

RPM 81

GLOSSARY

MUSIC

EXPRESS FORMATS

01. PACK RIDE

02. PACE

03. HILLS

04. MIXED TERRAIN

05. INTERVALS

06. SPEED WORK

07. MOUNTAIN CLIMB

08. RIDE HOME/STRETCH

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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

PULLBACK CLIMB

Layer 1

- ***Small shift back of your hips, upper body stays upright***
- ***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

Shotgun (2:54)
George Ezra
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Written by: Barnett, Pott, Gibson

Shotgun (2:09)
George Ezra
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Written by: Barnett, Pott, Gibson

02

Save Myself (Extended Club Mix)
(6:17)
Dash Berlin & DBSTF Feat. Josie Nelson
© 2018 drumb under exclusive license from Armada Music B.V.
Written by: Unknown

03

Rescue Me (3:29)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto, Muron

Rescue Me (2:21)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto, Muron

04

Magenta Riddim (3:03)
DJ Snake
Courtesy of the Universal Music Group.
Written by: Grigahcine

Magenta Riddim (2:30)
DJ Snake
Courtesy of the Universal Music Group.
Written by: Grigahcine

05

Tell Me You Love Me (Matrix & Futurebound Remix) (3:18)
Demi Lovato
Courtesy of the Universal Music Group.
Written by: Bhattacharyyaajay, Hill, Dockery

Tell Me You Love Me (Matrix & Futurebound Remix) (1:53)
Demi Lovato
Courtesy of the Universal Music Group.
Written by: Bhattacharyyaajay, Hill, Dockery

06

Without You My Love (Myon Extended Definitive Mix) (6:49)
Seven Lions Feat. Rico & Miella
© 2018 Ride Recordings.
Written by: Montalvo, Caruso, Staffieri

07

I Like It Loud (6:33)
Tiesto & John Christian Feat. Marshall Master & The Ultimate MC
© 2018 Musical Freedom Label Ltd.
Written by: Unknown

08

Have It All (3:45)
Jason Mraz
© 2018 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Mraz, Gebhardt, Hodges, Tavakoli, Bloomfield, Hindlin, Potter



L-R: Glen Ostergaard, Lee Smith, Dallas Blacklaw & Dee Tjeong

RPM 81 kicks off with a soulful, fun, sing-along Track 1. *Shotgun* is a nice piece of music to get the workout going, preparing your body, mind and soul for the ride.

Track 2, *Save Myself*, is the kind of track that you could play every week and you'll never get sick of it! It's got great lyrics, vocals and is so uplifting! Basically, the music is the driving factor. You just need to coach the choreography, using your voice as you build in the Climb, Attack and the fast Race. Then let the music shine; don't over-talk the instrumental in the song as that's where the energy is.

Track 3 is Alternative Rock at its best. It creates a natural and uplifting feel; it's not forceful – it's more of an enticing track. There are many changes between the slow and fast Climbing paces, so clear coaching of this will be needed to make sure your riders hit those different paces.

The curve-ball of the release is Track 4. It's busy, with many different Positions, Resistances and Paces so you've gotta be on your game with knowing the choreography in this track. The RPM of the track is way slower than normal, so we are riding ahead of the beat in the seated Pace phases and on the beat during the recovery. The music gives you the license to have some fun and bring out the feel of the song using your body, face and voice.

Track 5, *Tell Me You Love Me*, is a 'wicked' Drum 'n' Bass remix. Pre-load the legs to kick-start the muscles into gear, and slingshot into the workout!

Track 6 – this is Trance at its best: a full beat, with beautiful melodies. It creates a romantic heartfelt feel, with a big lift into the working phases. This track is about speed endurance. The RPM is slower than the norm, so that means we can ride for longer...YES?

Do You Like It Loud? Of course you do! Track 7 is a classic old-school remix in the mountain to bring us home. Play with the lyrics and have some fun if that's your thing.

There it is...*I Want You To Have it All*. And you did! In Track 8 we regroup and allow our heart rate to come down and re-gather ourselves after such 'an awesome' workout!

RPM 81 is another 'kicking' release with great tunes and a workout to match. Enjoy!

BE LOUD AND HEARD

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

CREDITS

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Dee Tjeong (Australia) is a RPM, LES MILLS TONE, BODYATTACK, BODYSTEP and LES MILLS SPRINT Trainer. She is also a nurse and is based in Brisbane.

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.

Glen *Sarah* 😊



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	27:53 without Track 08 31:38 with Track 08

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

AR	Attack Resistance	BR	Base Resistance
CR	Climbing Resistance	RR	Racing Resistance
	Increase Resistance		Maintain Resistance
	Decrease Resistance		



01. PACK RIDE

1/1 = 120rpm

TRACK FOCUS

- Be relaxed, cheerful and welcoming when you teach this track, to match the soulful pop feel of the song.
- Connect with your class by playing around with the fun lyrics!

