

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	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

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	E
	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

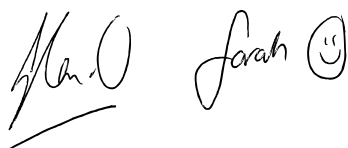
RPM 80 has a fresh feel to the music and choreography that delivers a workout which will bring an edge to your cardio fitness.

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.

