/1	●	H
	3:48	C / Of the other _	4x8 Racing (Forward)	1/1+	↘ to R↻	
4	4:07	Instr / (Low)	2½x8 Seated Recovery	1/2	↘	E
	4:18	Ooohhhh	4x8 Ride Easy	1/1	↗	
	4:37	PC / Cross my heart	4x8 Standing Climb	1/2	C↻	M
	4:56	C / Of the other _	4x8 Standing Attack	1/1	●	H
	5:14	_ Oh hey	4x8 Racing (Forward)	1/1+	↘ to R↻ ↘ to B↻	



04. ONE FOOT 5:37mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 PRP cues to find the correct riding Position, Resistance and Pace.

- *Find heavy Resistance – climbing gear*
- *Coming up, we hold Resistance, lean in and accelerate for 20 seconds*
- *Standing Climb: **Chest up, butt back, side to side***
- *Standing Attack: **Lean in, hips forward***

2 LAYER 2

Improve Technique

Same choreography as Block 1, so teach your class how they can do it better. Use Layer 2 cues to Improve Technique and help them ride better.

- *Back off and find that rhythm again – here's your Recovery*
- *Heavy Climbing Resistance, forces you to stand up*
- *Use your body weight more – side to side*

3 LAYER 2

Manipulate Intensity

Explain to your class the change in the terrain and that it's about to get more difficult. Challenge them to work with more intensity.

- *2 down, 2 to go*
- *Now the challenge – 20 seconds Attack, 20 seconds Racing*
- *Let's get it! Here's the sting in the tail*
- *Sit, reduce to Racing Resistance – pressure in the muscles but room to move!*
- *Racing: **Relax your upper body, brace your abs**, hips forward, toes dip*

4 LAYER 3

Motivate / Inspire

This final round is a repeat of Block 3. Motivate and Inspire your class through this last challenge. Use inclusive language that will inspire them to push themselves harder.

- *Last one – let's do this together!*
- *I'll set you up, and you just take it to the end!*
- *Home stretch – we're nearly there; we can do this, right?*

PERFORMANCE

This track is challenging. Think about how you can engage your riders to take on the challenge and have a whole lot of fun at the same time! By focusing on rhythm you enable everyone to either hook into the music, the workout, or both!

TRACK TIP

Clearly coach Pace. We ride the HALF beat in the Standing Climbs, and ON beat in the Ride Easy and Attack Positions. In Racing, coach your class to ride FASTER than the beat.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Challenge your class to work as hard as they can in each of the blocks.

PROFILE

3 Blocks. The first is short and the next two are much longer.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery	1/2	B🔁	E
	0:11	Instr / (Guitar)	4x8 Ride Easy	1/1	●	
	0:22	(Heavy guitar)	4x8 Ride Easy	1/1	↗	
	0:33	V1 / _ What if you	8x8 Ride Easy	1/1	↗	
	0:55	C / _ Run for cover	8x8 Standing Attack	1/1	A🔁	M
2	1:17	V2 / _ What are you	8x8 Ride Easy	1/1	↘	E
	1:39	C / _ Run for cover	8x8 Standing Attack	1/1	A🔁	H
	2:02	Ref / _ And there	6x8 Standing Recovery	1/4	●	E
	2:19	Running _	6½x8 Standing Recovery	1/2-1/1	●	
	2:37	C / Run for cover _	8½x8 Standing Attack	1/1	●or opt↗	H
	3:00	Instr / (Guitar)	8x8 Racing	1/1	●	
3	3:22	Br / (Low)	1x8 Transition	1/1	↘	E
	3:25	V3 / _ What are you	8x8 Ride Easy Option: Stay in Seated Recovery for 4x8	1/1	●	
	3:47	C / _ Run for cover	8x8 Standing Attack	1/1	A🔁	H
	4:09	Ref / _ And there	6x8 Standing Recovery	1/4	●	E
	4:26	Running _	6½x8 Standing Recovery	1/2-1/1	●	
	4:44	C / Run for cover _	8½x8 Standing Attack	1/1	●or opt↗	H
	5:08	Instr / (Guitar)	8x8 Racing	1/1	●	
					↘ to B🔁	



05. RUN FOR COVER 5:34mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 cues to set up Position, Resistance, and Pace, ensuring participants know what to do and when so they can find the right intensity and begin to feel successful.