PROFILE

5 short accelerations on the rhythm to get our bodies warm and into the ride.

	Music			Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro /	2x8	Seated Recovery	●	1/2	E
	0:13	V1 / Home grown	4x8	Ride Easy	B↻	1/2	
	0:29	PC / Time flies by	4x8	Ride Easy	↗	3/4	
	0:45	C / Riding shotgun	4x8	Racing	R↻	1/1	
2	1:02	V2 / South of the	4x8	Ride Easy	↘	3/4	
	1:18	PC / Time flies by	4x8	Ride Easy	↗	3/4	
	1:34	C / Riding shotgun	4x8	Racing	R↻	1/1	
3	1:50	V3 / Two in the front	4x8	Ride Easy	↘	3/4	
	2:06	PC / Time flies by	4x8	Ride Easy	↗	3/4	
	2:22	QC / Riding shotgun	4x8	Racing	R↻	3/4+	
	2:38	C / Riding shotgun	4x8	Racing	●	1/1	
4	2:54	V4 / South of the	4x8	Ride Easy	↘	3/4	
	3:10	PC / Time flies by	4x8	Ride Easy	↗	3/4	
	3:26	C / Riding shotgun	4x8	Racing	R↻	1/1	
5	3:42	V5 / Two in the front	4x8	Ride Easy	↘	3/4	
	3:58	PC / Time flies by	4x8	Ride Easy	↗	3/4	
	4:15	QC / Riding shotgun	4x8	Racing	R↻	3/4+	
	4:31	C / Riding shotgun	7x8	Racing	●	1/1	
					↘ to B↻		



01. SHOTGUN 5:03mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

The Racing effort comes in quickly so use simple Layer 1 cues to clearly describe how Racing Resistance should feel so your class doesn't miss the first acceleration onto the rhythm!

- *Base Resistance: A light connection to the pedal*
- *Round number 1, a short effort; straight onto the rhythm*
- *15 seconds with Racing Resistance*
- *Racing Resistance: Pressure in our legs, lots of room to move*
- *Racing: Slide your hands wide, **relax your upper body, light brace through the belly, butt back***
- *Feel that smooth rhythm*

2 LAYER 1

Position / Resistance / Pace

There's more time in this block before the Racing phase so this is a great opportunity to set up the Profile. Continue to use Layer 1 cues to get your class moving with great Technique.

- *Up ahead 4 short accelerations on the rhythm to get our heart rates up and into this workout*
- *Ride Easy: **Shoulders down, lift your chest, hips back***
- *15 seconds on the rhythm, Racing Resistance in our legs*
- *Racing: **Upper body relaxed, soft elbows***

3 LAYER 2

Improve Technique

Keep the Coaching light in this block and give the music a chance to shine. Remind the class how Racing Resistance should feel again. This will ensure they are using the correct Resistance in their legs to help them get warm.

- *Racing Resistance: Good pressure in your legs, with lots of room to move*
- *You guys look awesome! Are you ready for a great ride?*
- *Nice and smooth down below with your pedal stroke*
- *Keep your upper body relaxed to help you focus the work into your legs*

4 LAYER 2

Manipulate Intensity / Connection

Check in with your riders – are they warm now? If not, question the need for more Racing Resistance. These last two rounds are their chance to get ready for the workout ahead! Be encouraging and connect with your riders, getting them excited for the ride ahead.

- *The last two rounds are the ones that get us warm and into the workout*
- *Let's hit the rhythm with good Racing Resistance together!*

5 LAYER 3

Motivate / Inspire

The last block before 'game on'! Motivate your riders to work that little bit harder for the last 30 seconds so they are ready to go when the Pace track starts! Be uplifting, energetic and excited in your coaching so that they feel it too.

- *One more round, gets us into the workout and then it's 'Game On'!*
- *Racing Resistance, Building Pace*
- *Let's do this last one together!*
- *30 seconds until the end*
- *On the rhythm – let's roll!*
- *Body should be feeling warm, with a good buzz in the legs*

CONNECTION

The warmup is a great opportunity to connect with your class and it really sets the scene for the ride ahead. Be open in your body language by using lots of eye contact and smiles that will get them feeling comfortable and excited for their workout. This is such a fun Warmup with a cool, catchy tune that you just can't help but sing along to! Connect with the fun lyrics of the song and if you're feeling like it, feel free to sing a long!



02. PACE

1/1 = 128rpm

TRACK FOCUS

- Challenge your class to work hard in the Standing Attack phases to shift Intensity to another level.
- Be uplifting, energetic and driving in your voice while matching the emotive feel of the song.

