

RPM **82**

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 Resistances. 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 for 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

Born To Be Yours (3:07)

Kygo & Imagine Dragons

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Written by: Gorvell-Dahll, McKee, Platzman, Sermon, Reynolds

02

Born To Be Yours (1:43)

Kygo & Imagine Dragons

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Written by: Gorvell-Dahll, McKee, Platzman, Sermon, Reynolds

Feels Like Home (3:36)

Sigala, Fuse ODG & Sean Paul feat. Kent Jones

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Written by: Fielder, Abiona, Henriques, Bennett, Jones

Feels Like Home (2:12)

Sigala, Fuse ODG & Sean Paul feat. Kent Jones

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Written by: Fielder, Abiona, Henriques, Bennett, Jones

03

Monophobia (6:09)

Deadmau5 feat. Rob Swire

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Written by: Zimmerman

04

Calm (5:33)

Vistas

© 2018 LAB Records, Ltd.
Written by: Unknown

05

Horizon (5:44)

Seven Lions, Tritonal & Kill the Noise feat. Haliene

© 2018 Enhanced Music Publishing.
Written by: Cisneros, Reed, Montalvo, Stanczak, Steeper, Sweet

06

Ocean (DubVision Remix) (4:31)

Martin Garrix feat. Khalid

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Written by: Garritsen, Tuinfort, Juber, Whitmore Jr., Robinson

Ocean (DubVision Remix) (2:16)

Martin Garrix feat. Khalid

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Written by: Garritsen, Tuinfort, Juber, Whitmore Jr., Robinson

07

Our Origin (Extended Mix) (7:34)

Armin van Buuren, Shapov

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Written by: van Buuren, Shapovalov

08

More Than Friends (3:02)

Jason Mraz feat. Meghan Trainor

© 2018 Atlantic Recording Corporation.
Written by: Trainor, Wells, Mraz, Green

09

breathin (3:18)

Ariana Grande

Courtesy of the Universal Music Group.
Written by: ILYA, Grande, Kotecha, Martin



L-R: Yuji Yasuda, Mario Chai (Shadow), Stephanie Angkriwang, Leo Li, Glen Ostergaard, Nelly Nie, Joyce He (Shadow) & Win Huang (Shadow)

RPM 82 is a release for everyone. Uplifting, driving, motivating, yet it is also internal, soulful and very expressive! All the elements to make a kicking workout which will make our class members come back for more!

It begins with *Born To Be Yours*, a great song to connect with the class, bringing them on the journey straight away. If it's your kind of thing, there's some fun lyrics you could sing too...

Track 2, *Feels Like Home*, is a fun, uplifting track. Lots of quirky moments in the track that you could connect with. Go with the highs and the lows in the choreography where it matches the feel of the track.

Monophobia is the Track 3. It's not one of those tracks that are big and in your face; it's more internal. Glen has cleverly created the choreography to match the feel of the music. The key with this track is to not overcoach, to speak only when it's needed to allow the music to pop, coaching the Climbing terrain. We will talk more about this shortly.

Track 4 is nothing but *Calm*! In fact, it's fast, busy and challenging! You've got to be on your game to coach this track, using lots of clear PRP cues to cue the many changes. It's got a super-fast cadence, so we don't coach to ride on the beat. Remember with tracks over 140rpm, we cue to chase the beat. Watch out for the change from Racing to Attack Resistance followed by the 4 Attacks! They come at you hard and fast, then there's extended Racing phase after the Attacks to finish the block.

Because Track 4 is tough, you'll enter Track 5 quite fatigued. On paper, it looks easy, but because you're tired from the track before, you'll still find this one tough! Use the long build-up at the start to get a bit of recovery and then build to find Attack Resistance. The finish isn't too far off in the *Horizon* now!

Track 6 brings the feel of an *Ocean* wave as you build through the different paces. There's a chance for you to show your true athleticism by riding faster than the rhythm. Express the music with the way you move on the bike.

Our Origin puts the icing on the cake in the Mountain Climb, our final track. Like Track 3, this one is quite internal too; it's all in the music. Don't

hinder the feeling of the song by talking too much over it. Feel it and let it happen.

We find a lighter Climbing Resistance, so we can ride at a faster cadence, then find our normal Climbing Resistance, which will challenge you on the slower pace.

The final track is a sweet song called *More Than Friends* to bring the workout to a close. Celebrate the ride with your class; ask them when they'll be back for their next ride.

Mar.O *Sarah* 😊

BE LOUD AND HEARD

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

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PRESENTERS

Glen Ostergaard (New Zealand) is Program Director for RPM, BODYPUMP and LES MILLS SPRINT. He began his group fitness career with BODYATTACK and is based in Auckland.