- *Tip from the hips, Ride Easy, grab the beat*
- *Turn it up – 1, 2, 1, 2, 1, 2*
- *Same Pace, new push, add a gear*
- *This round is short, only 20 seconds!*
- *Attack Resistance: A challenging gear that fights the beat*
- *Standing Attack: Hands out, **hips forward, chest up, belly braced** to stay stable*

2 LAYER 2

Improve Technique / Manipulate Intensity

The focus is now on Layer 2. Now that the participants know what to do and when, we can coach WHAT and HOW? Taking what they are doing and helping them do it better and to get more out of it.

- *Back off, Ride Easy, find the beat*
- *Round 2 is longer: 2 Attacks, a break in the middle, and a surprise at the end. How does that sound?*
- *Find the Attack Resistance, a gear that fights you*
- *Push the handlebars away to help you lift*
- *Slow legs, recover, walk, breathe. You're going to need it!*
- *Start to move a little quicker*
- *Option – if you want more, turn it up – Attack!*
- *Are you ready?*
- *Sit, Race 20 seconds – SURPRISE!*
- *Racing: **Hips back**, shoulders down, **belly braced** to help you push*

3 LAYER 3

Motivate / Inspire

Focus on using Layer 3 cues. Motivate and Inspire your class, helping them to continue to work hard but hopefully even harder this time.

- *Reduce – what are you waiting For?*
- *No kisses, no apologies – not this time. We do it again*
- *Find the fight in the legs – stand, Attack!*
- *Lift your knees and pump your legs – this is how you get fit*
- *Slow legs, breathe, walk – a little quicker*
- *If you can, add a gear – “You've got nothing left to lose”. Attack!*
- *This is the best part – run for cover and embrace the fight in your legs*
- *Hold on 'til the last second*
- *Hold, sit, race*
- *Squeeze out every last drop*
- *Change your legs, change your body, change your fitness level!*

CONNECTION

Participants are deep in the workout now so be mindful of your audience and consider what they need to help them find the intensity in this track. Do they need to be pushed, or nurtured, or given some space to just get it done? Connect to them during the hard parts to let them know you are right there with them, and remember when the going gets tough a bit of empathy goes a long way.

PERFORMANCE

This track is all about the driving high energy in the music. There is a lot of opportunity to have fun with the lyrics and to create change in our voice, volume, tone, and intensity to match the changes in the music.



06. SPEED WORK

1/1 = 145rpm

TRACK FOCUS

- Connect to the feeling of this song, through your voice, face and body.
- Coach your class to ride through the speed changes and to chase the beat.

PROFILE

4x 30-second speed phases, where we chase the beat.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8	Seated Recovery	1/2	B↻ E
	0:13	V1 / I'd rather be a	8x8	Ride Easy	1/2	• E
	0:39	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	1:05	Instr / (Rhythmic clap)	4x8	Ride Easy	3/4+	↗
	1:18	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R↻ H
2	1:45	V2 / _ I'm in need	8x8	Ride Easy or Seated Recovery	1/2	↘ E
	2:11	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	2:37	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R↻ H
3	3:03	Instr / (Low)	4x8	Seated Recovery	1/2	↘ E
	3:17	V3 / I'd rather be a	8x8	Ride Easy	1/2	• E
	3:43	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	4:09	(Rhythmic clap)	4x8	Ride Easy	3/4+	↗
	4:22	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R↻ H
4	4:49	V4 / _ I'm in need	8x8	Ride Easy or Seated Recovery	1/2	↘ E
	5:15	PC / _ I found peace	8x8	Ride Easy	3/4	↗ M
	5:41	Instr / (Heavy synth)	8x8	Racing (Forward)	3/4++	R↻ H
	6:07	Outro	4½x8	Seated Recovery	1/2	↘ to B↻ E



06. SILENCE 6:23mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use simple Layer 1 coaching to set up the first speed phase. Remind your class what Racing Resistance should feel like using descriptive cues.