PROFILE

3 rounds of fast Climbs and Pace phases to accelerate our heart rate.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	BN	1/2	E
	0:15	Intro / (Windup)	4x8	Ride Easy	●	1/2	
	0:30	V1 / _ I've been	4x8	Ride Easy	↗	3/4	
	0:45	_ I've been	4x8	Ride Easy	↗	3/4	
	1:00	QC / To save myself	4x8	Ride Easy	CO	1/2	
	1:15	Will save myself	4x8	Standing Climb	↗	1/2	M
	1:30	Instr / (Synth)	8x8	Standing Attack	●	3/4	H
	2:00	(Upbeat)	12x8	Racing (Forward)	↘ to RO	1/1	
2	2:45	V2 / _ I can be	4x8	Ride Easy	↘	3/4	E
	3:00	_ I was waiting	4x8	Ride Easy	↗	3/4	
	3:15	QC / To save myself	4x8	Standing Climb	CO	1/2	M
	3:30	Instr / (B up)	4x8	Standing Attack	●	3/4	H
	3:45	(Upbeat)	12x8	Racing (Forward)	↘ to RO	1/1	
3	4:30	V3 / _ I can be	4x8	Ride Easy	↘	3/4	E
	4:45	_ I was waiting	4x8	Ride Easy	↗	3/4	
	5:00	QC / To save myself	4x8	Standing Climb	CO	1/2	M
	5:15	Instr / (B up)	4x8	Standing Attack	●	3/4	H
	5:30	(Upbeat)	12x8	Racing (Forward)	↘ to RO	1/1	
					↘ to BN		



02. SAVE MYSELF 6:17mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

The first block is challenging – 30 seconds of accelerated Climbing in Standing Attack into a 45 second Racing phase! Be sure to set up with profile cues, warning your riders of what is ahead. Be clear in your coaching by using Layer 1 PRP cues to help you do this. You want your riders to be breathless after this first block – it sets the scene for the entire ride.

- *Base Resistance: Light muscle connection*
- *3 times around the block: fast climbs, fast downhill runs!*
- *Block number 1 has a real kick in it! It's going to shoot our heart rate straight up and throw us into the workout*
- *Climbing Resistance: Heavy gear in our legs, enough to stand on*
- *Standing Climb – 1, 2, 1, 2*
- **Chest is lifted, weight is over the saddle**
- *Here it comes: 30 seconds we accelerate!*
- **Shift hips forward** – Standing Attack!
- *We're going up and over the top of this one!*
- *Racing Resistance: Good tension in your legs, lots of room to find this 'wicked' beat*
- **Racing: Chest up, upper body relaxed, shoulders down**
- **Hips are forward, little dip in your toes**
- *If you're slowing, it's OK! Do your best!*

2 LAYER 2

Improve Technique

The accelerated climb in Standing Attack is shorter this time: only 15 seconds. Let your class know this so that they ride hard. Use Layer 2 cues in the Climbing and Racing phases to build on what you have already coached in Block 1. Think of cues that will help to Improve Technique and to get your class riding better. Pre-cue the Racing phase in the Standing Attack so that the energy of the music pops when you sit to Racing!

- *We're going to do it again. Shorter climb, just as steep*
- *Climbing Resistance: Heavy gear to stand on*
- *15 seconds we accelerate! Let's go!*
- *Drive your knees up to generate more power!*
- *Up and over the top!*
- *How good does that feel?*

- *For ultimate pace – small dip in your toes, and tight, smooth circles to go really fast!*
- *15 seconds – you guys are doing awesome!*

3 LAYER 3

Motivate / Inspire

This block is a repeat of Block 2. Congratulate your class on the work they have done so far and then challenge them to work harder for this last one by making them accountable for their work today. Be Inspiring and Motivational to help your riders to the finish line.

- *One more time around the block*
- *Climbing Resistance: Standing Climb*
- *From the start to the finish, we're in this together. But ultimately it's up to you!*
- *You choose how hard you want to work. You determine your results!*
- *Let's go team! Up and over! 45 seconds!*
- *That feeling you have in your body – the heavy breathing – that's the results! That's the magic!*
- *Right through the line – together!*

PERFORMANCE

This is such a beautiful, emotive piece of music matched with a killer workout! Find contrast in your voice and body between the recovery and working phases to match the contrast of the song. Sometimes saying less is best.



03. HILLS

1/1 = 77rpm

TRACK FOCUS

- Clearly coach the many Pace and Position changes so your class maximizes the training effect from this track.

