

RPM 80

01. 集结骑行

02. 节奏

03. 山坡

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05. 间歇

06. 集结骑行

07. 山脉

08. 回程/伸展

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 = 125rpm

小节焦点

- 通过早期预先提示，让大家清楚本小节中的众多姿势、阻力和节奏变化。

结构

3段短暂轻松爬坡，较长的节奏训练

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro /	4x8 Seated Recovery	●	1/2	E
	0:20	Ref / _ Sit down girl	4x8 Ride Easy	B↻	3/4	
	0:35	V1 / ABC is	4x8 Ride Easy	●	1/2	
	0:51	QC / Simple melody	4x8 Ride Easy	↗	3/4	
	1:07	C / Simple melody	8x8 Racing	R↻	1/1	
2	1:38	Instr / _ Oohhhhhh	4x8 Ride Easy	↘	3/4	
	1:53	V2 / ABC is	4x8 Ride Easy	●	1/2	
	2:08	QC / Simple melody	4x8 Ride Easy	↗	3/4	
	2:24	C / Simple melody	8x8 Racing	R↻	1/1	
3	2:55	Ref / 1, 2, 3 baby	2x8 Seated Recovery	●	1/2	
	3:03	1, 2, 3 baby	2x8 Ride Easy	●	3/4	
	3:11	C / Simple melody	8x8 Racing	●	1/1	
4	3:42	Br /	½x8 Transition	●	1/2	
	3:44	V3 / ABC is	4x8 Ride Easy	↘	1/2	
	3:59	QC / Simple melody	4x8 Ride Easy	↗	3/4	
	4:14	C / Simple melody	8x8 Racing	R↻	1/1	
5	4:45	Ref / 1, 2, 3 baby	2x8 Seated Recovery	●	1/2	
	4:53	1, 2, 3 baby	2x8 Ride Easy	●	3/4	
	5:01	C / Simple melody	8x8 Racing	●	1/1	
	5:32	Outro /	2x8 Ride Easy	↘ to B↻	1/2	



01. EASY LOVE 5:42mins

技术与教授

1. 第1层

姿势/阻力/节奏

使用第1层提示语明确设置姿势、阻力和节奏（PRP）。描述阻力所应有的感觉。

- 臀部以上向前倾，找到车把
- 找到基本阻力：肌肉轻微绷紧
- 轻松骑行：**肩膀放松，挺胸，臀部向后**
- 让我们找到竞速阻力：肌肉绷紧适度，留有大量移动空间
- 竞速：**双手分开，肩膀放松，挺胸**

2. 第2层

提高技巧

从第一个回合开始，使用第2层提示提高你的参与者的技巧。第2层提示可帮助大家骑得更好。专注与阻力的关联。

- 感觉怎么样？他们的技巧到位吗？
- 慢下来，找到所需的慢节奏。
- 再次找到竞速阻力：记住，肌肉紧绷适度，有一定的灵活性，让我们能够跟着节拍骑行
- 竞速，紧跟节拍
- 将身体核心部分轻轻靠在车座上，以保持稳定

3. 第2层

管控强度

问问你的学员他们是否开始感觉到强度有轻微提高且是否开始感到热身更加明显。使用第2层提示管控强度，让大家为继续锻炼做好准备。他们需要使用更多的阻力还是跟着节拍骑行？

- 开始感受到肌肉中的竞速阻力。让你能够跟着节拍骑行。
- 让我们找到节奏，1, 2, 1, 2
- 现在开始感到热身更加明显了吗？

4&5 第3层

激励/交流

最后两段训练，所有骑行基础知识都已经教了。现在，打开音乐，与学员进行交流，如果时间允许的话，可以制造一点乐趣！

- 还有两段训练，腿已热身好，心率也已提高
- 最后30秒，让我们坚持到最后
- 简单的旋律，给你的双脚施加压力，跟着节拍骑行，那是为你们和我准备的RPM。

交流

热身是一个非常重要的环节，供你与你的学员进行交流并建立融洽的关系。由于强度很低，这是很好的机会进行留心观察，与参与者进行眼神交流，可以是大量的微笑，也可以是对个人或对整个班级的认可。融入音乐氛围也是与他们进行交流的好方法。可以是融入歌词意境或者是跟着唱一小段？

在本小节中，你将如何与大家进行交流？



02. 节奏

1/1 = 138rpm

小节焦点

- 配合歌曲意境，以欢快的语气，制造温馨的开始。

结构

5个回合的加速，按音乐节拍进行。

	Music		Position	Resistance	Pace	PI
1	0:00	Intro / _ My love	6x8	Ride Easy	B↻	E
	0:21	Ride on _	4x8	Ride Easy	↗	
	0:34	PC / _ I know your	4x8	Ride Easy	↗	
	0:48	C / If it feels	5x8	Racing (Forward)	R↻	
2	1:05	V2 / My time	4x8	Ride Easy	↘	
	1:22	PC / _ I know your	4x8	Ride Easy	↗	
	1:35	C / If it feels	6x8	Racing (Forward)	R↻	
	1:56	Br / (Low)	2x8	Transition	C↻	
	2:03	Rep / _ Paradise	4x8	Standing Climb	●	
	2:17	_ Paradise	4x8	Standing Climb	↗	
	2:31	_ Paradise	4x8	Standing Climb	↗	
	2:45	C / If it feels	8x8	Racing	↗ to R↻	
	3:13	If it feels	8x8	Racing (Forward)	●	
3	3:40	V3 / My time	4x8	Ride Easy	↘	
	3:55	PC / _ I know your	4x8	Ride Easy	↗	
	4:08	C / If it feels	6x8	Racing (Forward)	R↻	
	4:29	Br / (Low)	2x8	Transition	C↻	
	4:37	Rep / _ Paradise	4x8	Standing Climb	●	
	4:50	_ Paradise	4x8	Standing Climb	↗	
	5:04	_ Paradise	4x8	Standing Climb	↗	
	5:18	C / If it feels	8x8	Racing	↗ to R↻	
	5:46	If it feels	8x8	Racing (Forward)	●	
				↘ to B↻		



02. PARADISE 6:15mins

技术与教授

1. 第1层

姿势/阻力/节奏

使用简单的第1层提示来设置PRP。这是一段短暂的竞速训练，因此，提示基本的冲刺提示让你的学员尽早快速地找到骑行的感觉。

- 基本阻力：轻微靠着车轮
- 蓄势阶段，我们将全力进入竞速阻力状态
- 竞速阻力：对肌肉施加压力，但需留有移动空间
- 竞速：**挺胸，上身放松，肩膀放松，在车座上向前滑动**

2. 第2层和第1层

提高技巧/姿势/阻力

依靠你在第1段中使用的提示，重点是跟上节拍。教他们如何使用第2层提示骑得更快。

使用过渡找到爬坡阻力，在此描述爬坡阻力应该是什么感觉。这段爬坡较长，因此，使用大量的极好的第1层提示教你的学员如何做好爬坡。

在爬坡训练中，早期预先提示有一个长节奏训练阶段。给大家一个结构提示，你可以说我们坐下来减少竞速阻力，然后花30秒时间来创造竞速阻力并在最后30秒钟跟着节拍骑行。再次使用那些冲刺提示教他们如何跟上节拍并找到强度。

- 竞速阻力：肌肉绷紧适度，但需有足够的灵活性
- 为了帮助双腿更快地骑行，向前滑动，脚趾下压
- 我们的目标是让双脚快速地踩完小圈。
- 爬坡阻力：高度绷紧，到足以让你的臀部离开车座的程度
- 站姿爬坡：**挺胸，左右小幅度移动**
- 我们即将进行60秒的节奏训练。我们用30秒达到阻力状态，然后最后30秒跟着节拍进行骑行。
- 坐下，降低竞速阻力——我们在创造适合节拍的阻力
- 最后30秒——找到节奏，向前滑动，脚趾下压！

3. 第2层和第3层

管控强度

通过向你的学员提一些让他们感到其有责任达到其节奏和阻力水平的问题，鼓励他们在这最后一段中更努力地训练。在爬坡中使用第2层提示，教他们如何以更好的技巧骑行。激励和鼓励你的学员将这一小节完成得非常棒。

- 你进入竞速阻力状态了吗？
- 增加一个齿轮，顺时针转动——找到爬坡阻力；这种感觉应该是很沉重、难以推动
- 我们将前倾，攻克爬坡巅峰
- 降低竞速阻力，让其与节拍相匹配
- 最后30秒，找到节拍！你现在骑到你的最快速度了吗？

表现

用你的声音、面部表情、肢体动作以及与音乐的融为一体来制造对比。在训练和恢复阶段展示不同的强度。你将如何在本小节中制造对比？

小节提示

由于本小节中有很多姿势、阻力和节奏变化，因此，你必须清楚你的PRP提示，这一点很重要。如果这一点你做好了，你的学员将能够找到正确的训练强度水平。



03. 山坡

1/1 = 80rpm

小节焦点

- 设计一种令人振奋、充满活力的教授风格，以匹配音乐的活力感。

结构

5个回合的混合爬坡：1段30秒的爬坡，然后4段45秒的爬坡

	Music		Position	Resistance	Pace	PI
1	0:00	Intro / _ It's no	8x8	Seated Recovery	B↻	E
	0:25	QC / Everybody	4x8	Ride Easy	↗	
	0:37	Everybody's	4x8	Power Climb	↗	M
	0:49	Instr / (Synth)	4x8	Standing Climb	C↻	H
	1:01	To you.	4x8	Standing Attack	●	
2	1:13	V2 / To you. As you	4x8	Standing Recovery	●	E
	1:25	_ Don't ever	4x8	Ride Easy	↘	
	1:37	QC / Everybody's	4x8	Power Climb	↗	M
	1:49	Instr / (Synth)	4x8	Standing Climb	C↻	H
	2:01	Rep / To you.	4x8	Pullback Climb	●	
	2:13	To you.	4x8	Standing Attack	●	
3	2:25	Instr / (Low synth)	4x8	Standing Recovery	●	E
	2:37	QC / Everybody's	4x8	Ride Easy	↘	
	2:49	Everybody's	4x8	Power Climb	↗	M
	3:01	Rep / To you.	4x8	Standing Climb	C↻	H
	3:13	Already Know _	4x8	Pullback Climb	●	
	3:25	Everybody's	4x8	Power Climb	●	
4	3:37	V3 / To you. As you	4x8	Ride Easy	↘	E
	3:49	_ Don't ever	4x8	Ride Easy	●	
	4:01	QC / Everybody's	4x8	Power Climb	↗	M
	4:13	Instr / (Synth)	4x8	Standing Climb	C↻	H
	4:25	Rep / To you.	4x8	Pullback Climb	●	
	4:37	To you.	4x8	Standing Attack	●	
5	4:49	Instr / (Low synth)	4x8	Standing Recovery	●	E
	5:01	QC / Everybody's	4x8	Ride Easy	↘	
	5:13	Everybody's	4x8	Power Climb	↗	M
	5:25	Rep / To you.	4x8	Standing Climb	C↻	H
	5:37	Already know _	4x8	Pullback Climb	●	
	5:49	Everybody's	4x8	Power Climb	●	