Clearly coach the momentum shift and acceleration, to allow your class to find their top leg speed

- *This one is for our soul and our fitness*
- *Use the music and momentum for you to find your top leg speed*
- *Light gear change, Medium Pace; notice a slight acceleration – that's you gathering momentum. Let the rhythm guide you to top speed*
- *Just under Racing Resistance, building Pace.*
- *When we hit the line, we find Racing Resistance and chase the beat*
- *Slide hips forward, let's dip our toes, use the momentum*

2 LAYER 2

Improve Technique

Think about ways in which you can help your class ride with better Technique. Use Layer 2 cues to assist them.

- *Ride Easy, hips back, light reduction, recover*
- *Momentum, and we find our inner calm*
- *Start thinking fast. If you relax through the upper body, that will allow the momentum to build in the legs*
- *Racing Resistance, good tension, plenty of room to move*
- *Come with us, relax, find your inner calm, chase the beat*
- *Use the momentum!*
- *Remember to relax your arms and upper body to stay fast*

3 LAYER 2 and LAYER 3

Educate / Inspire

Teach your class the benefits of riding fast; inspire them to want to go quicker using Layer 2 and 3 cues. Inspire everyone in the room by saying that they can all ride fast, even the beginners!

- *Seated Recovery, reduce to Base Resistance*
- *The more often you move fast, the easier will be for your body to go fast*
- *Momentum – when you accelerate, go with the flow, keeping naturally calm & relaxed*
- *Imagine what would happen if you tried to ride a fraction faster*
- *This is the one... hips, toes, arms relaxed*
- *Remember, relaxed in the upper, fast in the lower*
- *Chase, chase the beat!*

4 LAYER 3

Motivate

Last block – your class will need you to Motivate them through the fatigue. Use Layer 3 cues that will take them there.

- *Recover, slowing, light reduction, sit or stay here*
- *The amazing thing about going fast – it makes you feel free. When you feel free you feel calm, then you find peace and happiness.*
- *Are you guys with us?*
- *Building, Racing... chase the beat*

CONNECTION

Use lots of inclusive language to connect with your class. Allow your participants to feel like they are with you throughout the workout.

PERFORMANCE

This song is a massive contrast from the previous track so try and see what you can bring to the party. Brent took a mind-body approach of using inner calm to generate momentum and create fitness.

TRACK TIP

Just like in Track 4, the Choreography Notes have changed in the way that Building and Fast Pace are written. Building is now written as 3/4+ and Fast Pace is 3/4++, but we still coach it the same way.



07. MOUNTAIN CLIMB

1/1 = 65rpm

TRACK FOCUS

- Create a powerful physical and emotional, peak of the ride.
- Help riders feel empowered and connected to the music and physical experience.

PROFILE

3 heavy mountain peaks – 1x 75 seconds and 2x 60 seconds – with a 30-second downhill finish.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:00	Intro	4x8 Seated Recovery	1/2	B↻	E
	0:14	Instr / (Beat)	4x8 Ride Easy	1/1	↗	
	0:29	Instr / (Bup)	4x8 Ride Easy	1/1	C↻	
	0:44	(Heavy)	4x8 Standing Climb	1/1	↗	M
	0:59	(Rhythm)	4x8 Standing Climb	1/1	↗	
	1:14	(Windup)	4x8 Standing Climb	1/1	↗	
	1:28	(Heavy synth)	8x8 Standing Attack	1/1	●	H
2	1:58	Instr / (Low)	3x8 Standing Recovery	1/2	●	E
	2:09	V1 / (Vocals)	8x8 Ride Easy	1/1	↘	
	2:38	_ It's like pure	4x8 Power Climb	1/1	↗	M
	2:54	Instr / (Bup)	4x8 Power Climb	1/1+	↗	
	3:08	(Heavy synth)	4x8 Standing Climb	1/1	C↻	M
	3:23	(Synth)	4x8 Standing Climb	1/1	↗	
	3:37	(Low windup)	4x8 Pullback Climb	1/1	●	
3	3:53	(High synth)	4x8 Standing Attack	1/1	●	
	4:07	(Low)	3x8 Standing Recovery	1/2	●	E
	4:18	Instr / (Vocals)	8x8 Ride Easy	1/1	↘	
	4:48	Instr / _ It's like pure	4x8 Power Climb	1/1	↗	M
	5:03	(Bup)	4x8 Power Climb	1/1+	↗	
	5:18	(Heavy synth)	4x8 Standing Climb	1/1	C↻	H
	5:32	(Synth)	4x8 Standing Climb	1/1	↗	
	5:47	(Low windup)	4x8 Pullback Climb	1/1	●	
	6:02	(High synth)	4x8 Standing Attack	1/1	●	
	6:17	(Low beat)	8x8 Racing (Forward)	1/1++	↘ to R↻ ↘ to B↻	