PROFILE

5 heavy blocks of Climbs with 3 short and 2 longer fast Attacks.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro /	2x8	Seated Recovery		1/2	E
	0:06 V1 / Whatever you	8x8	Ride Easy		1/1	
	0:31 QC / Rescue me _	4x8	Standing Climb		1/2	M
	0:43 Rescue me _	4x8	Standing Climb		1/2	
	0:56 Instr / (Synth)	4x8	Standing Attack		1/1	H
2	1:09 V2 / Whatever you	8x8	Ride Easy		1/1	E
	1:34 QC / Rescue me _	4x8	Standing Climb		1/2	M
	1:46 Rescue me _	4x8	Standing Climb		1/2	
	1:59 Instr / (Synth)	4x8	Standing Attack		1/1	H
3	2:12 Ref / Sell yourself	4x8	Standing Recovery		1/4	E
	2:24 Sell yourself	4x8	Standing Recovery		1/2	
	2:37 C / Rescue me _	8x8	Standing Attack		1/1	H
	3:02 Rep / Meeeeeeee	8x8	Power Climb		1/1	
4	3:27 V3 / _ Whatever you	8½x8	Ride Easy		1/1	E
	3:54 QC / Rescue me _	4x8	Standing Climb		1/2	M
	4:06 Rescue me _	4x8	Standing Climb		1/2	
	4:19 Instr / (Synth)	4x8	Standing Attack		1/1	H
5	4:32 Ref / Sell yourself	4x8	Standing Recovery		1/4	E
	4:45 Sell yourself	4x8	Standing Recovery		1/2	
	4:57 C / Rescue me _	8x8	Standing Attack		1/1	H
	5:22 Rep / Meeeeeeee	8x8	Power Climb		1/1	

to



03. RESCUE ME 5:50mins

TECHNIQUE AND COACHING

1 & 2 LAYER 1

Position / Resistance / Pace

Quickly set up Climbing Resistance, ready for the slow, heavy Climb. Use Layer 1 cues to coach correct Position, Resistance and Pace. Make the effort in the second more challenging than the first by highlighting the short Attack and heavy Climbing gear required.

- Find light connection to ride the rhythm
- Ride Easy: Butt back, **chest lifted, relax the upper body**
- Add a heavy Climbing Resistance that slows your legs to the Slow Pace and makes you stand
- Standing Climb: **Hips back, tighten the core, breathe a little**
- **Shift the hips forward**, Standing Attack, aim for the beat

3 LAYER 2

Improve Technique

Use Layer 2 cues to teach your class how they can ride better and harder. Block 3 has a longer Standing Attack phase and a Power Climb! So there's more time to coach great Technique.

- 50 seconds! 25 seconds Standing Attack, 25 seconds seated power
- Lift your knees, drive them towards the handlebars to use those big strong quads!
- Power Climb: **Hips back, shoulders down, big heavy circles**

4 LAYER 2

Manipulate Intensity

Two blocks to go, with this one being shorter. Remind your class what that heavy gear should feel like, and explain a short Attack is coming up. This time, challenge them to make this block the hardest yet. How will you encourage your class to work harder? To take more Resistance or to really nail that Pace?

- 3 done, 2 to go!
- We're going to go back to that short Standing Attack
- Biggest effort yet!
- Find that heavy Climbing gear, Standing Climb
- We've gone hard, we've gone harder, let's go hardest!

5 LAYER 3

Motivate / Inspire

Final block, a longer 50 second effort to finish.

Use Layer 3 cues to Motivate and Inspire your class to feel successful and finish this track. Try using inclusive language to bring everyone together to the end.

- Rescue me!
- How good does it feel to train hard together?
- Last 25 seconds. Come on you can do this!
- Rescue yourself from a sedentary lifestyle.

PERFORMANCE

This is a great track! There are heaps of cool lyrics you could connect too; lyrics that will have real meaning for some people. If it works for you, use the lyrics to inspire your class to ride hard.

TRACK TIP

This is a busy track, with lots of Pace and Position changes. You'll have to be clear with your coaching to make sure your class finds the true Intensity. Also, to bring the music out more try front-loading your coaching, this will allow the music to have more impact.



04. MIXED TERRAIN

1/1 = 105rpm

TRACK FOCUS

- Clearly coach PRP as there are MANY Choreography changes.
- Coach your class to ride ahead of the beat in the Racing phases.