↘ to B↻



03. EVERYBODY'S SOMEBODY 6:05mins

技术与教授

1. 第1层

姿势/阻力/节奏

使用本小段训练清楚地教授第1层PRP提示，以确定正确的骑行姿势、阻力和节奏。指导你的参与者尽早进入节奏，然后在30秒爬坡到来之前找到爬坡阻力。

- 轻松骑行：臀部向后，**挺胸**，上身放松
- 用力爬坡：**双手打开**，**臀部向后**，**腹部收紧**
- 爬坡阻力是双腿紧紧绷紧，紧到足以让你站起来
- 站姿爬坡：**挺胸**，**腹部收紧**，两手臂放松，双肘不要太用力
- 站立冲击：**前倾**，**挺胸**

2. 第2层与第1层

提高技巧/姿势

使用第2层提示教你的学员更好地爬坡，以提高骑行技巧。使用第1层提示教障碍爬坡，因为这是本姿势训练中的第一次障碍爬坡。

- 当我们坐下时，减轻阻力以找到节奏并进行恢复
- 站姿爬坡：进行更多的左右摇摆，有助于轻松推动阻力
- 障碍爬坡：臀部略微向后移动，腹部收紧
- 站立冲击：臀部向前，以便使用更多的股四头肌

3. 第2层

管控强度/提高技巧

通过让你的学员感到其有责任达到其所用的阻力，鼓励他们训练。在用力爬坡时，他们将需要你帮助他们度过难关。使用此处所提及的有关提高技巧的第2层提示。

- 你们准备好更努力地训练了吗？你用的阻力能比上次多吗？
- 爬坡阻力：脚下很沉重，沉重到足以让你站起来
- 保持挺胸状态
- 向后拉一点，让臀部、臀大肌和股后肌群都更多地参与进来
- 停住齿轮——坐回去回到用力爬坡状态。臀部向后，从股后肌群和臀部获得更多力量

4和5 第3层

激励与鼓励

当你的学员变得疲劳时，你需要调动他们的积极性，让他们坚持到最后，这一点很重要。用你的声音、肢体语言和面部表情来激励和鼓励他们完成训练。或者，这就是你要说的内容吗？你能做些什么来让他们突破极限？

- 你在外面是什么人并不重要；在这里你可以成为你想成为的人……你是谁？

表现

融入到音乐的氛围和活力中去，展示你对RPM和这首歌的热爱。以令人振奋和充满活力的风格——融入歌词的意境，如果对你有帮助的话，这会帮助你完成这一目标。

小节提示

由于我们在最新的几个版本中纳入了障碍爬坡项目，所以，我们开始探索一些第2层提示来帮助解释站姿爬坡、障碍爬坡和站立冲击之间的感觉差异。例如，“将臀部略微向后移动，用作进入冲击状态的垫脚石”。



04. 混合地形

1/1 = 150rpm

小节焦点

- 做好竞速阶段的预先提示，因为它们来得很快
- 你的教授要有令人振奋的感觉，用你的声音制造对比

结构

3组混合地形：不断滚动的速度与力量浪潮，在这些浪潮中，我们追赶节奏而动。

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	B🔄	1/2	E
	0:06	Instr / (Guitar)	4x8	Ride Easy	↗	1/2	
	0:19	V1 / _ Wide-eyed	4x8	Ride Easy	↗	3/4	
	0:32	PC / _ Our midnight	4x8	Ride Easy	↗	3/4+	M
	0:44	C / Those tidal	4x8	Racing (Forward)	R🔄	3/4++	H
2	0:57	V2 / _ I wake up	4x8	Ride Easy	↘	3/4	E
	1:11	PC / _ Our midnight	4x8	Ride Easy	↗	3/4+	M
	1:23	C / Those tidal	8x8	Racing (Forward)	R🔄	3/4++	H
	1:48	Instr / (low drums)	4x8	Standing Climb	C🔄	1/2	M
	2:01	For a change	4x8	Standing Climb	↗	1/2	
	2:14	C / Those tidal	8x8	Racing (Forward)	↘ to R🔄	3/4++	H
	2:40	Instr / _ Ohhhh	4x8	Aero-Racing (Forward)	●	3/4++	
3	2:52	Br /	½x8	Ride Easy	●	1/2	E
	2:54	V3 / _ I wake up	4x8	Ride Easy	↘	3/4	
	3:07	PC / _ Our midnight	4x8	Ride Easy	↗	3/4+	M
	3:20	C / Those tidal	8x8	Racing (Forward)	R🔄	3/4++	H
	3:45	Instr / (low drums)	4x8	Standing Climb	C🔄	1/2	M
	3:58	For a change	4x8	Standing Climb	↗	1/2	
	4:11	C / Those tidal	8x8	Racing (Forward)	↘ to R🔄	3/4++	H
	4:37	Instr / _ Ohhhhh	4x8	Aero-Racing (Forward)	●	3/4++	
				↘ to B🔄			



04. TIDAL WAVES 4:54mins

技术与教授

1. 第1层

姿势/阻力/节奏

使用第1层PRP提示让你的骑手们准备好进行其第一段节奏训练。教授竞速阻力的感觉并让你的骑手们知道我们是在‘追赶节奏’而不是随节拍而动。

- 我们所面临的是3波速度和爬坡训练
- 第一波，很短，就15秒，放松退步
- 竞速阻力：腿部压力很大，但有很大的移动空间
- 追赶节奏
- 竞速：**臀部向前，腹部收紧**

2. 第1层和第2层

姿势/阻力/提高技巧/管控强度

明确预先提示本段的结构并提供第2层提示，以帮助他们更好更快地骑行。教你的学员如何使用第1层提示爬坡。在第二段爬坡阶段，让他们知道，只要他们正开始减速就行，尽力而为就好。

- 第一波爬坡时间：30秒追赶节奏，爬坡势头兴起后30秒爬坡，45秒完成爬坡高峰，然后跟着节拍而动
- 竞速：臀部向前，脚踝稳住，脚趾下压，以便骑得更快
- 接下来就是爬坡，用力蹬，直到双腿慢下来。

爬坡阻力

- 站姿爬坡：你应感觉到双腿和脚下的压力很大。**臀部向后，挺胸**
- 增加一个齿轮——爬坡势头正在积蓄能量和速度。45秒追赶时间
- 尽可能地快。如果你正在放慢速度，也不必担心！保持你的骑行势头。
- 最后15秒钟，有氧竞速。双手置于其中，双肩向后和向下拉。

3. 第3层

激励/鼓励

第3段是第2段的重复。使用本最后一段来激励和鼓励你的骑手坚持到最后。享受歌词的乐趣以及歌曲所带来的炫酷、欢乐活力。

鼓励参与者尽可能地继续骑行。记住，如果他们开始减速，要让他们感觉到减速也是可以的。

- 最后一段，与前一段一样
- 让我们追赶节奏，做到尽可能地快。
- 快速骑行将给予我们肾上腺素，让我们感觉良好
- 有氧竞速：15秒，一直到 回到原地

表现

你的声音需要充满活力和乐观，以匹配歌曲的意境以及本小节的编排。你将如何在本小节中展示你对的RPM的热爱？

小节提示

为了帮助你的骑手取得更大的成功，请尽早预先提示爬坡，以便在快速进入爬坡之前每个人都有时间达到爬坡阻力。爬坡完后，与节奏阶段一样：提前进行预先提示，以便你的学员准备好降低竞速阻力并快速骑行。

此外，由于本小节比140rpm快，所以，我们的提示是追赶节拍，而不是“跟着节拍骑行”



05. 间歇

1/1 = 87rpm

小节焦点

指导参与者在各段中及各段间紧跟训练，鼓励他们进行有氧健身和心血管适应训练。

使用冲击阻力来对抗1/1节奏，教参与者如何变得更强。

结构

4段间歇训练：第1段，时长20秒。然后，3组时长40秒的训练小段，一共4次短冲击

	Music		Position	Resistance	Pace	PI		
1	0:00	Intro /	4x8	Seated Recovery	B🔄	1/2	E	
	0:14	Instr / (Eerie synth)	4x8	Ride Easy	↗	1/1	E	
	0:25	(Electric guitar)	4x8	Ride Easy	↗	1/1		
	0:36	(B up)	4x8	Ride Easy	A🔄	1/1		M
	0:47	(Heavy)	8x8	Standing Attack	●	1/1	H	
2	1:09	V1 / You can hide	6x8	Ride Easy	↘	1/1	E	
	1:25	The final call	4x8	Ride Easy	↗	1/1	E	
	1:37	New dawn	2x8	Ride Easy	A🔄	1/1		M
	1:42	Instr / (Drum 'n' bass)	4x8	Standing Attack	●	1/1		H
	1:53	Ref / Just leave this	4x8	Racing	●	1/1	H	
	2:04	Instr / (Heavy)	8x8	4x Attack Combo	●	1/1		
				1x8 Standing Attack	●	1/1		
			1x8 Racing	●	1/1			
			↗ On 1st Attack					
3	2:26	V2 / They are stand	6x8	Ride Easy	↘	1/1	E	
	2:43	Will we surrender	8x8	Ride Easy	↗	1/1	M	
	3:05	Instr / (Low)	4x8	Ride Easy	A🔄	1/2	E	
	3:16	V3 / When all your	4x8	Standing Recovery	●	1/2	H	
	3:27	Instr / (Heavy)	8x8	Racing	●	1/1		
	3:49	(Heavy synth)	8x8	4x Attack Combo				
			↗ On 1st Attack					
4	4:11	Br / (Low)	2x8	Transition	●	1/1–1/2	E	
	4:17	V4 / They are stand	6x8	Ride Easy	↘	1/1	E	
	4:33	Will we surrender	8x8	Ride Easy	↗	1/1		M
	4:55	Instr / (Low)	4x8	Ride Easy	A🔄	1/2		E
	5:07	V5 / When all your	4x8	Standing Recovery	●	1/2	H	
	5:17	Instr / (Heavy)	8x8	Racing	●	1/1		
	5:40	(Heavy synth)	8x8	4x Attack Combo				
				↗ On 1st Attack				
	6:02	Outro /	3x8	Ride Easy	↘ to B🔄	1/2	E	