07. PURE ADRENALINE 6:50mins

TECHNIQUE AND COACHING

1 LAYER 1

Feel the gradual lift of intensity by establishing correct Climbing Resistance and Positions. Use Layer 1 cues to get your class moving with good Technique.

- *Just above Base Resistance to connect your legs to the beat*
- *Climbing Resistance; that's a firm grip, deep in your muscles*
- *A big gear that forces you out of the saddle*
- *Standing Climb: **Chest lifted, butt back, shoulders relaxed, side to side***
- *Standing Attack: **Lean in, brace the belly***

2 LAYER 2 and LAYER 1

Improve Technique / Position

Use Layer 2 cues to focus on strength by using more Resistance to increase muscle activation. Then use Layer 1 cues to establish a clear setup of Pullback Climb.

- *The next peak is 60 seconds of standing work; it's steeper and we're going to use it to get stronger*
- *Hips back in the saddle to drive bigger circles*
- *As one foot pushes, scrape the other foot up to your butt for more muscle activation*
- *Pullback Climb: **Shift your hips back slightly and brace your abs;** steady your hips and feel the back of your legs light up!*
- *Standing Attack: Lean in and drive your knees up to the handlebars; force your quads to power you to the peak*

3 LAYER 3

Motivate / Inspire

Motivate riders to find a new physical fitness peak by connecting them to the feeling in their body, the powerful music and lyrics.

- *Adrenaline: it's what we need to make our final peak our new fitness peak!*
- *Fight the feeling to hold yourself back*
- *Let's fly down the other side of this mountain for 30 seconds*
- *As fast as you can; there's nothing in our way*

CONNECTION

Connect with riders by noticing their effort. Use language that is inclusive for example – “we’re at our strongest”, “there’s nothing in our way”.

PERFORMANCE

So many great musical moments! From the big beat at the start, the synthesizer build, the full fat sound in the Standing Climbs, and the definite change in intensity during the Standing Attacks and Standing Recoveries. To highlight these moments, create space by using fewer words and finding places for silence. When you do use your voice there are many ways to approach it. Build, drive, soften, urge, or hype? Use some or use all, you choose.



08. RIDE HOME/STRETCH

1/1 = 110rpm

TRACK FOCUS

- Celebrate the ride and each other, while recovering, flushing out the legs and stretching.

PROFILE

Easy flat road where we ride to the beat twice to flush out the legs and recover.

	Music		Sequence/Exercise	Pace	Resistance	PI
1	0:02	Intro / Ohhh	2x8	Seated Recovery	1/2	B ↺
	0:10	V1 / I'll admit I	4x8	Ride Easy	3/4	●
	0:28	PC / She said	4x8	Ride Easy	3/4	↗
	0:45	C / How long has	6x8	Racing	1/1	↗
2	1:11	V2 / _ I'll admit I	4x8	Ride Easy	3/4	●
	1:29	PC / She said	4x8	Ride Easy	3/4	●
	1:46	C / How long has	8x8	Racing	1/1	↗
3	2:21	Rep / She said	2x8	Transition off the bike		
	2:30	She said	2x8	Standing Quadricep Stretch R		
	2:39	QC / How long has	1½x8	Standing Quadricep Stretch L		
	2:45	Been creepin' round	7x8	Standing Gluteal Stretch L,R		



08. HOW LONG 3:18mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Congratulate your participants on the ride while they establish Base Resistance to recover and flush out the legs.

- *Find Base Resistance, Ride Easy, Medium Pace*
- *Relax and recover*

2 LAYER 2

Educate

Allow your class to feel successful and feel their heart rate and legs returning to normal.