PROFILE

3 efforts with a mixture of faster than the beat, short and long Racing efforts, combined with building explosive Climbs.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro / (Chant)	4x8	Ride Easy	B↻	1/1	E
	0:18 Melody)	4x8	Racing (Forward)	R↻	1/1+	M
	0:36 (Chant)	2x8	Ride Easy	●	1/1	E
	0:45 (Melody)	2x8	Racing (Forward)	●	1/1+	M
2	0:54 (Low chant)	2x8	Ride Easy	C↻	1/2	E
	1:04 (Chant B up)	2x8	Standing Climb	●	1/2	M
	1:13 (Low)	2x8	Standing Recovery	●	1/4 or 1/8	E
	1:22 (Chant)	2x8	Standing Climb	●	1/2	M
	1:31 (Chant B up)	4x8	Standing Climb	●	3/4-3/4+	
	1:49 (Melody)	4x8	Racing (Forward)	↘ to R↻	1/1+	H
	2:08 (Chant)	2x8	Ride Easy	●	1/1	E
	2:17 (Melody)	8x8	Racing (Forward)	●	1/1+	H
3	2:53 (Low)	2x8	Ride Easy	↘	1/1	E
	3:03 (Chant)	2x8	Ride Easy	●	1/1	
	3:12 (Melody)	2x8	Racing (Forward)	R↻	1/1+	M
	3:21 (Chant)	2x8	Ride Easy	C↻	1/2	
	3:31 (Chant B up)	2x8	Standing Climb	●	1/2	
	3:40 (Low)	2x8	Standing Recovery	●	1/4 or 1/8	E
	3:49 (Chant)	2x8	Standing Climb	●	1/2	M
	3:58 (Chant B up)	4x8	Standing Climb	●	3/4-3/4+	
	4:16 (Melody)	4x8	Racing (Forward)	↘ to R↻	1/1+	H
	4:34 (Chant)	2x8	Ride Easy	●	1/1	E
	4:43 (Melody)	8x8	Racing (Forward)	●	1/1+	H
	5:20 Outro / (Low)	2x8	Ride Easy	↘ to B↻	3/4	E



04. MAGENTA RIDDIM 5:33mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use the short setup to establish Racing Resistance before the first Race, then check in with your class before the next one. Coach Layer 1 PRP and Racing cues to help them ride fast.

- Find Racing gear – tension in the muscles; lots of room to move
- Ride Easy: Back on the beat. **Chest up, elbows soft, relax the arms**
- Now you've got a feel for it, let's do it again.
- Check if you have got Resistance to slow your legs
- Racing: **Relax your upper body, brace your abs, hips forward**, dip your toes

2 LAYER 1 AND LAYER 2

Position / Resistance / Improve Technique

Set up Climbing Resistance and coach the Building Pace Climb using Layer 1 cues. Help them to stay in front of the beat in Racing, using Layer 2 cues to help Improve their Technique.

- Add Resistance to slow the legs; make it Heavy – Climbing Resistance
- Slow, recover
- Standing Climb: **Chest up, brace belly**
- Now we go faster! We work to the top, we crest the hill – sit and reduce to Racing Resistance
- Racing: Slide forward on the saddle, dip the toes to help your legs spin faster!
- Hands on top – come back to the beat
- Last 30 seconds – aim to ride ahead of the beat
- If you're starting to slow, just try as hard as you can – it's OK!

3 LAYER 3

Motivate / Inspire

Repeat of Block 2. The choreography won't be so much of a surprise this time. Challenge your class to ride harder in the building pace Climb using Layer 2 Manipulate Intensity cues, then Motivate your class to ride hard and fast in the final minute of 1/1+.

- Now you know what you're doing, it's time to have some fun with it!
- Gear to slow the legs, heavy Resistance
- Remember what you did in the last Standing Climb?
- All bets are off! It's you against you!
- Pressure cooker! Building – faster!
- Last minute – as fast as you can. Let's do this!

PERFORMANCE

Let the music in this cool track carry the participants along. Set them up clearly and allow them the freedom to enjoy the energy and feel of this awesome track. Because it's a busy track, script cleverly what you'll need to say, then just let the music do the rest!

TRACK TIP

Because this track is only 105rpm, coach your class to ride faster than the beat in the speed phases.

It's also a challenging track to learn as there are lots of changes. Block 1 is short and Blocks 2 and 3 are the same. Learn the sequence well so your class can find the prescribed Intensity when needed.



05. INTERVALS

1/1 = 89rpm

TRACK FOCUS

- Teach your class the difference between Strength and Power by clearly cueing the difference between Climbing and Attack Resistance.

PROFILE

3 Intervals of Strength to Power: Block 1 is 40 seconds then 2 and 3 are 60 seconds.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro /	4x8	Seated Recovery	B↻	1/2	E
	0:10	V1 / Oh no here	8x8	Ride Easy	●	1/1	
	0:32	Friends they	4x8	Ride Easy	↗	1/1	
	0:43	QC / You love me	4x8	Power Climb	C↻	1/2	M
	0:54	You love me	4x8	Power Climb	●	1/2-3/4	H
	1:05	Ref / Ooooh	8x8	Standing Attack	↘ to A↻	1/1	
	1:26	V2 / Everything I	8x8	Ride Easy	↘	1/1	
2	1:48	QC / You love me	8x8	Seated Recovery	●	1/2	E
	2:10	Instr / (Trumpets)	4x8	Power Climb	C↻	1/2	M
	2:21	(B up)	4x8	Power Climb	●	1/2-3/4	H
	2:31	Ref / Ooooh	8x8	Standing Attack	↘ to A↻	1/1	
	2:53	(Low vocal)	8x8	Racing	●	1/1	
	3:14	V3 / _ Everything	9x8	Ride Easy	↘	1/1	M
3	3:39	QC / You love me	8x8	Seated Recovery	●	1/2	E
	4:01	Instr / (Trumpets)	4x8	Power Climb	C↻	1/2	M
	4:12	(B up)	4x8	Power Climb	●	1/2-3/4	H
	4:22	Ref / Ooooh	8x8	Standing Attack	↘ to A↻	1/1	
	4:44	(Low vocal)	8x8	Racing	●	1/1	
				↘ to B↻			