05. GRANITE 6:14mins

技术与教授

1. 第1层

姿势/阻力/节奏

使用简单的第1层PRP提示对本第一段训练进行设置。要清楚冲击阻力应达到什么样的感觉。你要让你的骑手以正确的阻力和节奏骑行，以便他们能马上获得最大的成果。

- 冲击阻力：**强烈绷紧状态，与节奏相抗争，只留一点点移动空间**
- 轻松骑行：**臀部向后，挺胸，两肘不要用力**
- 第一个回合，20秒
- 站姿冲击：**臀部向前，挺胸**

2. 第2层

提高技巧/管控强度

鼓励参与者在第一段后通过稍微降低阻力来紧跟锻炼。鼓励你的学员达到其阻力水平并在4次快速冲击前达到更大阻力。提前预先提示他们，以便他们为快速转变做好准备。

- 轻松骑行，略微降低阻力。紧跟锻炼，保持心率
- 第2个回合，同样是吃力的齿轮和挑战节奏。时间加倍——40秒
- 站姿冲击：集中抬起膝盖
- 竞速：坐回到车座上，闹闹抓住手柄，以便你在骑行时有支撑点
- 最后20秒，4次大冲击。如果你能保持节奏，就再增加一个齿轮——冲击4、3、2、1. 竞速
- 坚持

3. 第2层

培训/管控强度

让参与者明白为什么我们在每一段最大化训练中以及之间都要紧跟训练。在站姿恢复之前要减速，以鼓励他们实现更多的冲击阻力。

- 速度稍微慢一点。战胜想要放弃训练的想法
- 下一挑战，坐在车座上骑行的时间更多。20秒竞速，然后4次快速冲击。
- 首先，增加阻力，让双腿放慢。站立，感觉双腿绷紧
- 竞速：重点在节奏上，1、2、1、2. 挑战来自齿轮：如果你能加快速度，增加齿轮！
- 迅速离开车座。保持坐在车座上。

4. 第3层

激励/鼓励

使用第3层激励提示帮助参与者付出最大努力进行训练并以成为运动员、争取领先来鼓励他们。

- 再来1个回合。同样是40秒：20秒竞速，然后4次冲击
- 本小节的中心就是努力，付出我们的最大努力让心率迅速加快
- 继续努力，放胆去做，直到双腿放慢；需要付出巨大努力才能重新回到节拍上
- 腹部收紧，以帮助你推动沉重的齿轮

交流

注意并了解你的参与者需要些什么，以便其充分完成本小节。对他们的训练作出回应。如果他们不能跟上节奏，让他们降低阻力直到他们的速度提起来。如果他们可以更努力地训练，让他们加把劲！

表现

本小节实际上是最具挑战性的。想想你要如何展现你对卖力骑行的热爱，鼓励你的学员接受挑战但同时让挑战变得愉快。用你的声音为本小节以及最大化训练阶段中的兴奋制造对比。

小节提示

与其他间歇训练相比，本小节的独特之处在于我们在恢复阶段也紧跟训练以挑战我们的心血管健康。告诉参与者在每一段训练接近尾声时都要紧握装备。然后，当你进入轻松骑行时，提示“略微降低阻力”，这样一来，他们就不会过度降低阻力



06. 速度训练

1/1 = 131rpm

小节焦点

- 鼓励你的学员突破其自己的最高速度。
- 明确教授不同的腿部速度

结构

3x60秒速度训练。第2段和第3段共有4次速度突破，我们要加速到比节拍要快

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	B👉	1/2	E
	0:07	V1 / We can be	8x8	Ride Easy	●	1/2	
	0:36	Believe your eyes	4x8	Ride Easy	↗	3/4	
	0:51	No Compromise	4x8	Ride Easy	↗	3/4+	M
	1:05	Instr / (Synth)	16x8	Racing (Forward)	R👉	1/1	H
2	2:04	V2 / We watch the	4x8	Seated Recovery	↘	1/2	E
	2:19	We can be	4x8	Ride Easy	●	1/2	
	2:34	Believe your eyes	4x8	Ride Easy	↗	3/4	
	2:48	No Compromise	4x8	Ride Easy	↗	3/4+	M
	3:03	Instr / (Synth)	4x8	Racing (Forward)	R👉	1/1	H
	3:17	Believe your eyes	4x8	2x Surge Combo 1x8 Racing Surge (Forward) 1x8 Racing (Forward)	● ●	1/1+ 3/4++ or 1/1	
	3:33	Instr / (Synth)	4x8	Racing (Forward)	● or ↘	1/1	
	3:47	Believe your eyes	4x8	2x Surge Combo	R👉		
3	4:02	V3 / We watch the	4x8	Seated Recovery	↘	1/2	M
	4:17	We can be	4x8	Ride Easy	●	1/2	
	4:31	Believe your eyes	4x8	Ride Easy	↗	3/4	
	4:46	No Compromise	4x8	Ride Easy	↗	3/4+	M
	5:00	Instr / (Synth)	4x8	Racing (Forward)	R👉	1/1	H
	5:15	Believe your eyes	4x8	2x Surge Combo			
	5:30	Instr / (Synth)	4x8	Racing (Forward)	● or ↘	1/1	
	5:44	Believe your eyes	4x8	2x Surge Combo	R👉		



06. NEW MEMORIES 6:06mins

技术与教授

1. 第1层

姿势/阻力/节奏

使用简单的第1层提示设置竞速阻力和节奏，是骑手们的动作既有速度也得到控制。此处第一段要达到的‘基线’快节奏和有氧健身。

- 轻松骑行：双手放在车把上方，**上身放松，挺胸**
- 60秒；我们要找到我们的‘基线’快节奏

我们要找到竞速阻力：绷紧适度，还有大量移动空间

- 竞速：跟着节拍，**臀部向前滑动，手臂放松**
- 当你的骑行能够跟上节奏时，你就找到了你的基线速度，这就是有氧骑行
- 如果你需要略微降低阻力，只需稍微放慢速度即可——你自己选择
- 现在让我们看看你们如何下压脚趾
- 保持15秒
- 本段训练结束时你会想去检查一下你的心率

2. 第2层

管控强度

鼓励你的学员在本段中更努力地训练，增加速度突破，比节拍还要快。使用第2层管控强度提示来实现这一目标。强调结构：60秒，我们再次找到我们的‘基线’速度，然后进入挑战阶段，实现4次速度突破，比节拍要快。

- 好了，这一次我们来进行一个小的挑战
- 我们将跟着节奏骑行
- 我们找出竞速阻力：绷紧适度，留有移动空间
- 竞速，跟着节拍走——记住，这就是基线速度
- 准备好了，4次速度突破，做到比节拍快
- 听我提示……4、3、2、1……急速加快速度……放松……再来一次……急速加快速度
- 回到基线速度——只需保持基线速度
- 如果需要，略微降低阻力
- 好了，让我们将刚才速度突破做得更好一些
- 来操练操练它们……竞速装备——来吧！
- 急速加快速度！简单。急速加快速度

3. 第3层

鼓励/激励

最后一段，你的学员需要得到你的帮助才能完成训练。使用大量的第3层鼓励和激励提示让他们完成训练。记住，你的提示要充满积极性和鼓励性。

- 我们怎么样啊？你感觉好吗？
- 你看起来很棒——最后一段，我们继续坚持！
- 凭你的直觉骑行
- 当你相信自己时，你就能变得健康
- 去实现这一目标吧！
- 做回你自己
- 做得好——每个人都骑得很棒

交流

以温和的语言让你的学员感觉他们在为他们的健康创造更好的部分，让他们感觉到大家在一起变得健康

小节提示

在速度突破时，指导你的学员快1x8拍骑行，然后让他们放松到刚比节拍慢或刚好在节拍上，以便稍作恢复，然后再一次将速度突破至比节奏快。当你准备进行速度突破以及在速度突破期间，要清楚节奏提示。



07. 山脉

1/1 = 67 / 108rpm

小节焦点

- 指导强度和力量阶段的不同之处，提示正确的骑行姿势、阻力和节奏。

结构

3次爬坡：1短2长，期间我们将强度和力量以2种不同的节奏结合在一起

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	4x8	Seated Recovery	B↶	1/2	E
	0:14	Instr / (Upbeat)	4x8	Ride Easy	↗	1/1	
	0:28	_ Let me see	4x8	Ride Easy	↗	1/1	
	0:43	Instr / (B up)	4x8	Ride Easy	↗	1/1	
	0:57	(Synth rhythm)	4x8	Standing Climb	C↶	1/1	M
	1:11	You get low _	4x8	Standing Climb	↗	1/1	H
	1:26	Rep / Get get low _	4x8	Pullback Climb	↗	1/1	
2	1:40	(Low)	1x8	Transition	↘	1/2	E
	1:44	_ Let me see	4x8	Ride Easy	●	1/2	
	2:02	(Synth rhythm)	4x8	Power Climb	C↶	1/1	M
	2:19	Drums go slow _	4x8	Power Climb	↗	1/1	H
	2:37	Drums go slow _	4x8	Standing Climb	↗↗	1/2	
	2:55	(Low)	6x8	Ride Easy	↘	1/2–1/1	E
	3:17	(B up)	4x8	Ride Easy	↗	1/1	
	3:31	(Synth rhythm)	4x8	Standing Climb	C↶	1/1	H
	3:45	You get low _	4x8	Standing Climb	↗	1/1	
	4:00	Get get low	4x8	Pullback Climb	↗	1/1	
3	4:14	(Low)	1x8	Transition	↘	1/2	E
	4:18	_ Let me see	4x8	Ride Easy	●	1/1	
	4:36	(Synth rhythm)	4x8	Power Climb	C↶	1/1	M
	4:53	Drums go slow _	4x8	Power Climb	↗	1/1	H
	5:11	Drums go slow _	4x8	Standing Climb	↗↗	1/2	
	5:29	(Low)	6x8	Ride Easy	↘	1/2–1/1	E
	5:51	(B up)	4x8	Ride Easy	↗	1/1	
	6:05	(Synth rhythm)	4x8	Standing Climb	C↶	1/1	H
	6:19	You get low _	4x8	Standing Climb	↗	1/1	
	6:34	Get get low	4x8	Pullback Climb	↗	1/1	