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Jun Li (Leo) (China) is an RPM, BODYBALANCE/ BODYFLOW, BODYPUMP and LES MILLS SPRINT Trainer. He is from Shenzhen.



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 82 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	28:16 without Track 08 31:17 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 – Riding just under the beat	3/4++	Fast Pace – Chasing the beat, used for tracks faster than 140rpm
1/1+	A little faster than the beat	1/1	ON THE BEAT

Resistance

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

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.



01. PACK RIDE

1/1 = 118rpm

TRACK FOCUS

- Set up the basics of PRP: Position, Resistance and Pace
- Be open, uplifting and cheerful to welcome the participants to the workout and match the feel of the music

PROFILE

3 rounds to get us warm and ready for the workout ahead

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:07	Intro / _ I know I've	4x8	Seated Recovery	●	1/2	E
	0:23	V1 / _ You took me	3x8	Ride Easy	B↻	1/2	
	0:36	QC / _ I never knew	8x8	Ride Easy	↗	3/4	
	1:08	Instr / (Synth)	4x8	Racing	R↻	1/1	
2	1:24	V2 / _ Are you the	4½x8	Ride Easy	●	1/2	
	1:43	QC / _ I never knew	8x8	Ride Easy	↘	3/4	
	2:16	Rep / _ Born to be	4x8	Ride Easy	↗	3/4+	
	2:32	Instr / (Synth)	8x8	Racing	R↻	1/1	
3	3:05	V3 / _ Are you the	4½x8	Ride Easy	●	1/2	
	3:23	QC / _ I never knew	8x8	Ride Easy	↘	3/4	
	3:56	Rep / _ Born to be	4x8	Ride Easy	↗	3/4+	
	4:12	Instr / (Synth)	8x8	Racing	R↻	1/1	
				↘ to B↻			



01. BORN TO BE YOURS 4:50mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use the long build-up phase to explain Position, Resistance feeling, and Pace. Coach Layer 1 cues to get your class moving safely.

- *Base Resistance: light connection on the wheel*
- *We'll take you on a beautiful journey*
- *Ride Easy: **hips back, elbows soft, lift the chest***
- *Round 1, 15 seconds of easy Racing*
- *Racing Resistance: good tension in the muscle with lots of room to move*
- *Racing: **hips back, hands wide, shoulders down***

2 LAYER 2

Improve Technique

Create awareness of Resistance by holding the gear before they back off so they know how much tension they should put back when they go to the second Racing phase.

There is a longer build in this block, which allows us to extend PRP using Layer 2 cues, especially the Resistance. Make sure your participants are prepared for the workout by clearly describing the Resistance feel.

- *Remember the pressure under feet, we'll come back here soon*
- *2nd round, slightly longer. 30 seconds of Racing to get us warmer faster*
- *The key to RPM: good Gear, good Pace, good music. Time to readjust the Gear*
- *Racing Gear: good tension in the muscles with lots of room to move*
- *Racing: brace your abs to stabilize the hips on the saddle*

3 LAYER 3

Connection / Motivate

Connect with the participants by asking how they feel. Are they warm?

Last round before the intensity really starts; build the energy up, be uplifting, cheerful and welcoming.

- *Body's getting warm, heart rate's lifted, we're ready for the workout!*
- *Good Gear, good Pace, good music – it's all yours!*
- *Racing Resistance, Racing towards the beat. One last time*

CONNECTION

Welcome the participants to the workout, and make them feel the enjoyment of riding with a great song. Do this by showing your enjoyment, being open, engaging, smiling and connecting with the participants.

Connect to the music in a way that works for you. Will you sing along, or just groove to the rhythm?