05. TELL ME YOU LOVE ME 5:11 mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Set up PRP using Layer 1 cues. Coach Climbing Resistance so participants understand we pre-load the muscles before Standing Attack to increase neural activation. The muscles will be primed before the Attack resulting in increased power output. Pre-cue the change back to Attack Resistance early and be descriptive with how it should feel. Make sure they don't back off too much!

- *Ride Easy: **Hips back, lift the chest***
- *3 efforts: 1 short, 2 long, where we really train our power fitness*
- *We find heavy pressure to pre-load the muscles and slow right down*
- *Power Climb: **Hips back**, big circles, grip the handle bars*
- *Start to feel the pre-load, because we're about to slingshot into the Attack*
- *Tiny reduction to Attack Resistance; a demanding Attack gear*
- *Standing Attack: **Lift the chest, lean in** and lift up tall*
- *Sit, Ride Easy, take a tiny reduction, roll the rhythm. Just take the edge off slightly, keeping close to the work*

2 LAYER 2

Manipulate Intensity / Educate

Coach your class to work harder by using heavier Resistance in the Power Climb, then educate them how to push that Resistance efficiently in the Standing Attack and Racing Positions.

- *Rounds 2 and 3, a little longer to stretch your fitness*
- *We're going to find that strong, heavy Climbing pressure that really pulls the muscles into the workout to pre-load the legs before the power phase*
- *Power Climb: Butt right back on the saddle, find the hip drive for big glute activation, big leg drive*
- *Building Pace, now you feel the pressure cooker. Time to slingshot into the Attack*

- *Reduce to Attack Resistance, demanding Resistance*
- *Attack, hips slightly forward, drive the knees up to put the power in the quads*
- *Racing: Butt back, lift the chest to breathe oxygen in*
- *Reduce slightly, staying close to the workout, but enough to free the muscles to train again!*

3 LAYER 3

Motivate / Inspire

Third and final block means less focus on Coaching and more time Motivating and Inspiring your class as they fatigue towards the end of the track. How will you encourage your class to continue the Intensity through to the end? The words you say or by how you ride it?

- *Here's the last one, the one that matters*
- *Time to slingshot your fitness into the future*
- *Changing your fitness, no limit!*
- *Everything you need!*
- *To the finish line, right in front of you.*

PERFORMANCE

Match your coaching with the music to maximize the feel. In the masterclass, Lee tried to be driving/strong in the Power Climb, create excitement in the build to the Standing Attack, Then hit the Work phase with full noise and energy. How will you bring out the energy and excitement in this track?

TRACK TIP

Make sure you NAIL your Coaching when it comes to setting up Resistance for Climbing and Attack Resistance. Because the transition into Standing Attack comes quickly, pre-cue the reduction early but make sure people don't back off too much! It's your job to keep them in the work.



06. SPEED WORK

1/1 = 128rpm

TRACK FOCUS

- Challenge your class to last the distance in the long speed endurance efforts.
- Let the music pop by leaving space & silence between your Coaching cues.

PROFILE

3x 60-second speed endurance efforts.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro / (Clap)	4x8	Seated Recovery	B↻	1/2	E
	0:15	Instr / (Eerie)	4x8	Ride Easy	●	1/2	
	0:30	(Synth)	4x8	Ride Easy	↗	3/4	
	0:45	(Drum roll b up)	4x8	Ride Easy	↗	3/4+	M
	1:00	(Driving beat)	16x8	Racing (Forward)	R↻	1/1	H
2	2:00	(Low)	4x8	Ride Easy	●	1/2	E
	2:15	(Piano)	8x8	Seated Recovery or Shake arms, roll shoulders, Overhead Arm Stretch	↘	1/2	
	2:45	V1 / I said I'd be	8x8	Ride Easy	●	1/2	
	3:15	I can't be without	4x8	Ride Easy	●	3/4	
	3:29	Rep / Without you	8x8	Ride Easy	R↻	3/4+	M
	3:59	Instr / (Pulsing Synth)	16x8	Racing (Forward)	●	1/1	H
3	4:59	Rep / Without you	4x8	Ride Easy	● or ↘	1/2	E
	5:15	Without you	4x8	Ride Easy	●	3/4-3/4+	
	5:30	Instr / (Upbeat synth)	16x8	Racing (Forward)	● or R↻	1/1	H
	6:30	Outro / (Clap)	4x8	Ride Easy	↘	3/4	E
					↘ to B↻		



06. WITHOUT YOU MY LOVE 6:49mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Allow recovery, explain the profile, then set up Racing Resistance. Try front-loading the cues needed for the first Racing phase before the beat drops, to allow the music to pop. Then coach Layer 1 cues every 15 seconds or so, to give space in the music.