07. GET LOW 6:54mins

技术与教授

1. 第1层

姿势/阻力/节奏

以第1层PRP提示清楚设置第一次高强度爬坡训练，以便你的学员能以极佳的爬坡技巧进行骑行

- 3次艰巨的爬坡——我们将混合和融入一些力量和强度驯良
- 轻松骑行：**臀部向后，上身放松**
- 毫无疑问，接下来我们将经历的是艰难的高强度爬坡
- 高强度爬坡阻力——这将让你从车座上站起来
- 站姿爬坡：用力**挺胸**，双臂用力，**身体核心部分用力收紧**
- 障碍爬坡：**臀部稍微向后移动，腹部收紧，挺胸**

2. 第2层和第1层

提高技巧/管控强度

在本段训练中，我们将引入力量与强度焦点。所面临的挑战是要让你的学员使用足够的阻力来阻止他们在力量阶段骑得太快。然后，教授对比高强度强度训练。高强度强度训练中，需要以用于进行挑战的齿轮来让双腿的速度放慢至节奏的1/2。通过教授第2层提示帮助你的学员获得成功。第2层提示既可以提高技巧，也可以帮助他们更努力地训练。

- 略微降低阻力——仁慈但不能太仁慈
- 力量训练阶段
- 开始踩着节奏走，1 1 1
- 强大的阻力，用力爬坡
- 臀部向后，你马上就会注意到，阻力将你推入自行车
- 努力越多，力量越大
- 保持专注——确保你没骑得太快！
- 阻力加倍，节奏减半
- 慢慢站起来，强度训练，1 2 1 2
- 让身体更多地融入骑行，进行更多的左右摇摆
- 略微降低阻力
- 我告诉过你，我们将混合和融入力量和强度训练——让我看下你的训练
- 高强度小段训练完成，时间45秒
- 齿轮重，爬坡阻力就大
- 身体融入越多，阻力越大，训练就越多，让你变得更强壮
- 你看起来很好——继续保持！

3. 第3层

激励/鼓励

最后一段是第2段的重复。由于你的学员将变得疲劳，使用第3层提示来激励和鼓励他们完成训练，获得满意的锻炼感。

- 就在你认为自己已完成时，还有更多训练等着你！再完成一段！
- 开始往节奏上赶。最后一次爬坡
- 力量……没有什么比这更好的了，对吧？
- 这不仅仅是健身！
- 最强的装备，你可以征服它们，3 2 1慢下来，站起来。以强度为焦点。
- 你感觉如何？你感觉好吗？
- 这就是你们在这里的目标，我告诉过你们你们快回家了
- 沉着地完成训练，障碍爬坡
- 骑得很棒，爬坡也很棒

表现

本小节有很多很酷的时刻，你可以在这些时刻增强歌曲所带动的情绪。从声音和身体上与有着鲜明对比的歌声相匹配，突出力量和强度训练之间的强度变化和焦点变化。通过你的声音、面部表情或肢体语言，你将如何更多地带动这首歌曲的意境？

交流

本小节从开始到结束都对身体充满挑战。要鼓励大家并使用包容性语言，让房间里的每个人都做到最好。



08. 回程/伸展

1/1 = 100rpm

小节焦点

- 配合歌曲意境，以欢快的语气，制造温馨的开始。

结构

5个回合的加速，按音乐节拍进行。

	Music		Position	Resistance	Pace	PI
1	0:00	Intro /	2x8	Seated Recovery	B↺	E
	0:09	Rep / Call me	4x8	Ride Easy	●	
	0:28	QC / Call me	4x8	Ride Easy	↗	
	0:48	C / Call me	8x8	Racing	↗	
2	1:26	V1 / Tell me	2x8	Seated Recovery Shake arms, Shoulder Roll, Chest Stretch	● or ↘	
	1:35	_ You can	2x8	Seated Recovery Overhead Arm Stretch	●	
	1:45	QC / Call me	2x8	Seated Recovery Overhead Arm Stretch L R	●	
3	1:55	_ Put up your	2x8	Transition off the bike		
	2:05	C / Call me	4x8	Standing Quadriceps Stretch R L		
	2:23	Call me	4x8	Standing Gluteal Stretch L R		
	2:42	Rep / Call me	4x8	Standing Hamstring Stretch L R		
	3:02	Call me	4x8	Bike-supported Upper Back Stretch		
	3:21	Outro / Call me	2x8	Bike-supported Lower Back Stretch		



08. CALL ME 3:36mins

技术与教授

1. 第1层

姿势/阻力/节奏

以低阻力和轻松的节奏来鼓励你的学员从中轻松体验放松。

- 基本阻力，感觉很好、阻力小；轻松骑行，中等节奏
- 轻型齿轮，就一个恢复训练用节奏
- 跟着节奏骑行30秒，让双腿放松
- 庆祝，享受这一刻
- 你们感觉如何？老实说，这感觉太棒了！

2. 第1层

姿势

带领你的学员完成每个上身伸展动作。

- 手臂和肩膀均匀摇动，胸部和手臂向后
- 过顶伸展，然后从左臂开始，换手臂
- 过渡，从自行车上下来——做到慢、优雅、轻松

3. 第2层

培训

教你的学员如何及在何处感受伸展。

- 右腿，脚后跟向上提，伸展股四头肌。双膝紧靠在一起，臀部向前
- 脚后跟下压，伸展臀大肌——臀部向后，优雅地抬高
- 记住，好的恢复训练会吸引你再回来训练
- 脚后跟向下压，前腿打直，伸展股后肌群

慢慢放下，双手放在车把下方，抬高——始终保持优雅的姿势，头抬高



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，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

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。



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、音轨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，训练腿力，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觉。



音乐

- 01

Easy Love (Radio Edit) (5:42)

Sigala

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Written by: Perren, Mizell, Richards, Gordy
- 02

Paradise (3:41)

George Ezra

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Written by: Barnett
- 03

Paradise (2:34)

George Ezra

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Written by: Barnett
- 04

Everybody's Somebody (6:05)

Don Diablo feat. Bully Songs

© 2018 Hexagon.
Written by: Bullmore, Record, Brown, Schipper, van Sonderen
- 05

Tidal Waves (2:54)

Parade Of Lights

Courtesy of the Universal Music Group.
Written by: Unknown
- 06

Tidal Waves (2:00)

Parade Of Lights

Courtesy of the Universal Music Group.
Written by: Unknown
- 07

Granite (4:17)

Pendulum

© 2007 Warner Music UK Ltd.
Written by: Swire
- 08

Granite (1:57)

Pendulum

© 2007 Warner Music UK Ltd.
Written by: Swire
- 09

New Memories (6:06)

DubVision & Afrojack

© 2017 Wall Recordings under exclusive license to Amanda Music B.V.
Written by: De Wall Van, Said, S. Leicher, V. Leicher
- 10

Get Low (Extended Mix) (6:54)

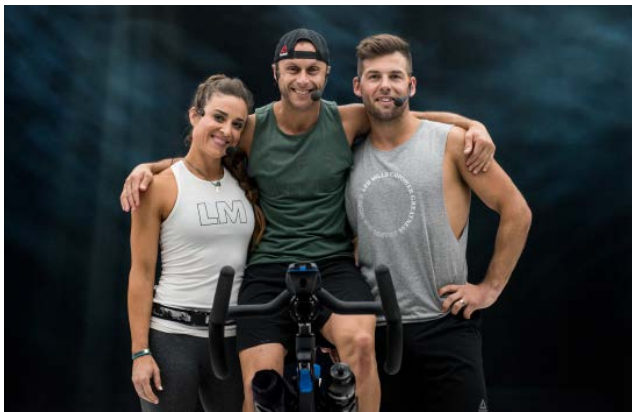
Hardwell, SICK INDIVIDUALS

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Written by: Van de Corput, Hofstee, Smeele
- 11

Call Me (3:36)

Tritonal

© 2017 Enhanced Music Limited.
Written by: Douville, Reed, Aarons, Cisneros, Ray



左-右 Back: Anna Lowery, Glen Ostergaard, Brent Findlay

RPM 80让音乐和舞蹈编排都颇具清新感，所提供的锻炼将让你的有氧健身充满优势。

更长时间的持续训练与音乐完美吻合，特别第2、第4和第6小节，它们会让你感觉精力充沛、想要进行更多的训练。与第3、第5和第7小节中的艰巨极限训练小节相结合，向你提供一段惊人的锻炼，让简单的教授、音乐以及你都光芒万丈。

小节1是一首欢乐悦耳的歌曲，让你不禁微笑，让我们继续进行骑行。节奏训练小节的音乐是另外一种不同的声音，但却又是一首极棒的歌曲——伴随着具有挑战性的节奏训练阶段，在该阶段中，我们将获得找到我们的极限节奏所需的速度。再次在山坡骑行中用到障碍爬坡，让我们能够爬更长时间并让臀大肌得到更多训练。要注意混合地形，在混合地形中一波又一波的滚动骑行来势汹涌、快速，让你的心率一直保持在高水平！小节5是一首充满魔力的摇滚歌曲，专注于长时间间歇训练，帮助我们获得健康的心血管。在速度训练中，在我们的速度能够完成响声震天的高强度爬山之前，我们将一直以超节拍的速度突破挑战我们的健身水平。清楚教授第1层PRP提示，然后，享受音乐的乐趣，将你的学员带入那段我们都喜欢的令人敬畏的RPM之旅！

Man.O Sarah 😊

摄制组人员名单

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- RPM训练主教练 - Sarah Ostergaard
- 首席创意总监 - Dr. Jackie Mills
- 创意总监 - Diana Archer Mills
- 技术顾问 - Bryce Hastings & Andrew Newmarch
- 制片统筹 - Monique Whareumu
- 特别鸣谢: Dan Aux - George F`M DJ提供音乐和建议

展示者

Glen Ostergaard（新西兰）是RPM， BODYPUMP， LES MILLS SPRINT的项目总监。他的团体健身职业生涯始于BODYATTACK，常驻奥克兰。

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Brent Findlay（新西兰）是RPM、BODYPUMP、LES MILLS GRIT训练员和CXWORX教练。他也是一名私人训练员，有职业板球运动职业背景。

写给教练们

如果你要混合编排先前发布的动作，请从最新发布中去挑选，以便体现当前的动作、音乐和训练原则。如果你在教授先前版本的动作，请一定增加一些新的动作，原样开展教学，不要进行任何改编，但你可以使用更符合潮流的语言和专业词汇。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

请注意：本版本仅适用于此版教学。如果时间允许，你可以纳入小节8 回程/伸展；或者，建议你的学员在离开房间后自行做伸展训练。

RPM 80 30分钟小节设置

Track 01	集结骑行
Track 02	节奏
Track 03	山坡
Track 04	混合地形
Track 05	间歇
Track 08	回程/伸展 (如果时间允许)
Total Time	29:10