02. PACE

1/1 = 129rpm

TRACK FOCUS

- Pre-cue the fast changes into the Climbs and Racing phases early so your class is ready
- Teach in an upbeat and fun way connecting with the 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	●	1/2	E
	0:15 V1 / _ If there's	4x8	Ride Easy	B↻	1/2	
	0:29 _ The air that	4x8	Ride Easy	↗	3/4	
	0:44 QC / Home	4x8	Ride Easy	●	3/4+	M
	0:59 Instr / (Trumpet)	4x8	Racing (Forward)	R↻	1/1	H
2	1:14 V2 / We can't	8x8	Ride Easy	↘	3/4	E
	1:44 QC / Home	4x8	Ride Easy	↗	3/4+	M
	1:59 Instr / (Trumpet)	8x8	Racing (Forward)	R↻	1/1	H
	2:29 V3 / I live a life	4x8	Ride Easy	C↻	1/2	E
	2:44 I'll be right	4x8	Standing Climb	●	1/2	M
	2:59 C / Home , it feels	8x8	Racing (Forward)	↘ to R↻	1/1	H
3	3:28 V4 / We can't	8½x8	Ride Easy	↘	3/4	E
	4:00 QC / Home	4x8	Ride Easy	↗	3/4+	M
	4:15 Instr / (Trumpet)	8x8	Racing (Forward)	R↻	1/1	H
	4:45 V5 / I live a life	4x8	Ride Easy	C↻	1/2	E
	5:00 I'll be right	4x8	Standing Climb	●	1/2	M
	5:15 C / Home , it feels	8x8	Racing (Forward)	↘ to R↻ ↘ to B↻	1/1	H



02. FEELS LIKE HOME 5:48mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use simple Layer 1 cues to set up PRP. The Racing phase is short, so quickly set up the fast Pace using Speed Coaching Cues.

- *Ride Easy: **brace your core, lift the chest, hips back, relax your upper body, shoulders back***
- *Racing Resistance: good tension with room to move*
- *Racing: **hips slide forward, make sure to engage your core***

2 LAYERS 1 & 2

Improve Technique / Position / Resistance / Manipulate Intensity

Coach your class how they can ride better in the longer Racing phase. As it's the first time climbing, use Layer 1 cues to set up Climbing Resistance and Position. Then challenge your class to work harder in the second Racing phase in this block. How could you push them to increase their intensity? By what you say or how you move?

- *Let's find that Racing Resistance – good tension in the muscles with a little give*
- *If you want to go faster, relax your body – drop your shoulders and soften your arms*
- *We are about to slow down to Ride Easy and find a climb*
- *Add heavy Resistance to find a climbing gear*
- *Standing Climb: **chest up, butt back over the saddle***
- *Get ready to reduce back to Racing Resistance, to find that top speed again*
- *To help the legs to turn quicker, slide forward in the saddle and dip the toes – we are aiming for small quick circles*

3 LAYERS 2 & 3

Improve Technique / Motivate

Second time Climbing, so help your class develop better Technique using Layer 2 cues. Motivate your class positively using encouraging, inclusive language that will help people get across the line together. You need to work hard but at the same time have a bit of fun with this cool track! See what Yuji did to connect with this engaging track.

- *Standing Climb: grip the bar, shift your body side to side, use your body weight*
- *Last 30 seconds, chasing the beat!*
- *Keep going; this is gonna change your body for tomorrow!*

PERFORMANCE

Express the feel of this track by using your voice, face and movement of your body; perhaps use the lyrics and beats. How will you bring out the emotion and feel of this track?

TRACK TIP

Cueing the different Resistances is really important in this track. There are fast transitions from Racing, to Climbing, to Racing again – so make sure you pre-cue the changes so your class knows what's coming up.



03. HILLS

1/1 = 64rpm

TRACK FOCUS

- Focus on teaching the basics of the Climbing terrain to allow the music to pop

PROFILE

3 Climbs: first is 2 minutes; second and third are 1 minute each.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	B⬆	1/2	E
	0:15	V1 / Inside my	4x8	Ride Easy	↗	1/1	
	0:30	And all I want	4x8	Ride Easy	↗	1/1	
	0:45	Instr / (Synth)	4x8	Standing Climb	C⬆	1/1	M
	1:00	Instr / (Synth)	4x8	Standing Climb	↗	1/1	
	1:15	C / Inside my	4x8	Power Climb	●	1/1	H
	1:30	Feel what's inside	6x8	Standing Climb	↗	1/1	
	1:52	Instr / (Synth)	8x8	Standing Attack	●	1/1	
	2:22	Inside my	4x8	Power Climb	●	1/1	
	2:37	Feel what's inside	6x8	Standing Climb	↗	1/1	
	3:00	Instr / (Synth)	4x8	Standing Attack	●	1/1	
2	3:15	V2 / It's the way	4x8	Standing Recovery	●	1/4	E
	3:30	And all I	4x8	Standing Climb	●	1/1	M
	3:45	I wanted to	4x8	Power Climb	●	1/1	H
	4:00	And see what you've	4x8	Standing Climb	↗	1/1	
	4:15	And see what you've	4x8	Standing Attack	●	1/1	
3	4:30	V3 / It's the way	4x8	Standing Recovery	●	1/4	E
	4:45	And all I	4x8	Standing Climb	●	1/1	M
	5:00	I wanted to	4x8	Power Climb	●	1/1	H
	5:15	And see what you've	4x8	Standing Climb	↗	1/1	
	5:30	And see what you've	4x8	Standing Attack	●	1/1	
	5:45	Instr / (Low clap)	4x8	Power Climb	●	1/1	
	6:00	Outro	1x8	Ride Easy	↘ to B⬆	1/2-1/4	E



03. MONOPHOBIA 6:09mins

TECHNIQUE AND COACHING

1 LAYERS 1 & 2

Position / Resistance / Pace / Improve Technique

Focus on the basics of the choreography, teaching PRP using Layer 1 cues.