- 3 long speed efforts to build speed endurance
- Ride Easy: Hands on top of the bars, **relaxed upper body, lift your chest**
- Racing Resistance: Good tension but plenty of room to move
- When we Race we shift hips forward and dip toes.
- Racing: **Relax the arms, drop the shoulders, slide your hips forward**, little dip of the toes

2 LAYER 2

Improve Technique / Manipulate Intensity

Challenge your class to work harder than the first block. Use Layer 2 cues to enhance their Technique and help them ride better and faster! Remind your participants if they're slowing it's OK and keep doing their best.

- Slide your hips back to Ride Easy, small reduction of Resistance
- Here's the challenge – find that good tension that just holds you onto the rhythm
- When the music drops, hips forward, light dip of the toes and find the beat!
- To go quickly, try relaxing your upper body more. Soften your arms and drop your shoulders
- Here's the great thing about RPM: Even if you are slowing, you can keep going at your speed

3 LAYER 3

Motivate

Use the short recovery to remind your class about the track's focus of speed endurance. Make sure you let them know that Recovery is only 30 seconds before we hit the final minute of Speed work. Bring the track home, Motivating them using Layer 3 cues.

- Only 30 seconds recovery
- Start to build your Pace – here it comes!
- Final 60 seconds
- Immerse yourself in the music, in your fitness
- You've just found your new speed endurance today!

PERFORMANCE

The music in this track is awesome; allow your class to be taken on a trance journey! To do that, strategically place your cues about 15 seconds apart or every 4x8. It will give the music a chance to breathe and be heard – let the beat drop!

TRACK TIP

Because this track is slower than the pace of the normal Track 6, we can then focus on riding for a longer time. If people are starting to slow, make them feel OK about it and to tell them to ride at their top speed.



07. MOUNTAIN CLIMB

1/1 = 64rpm

TRACK FOCUS

- Set up heavy Climbing Resistance in the first 45 second phase
- Coach efficient pedal Technique to drive the heavy Climbing Resistance especially in the final 60 seconds of each climb

PROFILE

3 long climbs just under 2 minutes: 45 seconds to create heavy Climbing Resistance and then 60 seconds to get stronger.

	Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B↑	E
	0:14	(Low)	4x8	Ride Easy	C↑	
	0:30	Ref / Do do do	4x8	Power Climb	↗	M
	0:45	My radio	1x8	Standing Climb	↗	
	0:48	My radio	1x8	Power Climb	●	
	0:52	My radio	1x8	Standing Climb	↗	
	0:56	My radio	1x8	Power Climb	●	
	1:00	(B up)	4x8	Power Climb	●	
	1:15	(Heavy beat)	4x8	Standing Climb	↗	H
	1:30	Speaker _	4x8	Standing Attack	●	
	1:44	Speaker _	4x8	Power Climb	●	
	1:59	Ref / Bbb bust _	4x8	Standing Climb	↗	
2	2:15	(Low)	6x8	Ride Easy	↘	E
	2:37	Ref / Do do do	4x8	Power Climb	C↑	M
	2:52	My radio	1x8	Standing Climb	↗	M
	2:56	My radio	1x8	Power Climb	●	
	2:59	My radio	1x8	Standing Climb	↗	
	3:03	My radio	1x8	Power Climb	●	
	3:07	(B up)	4x8	Power Climb	●	
	3:22	(Heavy beat)	4x8	Standing Climb	↗	H
	3:38	Speaker _	4x8	Standing Attack	●	
	3:52	Speaker _	4x8	Power Climb	●	
	4:07	Ref / Bbb bust _	4x8	Standing Climb	↗	
3	4:22	(Low)	6x8	Ride Easy	↘	E
	4:45	Ref / Do do do	4x8	Power Climb	C↑	M
	4:59	My radio	1x8	Standing Climb	↗	M
	5:03	My radio	1x8	Power Climb	●	
	5:07	My radio	1x8	Standing Climb	↗	
	5:11	My radio	1x8	Power Climb	●	
	5:15	(B up)	4x8	Power Climb	●	
	5:29	(Heavy beat)	4x8	Standing Climb	↗	H
	5:45	Speaker _	4x8	Standing Attack	●	
	6:00	Speaker _	4x8	Power Climb	●	
	6:14	Ref / Bbb bust _	4x8	Standing Climb	↗	

↘ to B↑



07. I LIKE IT LOUD 6:33mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 cues to coach PRP and teach great Climbing Technique. Establish Heavy Climbing Resistance in the Power Climb so when the 1-minute effort begins, the Intensity starts straight away.