混合搭配版本：如果你希望混合搭配使用不同的版本，请使用标准的30和60分钟版本。请务必检查播放列表的时长！

60分钟小节设置

Track 01	集结骑行
Track 02	节奏
Track 03	山坡
Track 04	混合地形
Track 05	间歇
Track 06	速度训练
Track 03	山坡
Track 06	速度训练
Track 07	山脉
Track 08	回程/伸展

30分钟小节设置

Track 01	集结骑行
Track 03	节奏
Track 04	混合地形
Track 05	间歇
Track 07	山脉
Track 08	回程/伸展 (如果时间允许)

缩略语

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

Pace

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

Resistance

	Attack Resistance		Base Resistance
	Climbing Resistance		Racing Resistance
	Increase Resistance		Maintain Resistance
	Decrease Resistance		



我们是莱美部落

我们是全球领导人物的大家庭，充满热情，致力于打造打造一个健康的星球。

我们毫不畏惧，激励大家，热爱健身，发掘自己真实的潜力。

健身是我们开展的全球性运动。每天有数以百万计的爱好者，通过挥洒汗水，联系在一起。我们开展的运动，撼动了整个世界。

音乐是我们的灵魂。它驱使我们坚持，集中我们精神，带给我们激情。

我们的意向声明

莱美全球大家庭包括17500家健身俱乐部组成，来自全球100个国家的13万名教练员，和数以百万计的运动爱好者。

我们来自不同地域、不同宗教、不同种族、不同肤色和不同的信仰。我们出于对运动和音乐的热爱，以及对健康生活的追求，为了自己，也为了整个星球，而团聚一起。

在莱美，我们主张我们社区每个成员个人的尊严，努力尊重所有人的权利和自由。

在选择示范、音乐和运动套路时，我们明白，不同人群和不同社会，对着装、流行文化和舞蹈姿势存在着不同的标准。

我们也清楚，某些情境下适合的东西，换个场合就会显得不合时宜。

我们不做指指点点的评判，然所有人享受运动带给我们的独特好处。我们既尊重传统，又为未来设定方向。我们渴望，遵从人类真实的自我，去启迪，去革新，去创造。

我们坚信，我们能够改变世界。

我们就是莱美部落。

作为一家公司，我们引领集体健身体验，每天为数以百万健身爱好者带来活力。我们在提供尖端创新产品的同时，也保证所有公认的规范都得到确实的尊重和坚持。

选择运动套路，为其获得授权并为其配上合适音乐是一项巨大工程！我们须从众多音乐作品中，筛选出符合我们需要的，并尽可能避免可能会引起问题的内容。如果可能，我们有时会为你准备其他运动小节，供选择使用（动作小节清单下方）。

我们欢迎我们全球大家庭成员，敞开心扉，与我们交流沟通，这样我们可以获得不同的观点，实现大家都能接受的结果。

最重要的是，我们致力于随时随地为大家提供能改变人生的健身体验。



RPM **80**

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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RPM 80

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01. PACK RIDE

1/1 = 125rpm

TRACK FOCUS

- Create a welcoming start to the ride by using an upbeat and happy tone, matching to the feel of the song.

PROFILE

5 rounds, where we accelerate onto the beat of the music.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro /	4x8 Seated Recovery	●	1/2	E
	0:20	Ref / _ Sit down girl	4x8 Ride Easy	B↗	3/4	
	0:35	V1 / A BC is	4x8 Ride Easy	●	1/2	
	0:51	QC / S imple melody	4x8 Ride Easy	↗	3/4	
	1:07	C / S imple melody	8x8 Racing	R↗	1/1	
2	1:38	Instr / _ Oohhhhhh	4x8 Ride Easy	↘	3/4	
	1:53	V2 / A BC is	4x8 Ride Easy	●	1/2	
	2:08	QC / S imple melody	4x8 Ride Easy	↗	3/4	
	2:24	C / S imple melody	8x8 Racing	R↗	1/1	
3	2:55	Ref / 1 , 2, 3 baby	2x8 Seated Recovery	●	1/2	
	3:03	1 , 2, 3 baby	2x8 Ride Easy	●	3/4	
	3:11	C / S imple melody	8x8 Racing	●	1/1	
4	3:42	Br /	1½x8 Transition	●	1/2	
	3:44	V3 / A BC is	4x8 Ride Easy	↘	1/2	
	3:59	QC / S imple melody	4x8 Ride Easy	↗	3/4	
	4:14	C / S imple melody	8x8 Racing	R↗	1/1	
5	4:45	Ref / 1 , 2, 3 baby	2x8 Seated Recovery	●	1/2	
	4:53	1 , 2, 3 baby	2x8 Ride Easy	●	3/4	
	5:01	C / S imple melody	8x8 Racing	●	1/1	
	5:32	Outro /	2x8 Ride Easy	↘ to B↗	1/2	



01. EASY LOVE 5:42mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Clearly set up Position, Resistance and Pace (PRP) using Layer 1 cues. Be descriptive about how Resistance should feel.

- *Tip forward from the hips, find the handlebars*
- *Find Base Resistance: a light muscle connection*
- *Ride Easy: **Shoulders down, lift your chest, hips back***
- *Let's find Racing Resistance: a good tension in the muscles with lots of room to move*
- *Racing: **Hands wide, relax your shoulders, lift your chest***

2 LAYER 2

Improve Technique

Improve your participants technique from the first round by using Layer 2 cues that will help them ride better. Focus on the connection to Resistance – what does it feel like? Are they using enough?

- *Slow right down and find that Slow Pace.*
- *Again find Racing Resistance: remember, it's good muscle tension with a bit of give to allow us to ride on the beat*
- *Racing, on the beat*
- *Lightly engage the core to stay stable in the saddle*

3 LAYER 2

Manipulate Intensity

Ask your class if they are starting to feel the Intensity lift slightly and are feeling warmer. Use Layer 2 cues that will Manipulate the Intensity and allow them to prepare themselves for the workout more. Do they need to use more Resistance or are they riding on the beat?

- *Racing Resistance in the muscles. Allows you to ride on the beat*
- *Let's find that rhythm, 1, 2, 1, 2*
- *Starting to feel warmer now?*

4 & 5 LAYER 3

Motivation / Connection

Final two blocks, all the basics of riding have been taught. Now, connect with the music, the class and, if the moment takes you, have a bit of fun!

- *Two more bites of the cherry, legs are warm, heart rate is lifted*
- *Last 30 seconds – let's hit it to the end*
- *Simple melody, pressure on your feet, riding to the beat, RPM for you and me*

CONNECTION

The Warmup is a really important place to gain connection and rapport with your class. As the Intensity is low, it's a great opportunity to look out and gain eye connect with your participants, with lots of smiles and individual or class acknowledgment. Hooking into the feel of music is also a great way to connect with them. Perhaps hooking into the lyrics or maybe a little singalong?

How will you connect in this track?



02. PACE

1/1 = 138rpm

TRACK FOCUS

- Bring clarity with the many Position, Resistance and Pace changes in this track by pre-cueing early on.

PROFILE

3 blocks of short, easy Climbs and longer Pace phases.

	Music		Position		Resistance	Pace	PI
1	0:00	Intro / _ My love	6x8	Ride Easy	B↻	3/4	E
	0:21	Ride on _	4x8	Ride Easy	↗	3/4	
	0:34	PC / _ I know your	4x8	Ride Easy	↗	3/4+	
	0:48	C / If it feels	5x8	Racing (Forward)	R↻	1/1	
2	1:05	V2 / My time	4x8	Ride Easy	↘	3/4	
	1:22	PC / _ I know your	4x8	Ride Easy	↗	3/4+	
	1:35	C / If it feels	6x8	Racing (Forward)	R↻	1/1	
	1:56	Br / (Low)	2x8	Transition	C↻	1/2	
	2:03	Rep / _ Paradise	4x8	Standing Climb	•	1/2	
	2:17	_ Paradise	4x8	Standing Climb	↗	1/2	
	2:31	_ Paradise	4x8	Standing Climb	↗	1/2	
	2:45	C / If it feels	8x8	Racing	↗ to R↻	3/4+	
	3:13	If it feels	8x8	Racing (Forward)	•	1/1	
3	3:40	V3 / My time	4x8	Ride Easy	↘	3/4	
	3:55	PC / _ I know your	4x8	Ride Easy	↗	3/4+	
	4:08	C / If it feels	6x8	Racing (Forward)	R↻	1/1	
	4:29	Br / (Low)	2x8	Transition	C↻	1/2	
	4:37	Rep / _ Paradise	4x8	Standing Climb	•	1/2	
	4:50	_ Paradise	4x8	Standing Climb	↗	1/2	
	5:04	_ Paradise	4x8	Standing Climb	↗	1/2	
	5:18	C / If it feels	8x8	Racing	↗ to R↻	3/4+	
	5:46	If it feels	8x8	Racing (Forward)	•	1/1	
					↘ to B↻		



02. PARADISE 6:15mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use simple Layer 1 cues to set up PRP. It's a short Racing phase so cue the basic Sprint cues to allow your class to get a feel for riding fast early on.

- *Base Resistance: Light connection to the wheel*
- *We're going to head towards our Racing Resistance on the build-up*
- *Racing Resistance: Pressure in the muscles with room to move*
- *Racing: **Chest up, upper body relaxed, shoulders down, slide forward on the saddle***

2 LAYER 2 & LAYER 1

Improve Technique / Position / Resistance

Build on your cues that you used in Block 1, with an emphasis on hitting the beat. Coach them how they can ride faster using Layer 2 cues.

Use the transition to find Climbing Resistance; be descriptive here as to what it should feel like. It's a longer climb so use lots of great Layer 1 cues to teach your class how to climb well.

Pre-cue the long Pace phase early in the Climb. Give a Profile cue by saying we sit to reduce Racing Resistance, then build for 30 seconds and hit the beat for the final 30 seconds. Again, use those Sprint cues to teach them how to hit the beat and find Intensity.

- *Racing Resistance: Good tension in the muscles but allow plenty of give*
- *To help the legs turn quicker, slide forward and dip the toes*
- *We're aiming for small, quick circles with the feet*
- *Climbing Resistance: Heavy tension, enough to move your butt off the seat*
- *Standing Climb: **Chest is lifted, small side-to-side movement***
- *Coming up we have a 60 second Pace phase. We build for 30 seconds then hit the beat for the final 30 seconds*
- *Sit, reduce to Racing Resistance – we're building towards the beat*
- *Final 30 seconds – find the Pace, slide forward, toes down!*

3 LAYER 2 & LAYER 3

Manipulate Intensity

Challenge your class to work harder in this final block by asking them questions that will make them accountable for their level of Pace and Resistance. Use Layer 2 cues in the climb that'll teach them how to ride with better technique. Motivate and Inspire your class to finish this track well.