- *Now we feel better – one more flush together on the beat*

3 LAYER 2

Educate

Teach your class to stretch the Quads and Glutes

- *Quad Stretch: Knee to knee, lengthen the front of your leg*
- *Glute Stretch: Cross one leg over and sink onto your supporting leg*

CONNECTION

Helping riders feel successful and proud of the effort they just put in is important. It plays a big part in encouraging them back to your class again.

PERFORMANCE

A smooth funk beat promotes a groovy feel, and mixed with lyrics like "was it for real or just for show" and "how long has this been going on" create opportunities for fun.



GLOSSARY

KEY RPM RIDING POSITIONS

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

Some positions are used at specific Paces or Resistances as they are designed for speed, climbing and power recovery. Others are used with all paces and resistance. Your goal is to ride both effectively and efficiently in each Position and have your participants do the same.

BIKE SETUP

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

SEAT HEIGHT

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

SEAT FORE AND AFT

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

HANDLEBAR HEIGHT

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

HANDLEBAR FORWARD AND BACK

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

RIDE EASY

Layer 1

- *Tip forward from the hips*
- **Sit back in the saddle**
- **Hands shoulder-width apart**
- *90-degree angle at your upper arm and torso*
- *Lengthen the back of the neck and tuck in chin*
- **Chest lifted**
- **Shoulders back**
- **Soft elbows**
- *Upper body relaxed*
- *Hips, knees, ankles in line*
- *Middle of kneecap in line with 2nd toe*
- *Eyes in front of the handlebars*



Layer 2

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

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

RACING

Layer 1

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





GLOSSARY

Layer 2

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

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

Don't overreach in this position because we don't want to compromise the lower back, the shoulders or the neck. This 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*



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 for this position are during the work phases in Tracks 2, 4 and 6 and sometimes in Track 5 for increased power output.

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

STANDING ATTACK

Layer 1

- *Hands to the end of the handlebars*
- **Bring your body weight slightly forward**
- **Abs 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.



GLOSSARY

SEATED RECOVERY

Layer 1

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



Layer 2

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

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

STANDING CLIMB

Layer 1

- Hands placed at end of handlebars with relaxed grip
- **Butt just over the front of your seat**
- **Abs 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.

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.

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



GLOSSARY

PULLBACK CLIMB

Layer 1

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



Layer 2

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

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

STANDING RECOVERY

Layer 1

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



Layer 2

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

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

SPEED COACHING CUES

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



MUSIC

01

Where We Go (4:01)

P!nk
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Written by: Moore, Kurstin

02

Where We Go (1:25)

P!nk
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Written by: Moore, Kurstin

Without You (2:51)

Avicii feat. Sandro Cavazza
Courtesy of the Universal Music Group.
Written by: Bergling, Sandro, Lennevald, Falk, Al Fakir, Pontare, Cavazza

03

Without You (2:52)

Avicii feat. Sandro Cavazza
Courtesy of the Universal Music Group.
Written by: Bergling, Sandro, Lennevald, Falk, Al Fakir, Pontare, Cavazza

Hold On (5:40)

Slushii
© 2017 Slushii.
Written by: Unknown

04

One Foot (4:09)

WALK THE MOON
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Written by: Petricca, Ray, Waugaman, Maiman, McMahon, Berger

One Foot (1:28)

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Written by: Petricca, Ray, Waugaman, Maiman, McMahon, Berger

05

Run For Cover (3:24)

The Killers
Courtesy of the Universal Music Group.
Written by: Flowers, Vannucci, Stoermer, Cameron, Price, Marley, Lee

Run For Cover (2:10)

The Killers
Courtesy of the Universal Music Group.
Written by: Flowers, Vannucci, Stoermer, Cameron, Price, Marley, Lee

06

Silence (Illenium Remix) (3:16)

Marshmello feat. Khalid
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Written by: Robinson, Comstock

Silence (Illenium Remix) (3:07)

Marshmello feat. Khalid
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Written by: Robinson, Comstock

07

Pure Adrenaline (6:50)

Lyrical Longshot
© 2018 Les Mills Music Licensing Ltd.
Written by: Engblom

08

How Long (3:18)

Charlie Puth
© 2017 Artist Partner Group, Inc.
Written by: Franks, Puth, Kasher, Hindlin