- *Heavy Resistance*
- *Power Climb: **Butt back, relax the upper body, lift your chest***
- *Standing Climb: **Chest up, butt back, shoulders relaxed, side to side***
- *Standing Attack: **Hips come forward, chest lifted***
- *Test our strength, maintain the Pace as we sit*

2 LAYER 2

Improve Technique / Educate

Again, set up heavy Resistance in the Power Climb before the effort starts. Focus on how to pedal more efficiently and educate how and why pedal technique under heavy Resistance is so important.

- *Let's try and make the second block slightly tougher than the first*
- *Standing Attack: Body weight comes forward, use the quads*
- *Power Climb: Butt back in the saddle, lock in the belly and core*
- *Drive through the pedal, push over the top and scrape through the bottom*
- *Become more efficient through the pedal, taking out the dead spots in the circle*

3 LAYER 3

Motivate / Inspire

Challenge your class to work harder in this final block of the workout. Ask them what they will do to work harder. Are they challenging themselves as hard as they can?

- *We've done one, we've done two – let's make the third one the best of all today*
- *Final training for today!*
- *60 seconds – bring the noise!*
- *We're going for a little burn to the front of the pack!*
- *It should be challenging to keep this Pace*

PERFORMANCE

This song is an old-fashioned banger! A heavy driving beat to connect to the strength work. Bring out the feel of the song with your voice and body.

TRACK TIP

In most classes we spend a lot of time coaching Pedal Technique for Racing but not so much for Climbing. So in this track we address that imbalance. Pedal technique at the slower cadences is important as it helps us ride more efficiently and smoother. Focus mainly on the push and pull: the push through the front of the pedal recruiting mainly the quads and the pull at the back of the pedal switching on the hamstrings and glutes. This will assist in taking out the dead spots of the pedal circle, making your efforts smoother and more efficient.



08. RIDE HOME/STRETCH

1/1 = 82rpm

TRACK FOCUS

- Celebrate the end of the ride with this lovely flush track. Acknowledge your participants' efforts today.

PROFILE

A gentle track, with a couple of accelerations; stretches for the upper and lower body.

	Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	Bf	1/2
	0:12	V1 / Auspiciousness	8x8	Ride Easy	●	3/4
	0:35	PC / Best of your	4x8	Ride Easy	↗	3/4
	0:47	C / Well here's to the	6x8	Racing	↗	1/1
2	1:22	V2 / Fascinating	4x8	Seated Recovery Shake arms, Shoulder Roll, Overhead Arm Stretch	●	1/2
	1:33	Get a gold star	4x8	Seated Recovery Overhead Arm Stretch L, R	●	1/2
	1:45	PC / Best of your	4x8	Ride Easy	●	3/4
	1:57	C / Well here's to the	8x8	Racing	●	1/1
3	2:20	All , I want	4x8	Transition off bike Shake out legs		
	2:32	Rep / All , I want	4x8	Standing Quadriceps Stretch R		
	2:43	Go go go	4x8	Standing Quadriceps Stretch L		
	2:56	C / Here's to the	4x8	Standing Gluteal Stretch L		
	3:07	Here's to the	4x8	Standing Gluteal Stretch R		
	3:19	All , I want	4x8	Standing Hamstring Stretch R		
	3:30	Here's to the	4x8	Standing Hamstring Stretch L		



08. HAVE IT ALL 3:45mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Coach your class to focus on flushing out the legs with a light gear, just enough to connect their legs to the bike. This will allow their heart rate to come down slowly.

- *Light turn clockwise, light connection in the legs*
- *Reach to Racing, flush the legs out and allow the heart rate to come down*

2 LAYER 2

Educate

Lead them through the upper body stretches, then find a flush again. Talk to your class about the benefits of the workout today. Ask them when they are going to do their next ride.

- *Because we spend the entire ride hunched over the handlebars, let's take an upper body stretch*
- *RPM – where we push our fitness levels, we get fitter, faster and stronger*
- *When are you going to do your next class?*

3 LAYER 2

Educate

Quick transition off the bike. Lead your class through each of the stretches.

- *Quad Stretch: Heel into your backside, chest up, try to keep your knees together*
- *Glute Stretch: Cross your ankle over your knee, sit your butt back, lift your chest*
- *Hamstring Stretch: One foot forward, butt back, lean forward, toes down*



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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.