- *Have you got your Racing Resistance on? This gear keeps us in control when we ride fast!*
- *Add a gear clockwise – find Climbing Resistance; this should feel heavy and hard to push*
- *We're going to lean in and roll over the top of the Climb*
- *Reduce to Racing Resistance, building towards the beat*
- *Last 30 seconds, find the beat! Are you riding as fast as you can?*

PERFORMANCE

Create contrast during this track using your voice, facial expression, body movements, connection to the music. Show different intensities in both the work and recovery phases. What will you do to create contrast in this track?

TRACK TIP

As there are many Position, Resistance and Pace changes in this track, it's important that you're clear with your cueing of PRP. If you do this well, your class will be able to find the correct level of intensity to work at.



03. HILLS

1/1 = 80rpm

TRACK FOCUS

- Create an uplifting, energetic coaching style to match the energy of the music.

PROFILE

5 rounds of mixed Climbing: 1x 30 second hill, then 4x 45-second hills.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro / _ It's no	8x8	Seated Recovery	B↻	1/2	E
	0:25	QC / Every body	4x8	Ride Easy	↗	1/1	
	0:37	Every body's	4x8	Power Climb	↗	1/1	M
	0:49	Instr / (Synth)	4x8	Standing Climb	C↻	1/1	H
	1:01	To you.	4x8	Standing Attack	●	1/1	
2	1:13	V2 / To you. As you	4x8	Standing Recovery	●	1/2	E
	1:25	_ Don't ever	4x8	Ride Easy	↘	1/1	
	1:37	QC / Every body's	4x8	Power Climb	↗	1/1	M
	1:49	Instr / (Synth)	4x8	Standing Climb	C↻	1/1	H
	2:01	Rep / To you.	4x8	Pullback Climb	●	1/1	
	2:13	To you.	4x8	Standing Attack	●	1/1	
3	2:25	Instr / (Low synth)	4x8	Standing Recovery	●	1/2	E
	2:37	QC / Every body's	4x8	Ride Easy	↘	1/1	
	2:49	Every body's	4x8	Power Climb	↗	1/1	M
	3:01	Rep / To you.	4x8	Standing Climb	C↻	1/1	H
	3:13	Already Know _	4x8	Pullback Climb	●	1/1	
	3:25	Every body's	4x8	Power Climb	●	1/1	
4	3:37	V3 / To you. As you	4x8	Ride Easy	↘	1/2	E
	3:49	_ Don't ever	4x8	Ride Easy	●	1/1	
	4:01	QC / Every body's	4x8	Power Climb	↗	1/1	M
	4:13	Instr / (Synth)	4x8	Standing Climb	C↻	1/1	H
	4:25	Rep / To you.	4x8	Pullback Climb	●	1/1	
	4:37	To you.	4x8	Standing Attack	●	1/1	
5	4:49	Instr / (Low synth)	4x8	Standing Recovery	●	1/2	E
	5:01	QC / Every body's	4x8	Ride Easy	↘	1/1	
	5:13	Every body's	4x8	Power Climb	↗	1/1	M
	5:25	Rep / To you.	4x8	Standing Climb	C↻	1/1	H
	5:37	Already know _	4x8	Pullback Climb	●	1/1	
	5:49	Every body's	4x8	Power Climb	●	1/1	
				↘ to B↻			



03. EVERYBODY'S SOMEBODY 6:05mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this short block to clearly coach the Layer 1 PRP cues to establish correct riding Position, Resistance and Pace. Coach your participants to hook into the rhythm early on, then to find Climbing Resistance before the 30-second Climb.

- *Ride Easy:* Butt back, **chest lifted, relax the upper body**
- *Power Climb:* **Hands reach wide, butt back, brace the belly**
- *Climbing Resistance* is heavy tension on the legs, enough to make you stand
- *Standing Climb:* **Chest lifted, brace the belly,** relax the arms, soften your elbows
- *Standing Attack:* **Lean forward, lift your chest**

2 LAYER 2 & LAYER 1

Improve Technique / Position

Teach your class to climb better using Layer 2 cues to Improve Technique. Use Layer 1 cues to teach the Pullback Climb as it's the first time in this Position.

- *As we sit,* back off the Resistance to find the rhythm and to recover
- *Standing Climb:* More side to side to help push the Resistance easier
- *Pullback Climb:* **Hips shift back slightly, brace the belly**
- *Standing Attack:* Hips come forward to use more quads

3 LAYER 2

Manipulate Intensity / Improve Technique

Challenge your class by making them accountable for how much Resistance they are using. In the Power Climb, they'll need you to help them get through. Use Improve Technique Layer 2 cues here.

- *Are you guys ready to work harder? Can you use more Resistance than last time?*
- *Climbing Resistance:* Heavy under foot, enough to make you stand up
- *Keeping the chest lifted*
- *Pull back just a little, engage the hips, glutes and hamstrings just a little more*
- *Hold the gear – +sit back into Power Climb.* Hips back, to get more strength from the hamstrings and butt

4 & 5 LAYER 3

Motivate and Inspire

As your class fatigues, it's important you keep their Motivation up to get them through to the end. Use your voice, body and face to Motivate and Inspire them to finish. Or is it what you say? What can you do to get them across the line?

- *It doesn't matter who you are out there; in here you can be whoever you want... Who are you?*

PERFORMANCE

Show your love for RPM and this song, by matching the feel and the energy of the music. Use an uplifting and energetic style – connecting to the lyrics, if it works for you, will help you do this.

TRACK TIP

Because we've had the Pullback Climb in the last few releases, start exploring some Layer 2 cues which will help explain the difference in feel between the Standing Climb, Pull Back Climb and the Standing Attack. For example "use the slight shift back of the hips as a launch pad into the Attack"



04. MIXED TERRAIN

1/1 = 150rpm

TRACK FOCUS

- Pre-cue Racing phases well because they come fast.
- Coach with an uplifting feel, using your voice to create contrast.

PROFILE

3 sets of Mixed Terrain: rolling waves of speed and strength where we chase the rhythm.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	B↻	1/2	E
	0:06	Instr / (Guitar)	4x8	Ride Easy	↗	1/2	
	0:19	V1 / _ Wide-eyed	4x8	Ride Easy	↗	3/4	
	0:32	PC / _ Our midnight	4x8	Ride Easy	↗	3/4+	M
	0:44	C / Those tidal	4x8	Racing (Forward)	R↻	3/4++	H
2	0:57	V2 / _ I wake up	4x8	Ride Easy	↘	3/4	E
	1:11	PC / _ Our midnight	4x8	Ride Easy	↗	3/4+	M
	1:23	C / Those tidal	8x8	Racing (Forward)	R↻	3/4++	H
	1:48	Instr / (low drums)	4x8	Standing Climb	C↻	1/2	M
	2:01	For a change	4x8	Standing Climb	↗	1/2	
	2:14	C / Those tidal	8x8	Racing (Forward)	↘ to R↻	3/4++	H
	2:40	Instr / _ Ohhhh	4x8	Aero-Racing (Forward)	●	3/4++	
3	2:52	Br /	½x8	Ride Easy	●	1/2	E
	2:54	V3 / _ I wake up	4x8	Ride Easy	↘	3/4	
	3:07	PC / _ Our midnight	4x8	Ride Easy	↗	3/4+	M
	3:20	C / Those tidal	8x8	Racing (Forward)	R↻	3/4++	H
	3:45	Instr / (low drums)	4x8	Standing Climb	C↻	1/2	M
	3:58	For a change	4x8	Standing Climb	↗	1/2	
	4:11	C / Those tidal	8x8	Racing (Forward)	↘ to R↻	3/4++	H
	4:37	Instr / _ Ohhhhh	4x8	Aero-Racing (Forward)	●	3/4++	
				↘ to B↻			



04. TIDAL WAVES 4:54mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 PRP cues to set your riders up for their first Pace phase. Coach the feeling of Racing Resistance and let your riders know we 'chase the rhythm' instead of hitting the beat.

- 3 waves of *Speed and Climbs* ahead of us
- *First one, short 15 seconds to flush the legs*
- *Racing Resistance: Good pressure in the legs with lots of room to move*
- *Chase the rhythm*
- *Racing: **Hips forward, brace the belly***

2 LAYER 1 & LAYER 2

Position / Resistance / Improve Technique / Manipulate Intensity

Clearly pre-cue the Profile of the block and give Layer 2 cues to help them ride better and faster. Teach your class how to Climb using Layer 1 cues. In the second Pace phase, let them know that if they're starting to slow it's OK, just to do their best.

- *Time to chase our first wave: 30 seconds to chase, 30 seconds to climb as the wave builds, 45 seconds to ride the wave, chasing the beat*
- *Racing: Hips are forward, fix the ankle and dip the toes to ride faster*
- *Climb coming, turn up 'till the legs slow. Climbing Resistance*
- *Standing Climb: You should feel a deep pressure in the legs and underfoot. **Hips back, chest up***
- *Add a gear – the wave is building energy and speed. 45 seconds to chase*
- *As fast as you can go. If you're slowing down, don't worry about it! Keep riding your wave!*
- *Last 15 seconds, Aero-Racing. Hands inside, **draw shoulders back and down***

3 LAYER 3

Motivate / Inspire

Block 3 is a repeat of Block 2. Use this final block to Motivate and Inspire your riders through to the end. Have fun with the lyrics and the cool, upbeat energy of the song.

Encourage participants to go as fast as they can. Remember, if they start to slow down, make them feel OK about it.

- *Last block, same as the previous one*
- *Let's chase, as fast as we can go*
- *Riding fast will give us the adrenaline that makes us feel good*
- *Aero-Racing, 15 seconds, all the way back to the shore!*

PERFORMANCE

Be energetic and upbeat with your voice to match the feel of the song and the Choreography of the track. How will you show your love for RPM in this track?

TRACK TIP

To help your riders be more successful, pre-cue the Climb early on so everyone has time to put Climbing Resistance on before they stand as it comes in fast! Same with the Pace phase after the Climb: pre-cue it early, to prepare your class to reduce to Racing Resistance and to ride fast.

Also, as this track is faster than 140rpm, we cue to chase the beat rather than saying "on the beat."



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

Coach participants to stay close to the work in between blocks to challenge their aerobic and cardiovascular fitness.

Teach participants how to become more powerful, using Attack Resistance to fight the 1/1 Pace.