L-R Back: Adam Rigby (Shadow), Jude Larson (Shadow), Brent Findlay, Dee Tjeong, Amanda Breen, Joshua Berrier & Nelly Nie (Shadow)
L-R Front: Philip Moore (Shadow), Cath Martin (Shadow), Glen Ostergaard, Tommi Wong (Shadow) & Julien Duffour (Shadow)

This filming was extra special as we were also celebrating the 50th anniversary of Les Mills in New Zealand. To mark the occasion, we selected a team of shadows from Les Mills clubs around New Zealand who truly represent the program in their clubs. We would like to recognize them as the heroes of their clubs who deliver great experiences for their members every single day.

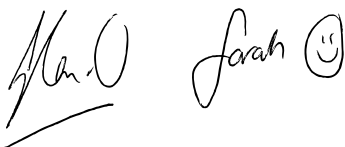
RPM79 is an amazing release with simple choreography matched with an awesome and diverse range of music allowing riders to get the most out of their cardio peak workout. The musical journey is amazing! Track 1, feels so good to ride, it warms you up from inside out. Track 2, is cheeky and playful with great lifts in energy. Track 3, has awesome contrast both synth and dubstep which just feels epic. Track 4, has a super cool feel and a serious kick and is harder than you think! Make sure that this track is taught with the appropriate intensity so that Track 5 can be effective. Track 5 has a more sustained intensity than other releases, which is driven by the music, it's not so "in your face". Track 6, one for the soul for you to feel. Track 7, is insanely cool, it pumps and the adrenalin will be surging through your body at the end!

The choreography matches the feel of the music beautifully – it is simple in nature, allowing super clear coaching, plenty of space for connection and performance.

The Pullback Climb makes a comeback in tracks 3 & 7, to shift the feel of the workout slightly. This will allow us to stay standing for an entire 60 seconds!

It's a fun, simple and challenging workout for all fitness levels

ENJOY!



BE LOUD AND HEARD

Tell us what you think of this release. Visit lesmills.com/BLAH
RPM 79

CREDITS

- Program Director** – Glen Ostergaard
- Head of Training, RPM** – Sarah Ostergaard
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultant** – Bryce Hastings & Andrew Newmarch
- Production Coordinator** – Monique Whareumu
- Special thanks to: Dan Aux** – George FM DJ, for music sourcing and suggestions

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.
- Amanda Breen** (Australia) is an RPM, BODYJAM and SPRINT Trainer. She is also the Director for People and Culture, Les Mills Asia Pacific.

- Brent Findlay** (New Zealand) is an RPM, BODYPUMP and LES MILLS GRIT 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, LES MILLS TONE, BODYATTACK, BODYPUMP, BODYSTEP and LES MLLS SPRINT Trainer. She is also a nurse and is based in Brisbane.

- Joshua Berrier** (USA) is an RPM and LES MILLS SPRINT Trainer and a BODYPUMP, BODYCOMBAT and CXWORX Instructor and a LES MILLS GRIT Coach. He is based in New York, where he is the director of visual merchandising for MAC Cosmetics.

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.



EXPRESS 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 79 30 MINUTE FORMAT

Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 08	Ride Home/Stretch (If time permits)
Total Time	25:44

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 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 06	Speed Work
Track 03	Hills
Track 06	Speed Work
Track 07	Mountain Climb
Track 08	Ride Home/Stretch
Total Time	56:34

30 MINUTE FORMAT

Track 01	Pack Ride
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 07	Mountain Climb
Track 08	Ride Home/Stretch (If time permits)
Total Time	29:07

KEY

Bup	Build up	Br	Bridge (non-chorus)
C	Chorus	Cts	Musical Counts
HR	Heart rate	Instr	Instrumental
Intro	Introduction	Mins	Minutes
Outro	Last few bars of music	PC	Pre-chorus
QC	Quiet Chorus	Ref	Refrain (recurring phrase or number of song lines)
Synth	Synthesizer	Tempo	Normal pace of the music
V	Verse		

Pace

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

Resistance

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



WE ARE THE LES MILLS TRIBE

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

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

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

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

We are the Les Mills Tribe.

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.