PROFILE

4 blocks of Intervals: 1st block, 20 seconds. Then 3x 40-second blocks with 4 short Attacks.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	4x8	Seated Recovery	B🔁	1/2	E
	0:14	Instr / (Eerie synth)	4x8	Ride Easy	↗	1/1	
	0:25	(Electric guitar)	4x8	Ride Easy	↗	1/1	
	0:36	(B up)	4x8	Ride Easy	A🔁	1/1	M
	0:47	(Heavy)	8x8	Standing Attack	●	1/1	H
2	1:09	V1 / You can hide	6x8	Ride Easy	↘	1/1	E
	1:25	The final call	4x8	Ride Easy	↗	1/1	
	1:37	New dawn	2x8	Ride Easy	A🔁	1/1	M
	1:42	Instr / (Drum 'n' bass)	4x8	Standing Attack	●	1/1	H
	1:53	Ref / Just leave this	4x8	Racing	●	1/1	
	2:04	Instr / (Heavy)	8x8	4x Attack Combo	●	1/1	
				1x8 Standing Attack	●	1/1	
			1x8 Racing	●	1/1		
			↗ On 1st Attack				
3	2:26	V2 / They are stand	6x8	Ride Easy	↘	1/1	E
	2:43	Will we surrender	8x8	Ride Easy	↗	1/1	M
	3:05	Instr / (Low)	4x8	Ride Easy	A🔁	1/2	E
	3:16	V3 / When all your	4x8	Standing Recovery	●	1/2	
	3:27	Instr / (Heavy)	8x8	Racing	●	1/1	H
	3:49	(Heavy synth)	8x8	4x Attack Combo			
			↗ On 1st Attack				
4	4:11	Br / (Low)	2x8	Transition	●	1/1–1/2	E
	4:17	V4 / They are stand	6x8	Ride Easy	↘	1/1	
	4:33	Will we surrender	8x8	Ride Easy	↗	1/1	M
	4:55	Instr / (Low)	4x8	Ride Easy	A🔁	1/2	E
	5:07	V5 / When all your	4x8	Standing Recovery	●	1/2	
	5:17	Instr / (Heavy)	8x8	Racing	●	1/1	H
	5:40	(Heavy synth)	8x8	4x Attack Combo			
				↗ On 1st Attack			
	6:02	Outro /	3x8	Ride Easy	↘ to B🔁	1/2	E



05. GRANITE 6:14mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use simple Layer 1 PRP cues to set up this first block. Be clear on what Attack Resistance should feel like. You want to get your riders moving with the correct Resistance and Pace so that they get max results straight away.

- *Attack Resistance: Strong tension that fights the Pace, with a little room to move*
- *Ride Easy: **Hips back, chest lifted, elbows soft***
- *1st round, 20 seconds*
- *Standing Attack: **Hips forward, chest up***

2 LAYER 2

Improve Technique / Manipulate Intensity

Encourage participants to stay close to the workout by only reducing slightly after the first block. Challenge your class on their level of Resistance and ask for more before the 4 quick Attacks. Pre-cue them early so they're ready for the quick changes.

- *Ride Easy, slight reduction. Stay close to the workout, keeping the heart rate up*
- *Round 2, same demanding gear and fighting Pace. Double the time – 40 seconds*
- *Standing Attack: Focus on pumping the knees up*
- *Racing: Sit back in the saddle, grip the handle bars firmly to give you something to drive from*
- *Last 20 seconds, 4 big Attacks. If you can hold Pace, add gear – Attack 4, 3, 2, 1. Racing*
- *Hold the gear*

3 LAYER 2

Educate / Manipulate Intensity

Educate participants on why we are staying close to the workout in between each max effort block. Use the slowdown before the Standing Recovery to encourage more Attack Resistance.

- *Slightly reduce. Fight the urge to surrender the work*
- *Next challenge, more time fighting from the seat. 20 seconds Racing, then 4 quick Attacks*
- *First, turn it up to slow the legs. Stand, legs feel tight*
- *Racing: The focus is on the Pace, 1, 2, 1, 2. The challenge comes from the gear: if you could go faster, add more!*
- *Explode out of the seat. Maintain in the seat*

4 LAYER 3

Motivate / Inspire

Help participants by using Layer 3 Motivation cues to work to their true max effort and Inspire them by being the athlete, leading from the front.

- *1 more round. Same 40 seconds: 20 seconds of Racing, then 4 Attacks*
- *This track is about effort, hitting our max to spike the heart rate*
- *Keep the same effort, and turn it up till the legs slow; it's going to take massive effort to get back onto the beat*
- *Brace your abs to help you push the heavy gear*

CONNECTION

Look out and see what your participants need to make the most out of the track. Respond to how they are working. If they're unable to hit the Pace, have them reduce until they can speed up. If they could go harder, tell them to turn it up!

PERFORMANCE

This track is physically the most challenging of the release. Think about how you can show your love of riding hard, engaging your class to take on the challenge but still making it enjoyable at the same time. Use your voice to bring contrast to the track and excitement in the max working phases.

TRACK TIP

What makes this track unique from other Intervals is that we are challenging our cardiovascular fitness by staying close to the work during recoveries. Tell participants to hold the gear before getting to the end of each block. Then, cue a "slight reduction" as you move into Ride Easy, that way they don't back off too much resistance.



06. SPEED WORK

1/1 = 131rpm

TRACK FOCUS

- Challenge your class to achieve their own top speed in the surges.
- Clearly coaching the different leg speeds.

PROFILE

3x 60-second speed efforts. Blocks 2 and 3 have 4 surges of speed, where we accelerate ahead of the beat.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	B↶	1/2	E
	0:07	V1 / We can be	8x8	Ride Easy	●	1/2	
	0:36	Believe your eyes	4x8	Ride Easy	↗	3/4	
	0:51	No Compromise	4x8	Ride Easy	↗	3/4+	M
	1:05	Instr / (Synth)	16x8	Racing (Forward)	R↶	1/1	H
2	2:04	V2 / We watch the	4x8	Seated Recovery	↘	1/2	E
	2:19	We can be	4x8	Ride Easy	●	1/2	
	2:34	Believe your eyes	4x8	Ride Easy	↗	3/4	
	2:48	No Compromise	4x8	Ride Easy	↗	3/4+	M
	3:03	Instr / (Synth)	4x8	Racing (Forward)	R↶	1/1	H
	3:17	Believe your eyes	4x8	2x Surge Combo 1x8 Racing Surge (Forward) 1x8 Racing (Forward)	● ●	1/1+ 3/4++ or 1/1	
	3:33	Instr / (Synth)	4x8	Racing (Forward)	● or ↘	1/1	
	3:47	Believe your eyes	4x8	2x Surge Combo	R↶		
3	4:02	V3 / We watch the	4x8	Seated Recovery	↘	1/2	M
	4:17	We can be	4x8	Ride Easy	●	1/2	
	4:31	Believe your eyes	4x8	Ride Easy	↗	3/4	
	4:46	No Compromise	4x8	Ride Easy	↗	3/4+	M
	5:00	Instr / (Synth)	4x8	Racing (Forward)	R↶	1/1	H
	5:15	Believe your eyes	4x8	2x Surge Combo			
	5:30	Instr / (Synth)	4x8	Racing (Forward)	● or ↘	1/1	
	5:44	Believe your eyes	4x8	2x Surge Combo	R↶		



06. NEW MEMORIES 6:06mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use simple Layer 1 cues to set up Racing Resistance and Pace, to enable riders to move with speed and control. This first block creates the 'base-line' fast Pace and cardio fitness.

- *Ride Easy: Hands on top of the handle bars, **relaxed upper body, chest lifted***
- *60 seconds; we're going to find our 'base-line' fast Pace*
- *We find Racing Resistance: good tension, plenty of room to move*
- *Racing: On the beat, **slide the hips forward, relax in the arms***
- *When you ride the rhythm that's your baseline speed, that's the cardio*
- *If you need take a light reduction, just slow a little – you choose*
- *Now let's see that dip in your toes*
- *15 seconds to stay on*
- *You wanna check your heart rate at the end of this*

2 LAYER 2

Manipulate Intensity

Challenge your class to work harder in this block, adding the surges ahead of the beat. Use Layer 2 Manipulate Intensity cues to create this. Highlight the profile: 60 seconds, we find our 'base-line' again, then we challenge by surging ahead of the beat four times.

- *OK this time we challenge it a little more*
- *We're gonna play with the rhythm*
- *We find Racing Resistance: good tension, room to move*
- *Racing, on the beat – remember this is your base-line*
- *Coming up, 4 surges ahead of the beat*
- *Listen... 4 3 2 1... SURGE... Relax... One more... SURGE...*
- *Back to the base-line – just maintain*
- *Light reduction if you need*
- *Alright, let's make those surges a little better*
- *Have a play with them... Racing gear - c'mon!*
- *Surge! Easy. Surge*

3 LAYER 3

Inspire / Motivate

Last block, your class will need your help to get them to the finish. Use lots of Layer 3 Inspire and Motivation cues to get them there. Keep it positive and encouraging.

- *How we going? You feel good?*
- *You look amazing – last block, here we go!*
- *Go with your instincts*
- *When you trust yourself you get fit*
- *You go for it!*
- *Back yourself*
- *Well done – great riding everyone*

CONNECTION

Use inclusive language so your class feels part of creating something better for their fitness, allowing them to feel like everyone is in it together.

TRACK TIP

In the surges coach your class to ride ahead of the beat for 1x8, then ask them to ease off to either just under or on the beat to recover slightly, then surge ahead of the rhythm again. Be clear with Pace cues as you build towards and during the surges.



07. MOUNTAIN CLIMB

1/1 = 67 / 108rpm

TRACK FOCUS

- Coach the difference in the Strength and Power phases, cueing correct riding Position, Resistance and Pace.

PROFILE

3 Climbs: 1 short, 2 long, where we combine Strength and Power with 2 different Paces.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	4x8	Seated Recovery	B↻	1/2	E
	0:14	Instr / (Upbeat)	4x8	Ride Easy	↗	1/1	
	0:28	_ Let me see	4x8	Ride Easy	↗	1/1	
	0:43	Instr / (B up)	4x8	Ride Easy	↗	1/1	
	0:57	(Synth rhythm)	4x8	Standing Climb	C↻	1/1	M
	1:11	You get low _	4x8	Standing Climb	↗	1/1	H
	1:26	Rep / Get get low _	4x8	Pullback Climb	↗	1/1	
2	1:40	(Low)	1x8	Transition	↘	1/2	E
	1:44	_ Let me see	4x8	Ride Easy	●	1/2	
	2:02	(Synth rhythm)	4x8	Power Climb	C↻	1/1	M
	2:19	Drums go slow _	4x8	Power Climb	↗	1/1	H
	2:37	Drums go slow _	4x8	Standing Climb	↗↗	1/2	
	2:55	(Low)	6x8	Ride Easy	↘	1/2–1/1	E
	3:17	(B up)	4x8	Ride Easy	↗	1/1	
	3:31	(Synth rhythm)	4x8	Standing Climb	C↻	1/1	H
	3:45	You get low _	4x8	Standing Climb	↗	1/1	
	4:00	Get get low	4x8	Pullback Climb	↗	1/1	
3	4:14	(Low)	1x8	Transition	↘	1/2	E
	4:18	_ Let me see	4x8	Ride Easy	●	1/1	
	4:36	(Synth rhythm)	4x8	Power Climb	C↻	1/1	M
	4:53	Drums go slow _	4x8	Power Climb	↗	1/1	H
	5:11	Drums go slow _	4x8	Standing Climb	↗↗	1/2	
	5:29	(Low)	6x8	Ride Easy	↘	1/2–1/1	E
	5:51	(B up)	4x8	Ride Easy	↗	1/1	
	6:05	(Synth rhythm)	4x8	Standing Climb	C↻	1/1	H
	6:19	You get low _	4x8	Standing Climb	↗	1/1	
	6:34	Get get low	4x8	Pullback Climb	↗	1/1	



07. GET LOW 6:54mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Coach a clear setup of the first heavy Climb using Layer 1 PRP cues to get your class moving with great Climbing Technique.

- 3 epic Climbs – we're going to mix and mingle with a bit of Power and Strength
- Ride Easy: **Butt back, relax the upper body**
- Make no mistake, up front we're gonna go heavy and hard
- Heavy Climbing Resistance – that will make you stand up out of the saddle
- Standing Climb: Big **lift in the chest**, strong in your arms, big **brace in the core**
- Pullback Climb: **Hips shift back slightly, brace the belly, lift your chest**

2 LAYER 2 & LAYER 1

Improve Technique / Manipulate Intensity

In this block we introduce a Power verses Strength focus. The challenge will be to get your class to use enough Resistance to stop them riding too fast in the Power phase. Then coaching the contrast of Heavy Strength training where a challenging gear is required to slow the legs to the 1/2 Pace. Help your class achieve success by coaching Layer 2 cues that will both Improve Technique and help them work harder.

- Light reduction – be kind but not too kind
- Power phase
- Start to pick up the rhythm, 1 1 1
- Strong Resistance, Power Climb
- Butt back, straight away you're gonna notice that the Resistance pulls you into the bike
- Big effort, big power
- Stay focused here – make sure you're not going too fast!
- Double the Resistance, half the Pace
- Slowly stand, Strength, 1 2 1 2
- More body, more side-to-side
- Light reduction
- I told you we were gonna mix and mingle – let me see ya
- Strong block finish, 45 seconds for time
- Gear heavy, big Climbing Resistance
- More body, more Resistance, more conditioning, gets you stronger
- You look good – keep it coming!

3 LAYER 3

Motivate / Inspire

The final block repeats Block 2. As your class will be fatiguing use Layer 3 cues that will both Motivate and Inspire them to finish feeling satisfied with their workout.

- *Just when you think you're done, there's more! One more to go!*
- *Start to move towards the rhythm. Last Climb*
- *Power... Nothing beats this feeling right here, huh?*
- *It's more than just fitness!*
- *Strongest gear you can, 3 2 1 slow, stand. Strength focus*
- *How you feeling? You good?*
- *It is all you here, I told you you were going home*
- *Steady finish, pullback*
- *Great riding, great climbing*

PERFORMANCE

This track has so many cool moments where you can enhance the emotion of the song. Vocally and physically match the contrasting sounds to highlight the shifts in Intensity and changes in focus between Power and Strength. Through the use of your voice, face or body, how will you bring out the feel of this song more?

CONNECTION

This track is a physically challenging one from start to finish. Be encouraging and use inclusive language to get the very best out of everyone in the room.



08. RIDE HOME/STRETCH

1/1 = 100rpm

TRACK FOCUS

- Celebrate the ride with each other while we flush the legs and stretch.

PROFILE

1x flush, then stretches on and off the bike.

	Music		Position	Resistance	Pace	PI
1	0:00	Intro /	2x8	Seated Recovery	B↻	1/2
	0:09	Rep / Call me	4x8	Ride Easy	●	3/4
	0:28	QC / Call me	4x8	Ride Easy	↗	3/4
	0:48	C / Call me	8x8	Racing	↗	1/1
2	1:26	V1 / Tell me	2x8	Seated Recovery Shake arms, Shoulder Roll, Chest Stretch	● or ↘	1/2
	1:35	_ You can	2x8	Seated Recovery Overhead Arm Stretch	●	1/2
	1:45	QC / Call me	2x8	Seated Recovery Overhead Arm Stretch L R	●	1/2
3	1:55	_ Put up your	2x8	Transition off the bike		
	2:05	C / Call me	4x8	Standing Quadriceps Stretch R L		
	2:23	Call me	4x8	Standing Gluteal Stretch L R		
	2:42	Rep / Call me	4x8	Standing Hamstring Stretch L R		
	3:02	Call me	4x8	Bike-supported Upper Back Stretch		
	3:21	Outro / Call me	2x8	Bike-supported Lower Back Stretch		



08. CALL ME 3:36mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Encourage your class to feel the easy flush using light Resistance and an easy Pace.

- *Base Resistance, nice and light; Ride Easy, Medium Pace*
- *Light gear, just a Recovery Pace*
- *30 seconds to roll on Pace, to flush out the legs*
- *Celebrate, enjoy the moment*
- *How do you guys feel? Honestly, that was awesome!*

2 LAYER 1

Position

Lead your class through each of the upper body stretches.

- *Nice roll in the arms and shoulders, chest – hands in behind your back*
- *Overhead stretch, then left arm first, switch up*
- *Transition off the bike – slowly, nice and easy*

3 LAYER 2

Educate

Teach your class how and where they should feel the stretch.

- *Right leg, heel into butt, Quad Stretch. Bring the knee in close to the other knee, hips forward*
- *Heel on opposite knee, Glute – sit your butt back and lift nice and tall*
- *Remember that a good recovery helps you come back next time*
- *Heel into floor, straighten that front leg, hamstring Stretch*
- *Slow release, hands under handlebars, lift up tall – always nice to finish with your head held high*



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 on the saddle and dipping the toes slightly, we generate a faster leg speed. We bring the knee over the Push Point in the pedal, which means we create a quad-dominant action and decrease the length of the lever around which the pedal must rotate.

AERO-RACING (FORWARD)

Layer 1

- *Hands inside the 'D'*
- **Slide forward in the saddle**
- **Elbows in and down**
- **Shoulders come down**
- *Lower upper body*
- *Eyes in front of the handlebars*
- **Toes slightly down**



Layer 2

- *Drop your upper body down, like you're drafting off the rider in front*
- *Tuck under the wind, get aerodynamic*

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

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

STANDING ATTACK

Layer 1

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

PULL BACK 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

Easy Love (Radio Edit) (5:42)

Sigala

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Written by: Perren, Mizell, Richards, Gordy
- 02

Paradise (3:41)

George Ezra

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Written by: Barnett
- 03

Paradise (2:34)

George Ezra

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Written by: Barnett
- 04

Everybody's Somebody (6:05)

Don Diablo feat. Bully Songs

© 2018 Hexagon.
Written by: Bullmore, Record, Brown, Schipper, van Sonderen
- 05

Tidal Waves (2:54)

Parade Of Lights

Courtesy of the Universal Music Group.
Written by: Unknown
- 06

Tidal Waves (2:00)

Parade Of Lights

Courtesy of the Universal Music Group.
Written by: Unknown
- 07

Granite (4:17)

Pendulum

© 2007 Warner Music UK Ltd.
Written by: Swire
- 08

Granite (1:57)

Pendulum

© 2007 Warner Music UK Ltd.
Written by: Swire
- 09

New Memories (6:06)

DubVision & Afrojack

© 2017 Wall Recordings under exclusive license to Amanda Music B.V.
Written by: De Wall Van, Said, S. Leicher, V. Leicher
- 10

Get Low (Extended Mix) (6:54)

Hardwell, SICK INDIVIDUALS

© 2017 Hardwell Publishing (Cloud 9 Holland Music Publishing), Sick Individuals Publishing Revealed Music B.V. Under exclusive license from Central Station Records.
Written by: Van de Corput, Hofstee, Smeele
- 11

Call Me (3:36)

Tritonal

© 2017 Enhanced Music Limited.
Written by: Douville, Reed, Aarons, Cisneros, Ray



L-R Back: Anna Lowery, Glen Ostergaard, Brent Findlay

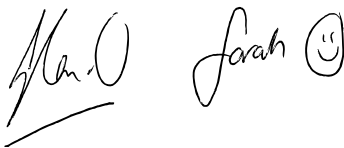
RPM 80 has a fresh feel to the music and choreography that delivers a workout which will bring an edge to your cardio fitness.

Longer sustained efforts are dove-tailed into the music beautifully, especially Tracks 2, 4 and 6, which leave you feeling energized and wanting more. Combined with the epic peak tracks in 3, 5 and 7, this delivers an amazing workout allowing simple coaching, the music and you to shine.

Track 1 is an upbeat feel-good song that you can't help but smile to and gets us moving for the ride ahead. The Pace track is a different sound in music but another great sing-along with challenging Pace phases where we build speed to find our top pace. The Pullback Climb features again in the Hills allowing us to climb for longer and recruit more work from the glutes. Watch out for Mixed Terrain where the rolling waves come crashing hard and fast to keep your heart rate high! Track 5 is a wicked Rock song that focuses on longer working Intervals to build our cardiovascular fitness. We keep challenging our fitness in Speed Work with surges of speed above the beat before we make it to the Mountain for a heavy climb with banging sounds to the top! Coach clear Layer 1 PRP cues and then have fun with the music to bring your class on that awesome RPM journey that we all love!

BE LOUD AND HEARD

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



CREDITS

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- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
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- Production Coordinator** – Monique Whareumu
- Special thanks to:** Dan Aux – George F'M DJ, for music sourcing and suggestions

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Anna Lowery (USA) is an RPM, BODYCOMBAT™, BODYJAM™, CXWORX™, SH'BAM™ and LES MILLS SPRINT Trainer and a BODYPUMP and LES MILLS BARRE™ Instructor. She is based in Texas.

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.

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 80 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	29:10

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

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)

KEY

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

Pace

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

Resistance

A🔊	Attack Resistance	B🔊	Base Resistance
C🔊	Climbing Resistance	R🔊	Racing Resistance
↗	Increase Resistance	●	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.