Try not to coach too much; the more you speak, the more the musical feeling will be lost.

Set up Climbing Resistance by using descriptive language. As this is a long block, begin to use Layer 2 cues which will help Improve Technique towards the end of it.

- *Climbing Resistance is heavy tension on the legs, enough to make you stand*
- *Ride Easy: butt back, **chest lifted, relax the upper body***
- *Standing Climb: **hips are back, chest lifted, tighten the core***
- *Power Climb: **hips back in the saddle, keep your chest lifted***
- *Standing Attack: **lean in, hips forward, abs braced***
- *Power Climb: brace your core harder, drive forward through the pedal*
- *Building strength in your muscles, getting stronger and fitter*

2 LAYER 2

Improve Technique / Manipulate Intensity

Shorter block; help your class to ride harder and smarter, by using more Resistance than the first block or being more efficient in and out of the saddle. What will you do to help your class?

- *Standing Climb: push body weight side to side to help move the heavy Resistance, upper body lifted and relaxed*
- *Power Climb: grab your handlebars tight, sink into the saddle, drive big circles through the pedal*
- *Standing Attack: shift hips forward, engaged quadriceps, push the handlebars away from you and lift your chest*

3 LAYER 3

Motivate / Inspire

Challenge your class to finish this track working at the same intensity they began it with. How will you Motivate your class to do it? By the words you use or simply by the way you move? To take more Resistance or to really nail that Pace?

- *One more minute to the end!*
- *We're almost there!*
- *You can do this!*

PERFORMANCE

The music in this track is not big and 'in your face'. Use the choreography that Glen has cleverly created to create a Climbing journey. Try not to go too big with your voice or coach too much. Find a balance of talking and silence to allow the music to pop.



04. MIXED TERRAIN

1/1 = 157rpm

TRACK FOCUS

- Coach your class through the quick changes by using clear PRP cueing

PROFILE

3 rounds with fast Racing phases mixed with quick Standing Attacks

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	2x8	Seated Recovery	B🔒	1/2	E
	0:06	Ref / Woah woah	8x8	Ride Easy	●	3/4	
	0:30	I don't m-mind	5x8	Ride Easy	↗	3/4+	H
	0:46	C / She keeps	9x8	Racing (Forward)	R🔒	3/4++	
	1:13	Ref / Woah woah	2x8	Aero-Racing (Forward)	●	3/4++	
2	1:20	V2 / _ They say	4x8	Ride Easy	↘	3/4	E
	1:32	I don't m-mind	5x8	Ride Easy	↗	3/4+	
	1:47	C / She keeps	9x8	Racing (Forward)	R🔒	3/4++	H
	2:15	Instr / (Beat)	10x8	2x Attack Combo			
			1x8 Standing Attack	A🔒	3/4		
			1x8 Racing	●	3/4		
			1x8 Standing Attack	●	3/4		
			2x8 Racing	●	3/4		
			A🔒 on first combo only				
	2:45	C / She keeps	9x8	Racing (Forward)	↘ to R🔒	3/4++	
	3:13	Ref / Woah woah	4x8	Aero-Racing (Forward)	●	3/4++	
3	3:25	V3 / _ They say	4x8	Ride Easy	↘	3/4	E
	3:38	I don't m-mind	5x8	Ride Easy	●	3/4+	
	3:53	C / She keeps	9x8	Racing (Forward)	R🔒	3/4++	H
	4:21	Instr / (Beat)	10x8	2x Attack Combo			
			1x8 Standing Attack	A🔒	3/4		
			1x8 Racing	●	3/4		
			1x8 Standing Attack	●	3/4		
			2x8 Racing	●	3/4		
			A🔒 on first combo only				
	4:51	C / She keeps	9x8	Racing (Forward)	↘ to R🔒	3/4++	
	5:19	Ref / Woah woah	4x8	Aero-Racing (Forward)	●	3/4++	
				↘ to B🔒			



04. CALM 5:33mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Coach Layer 1 PRP cues working towards the first fast Race. Use the Racing cues to help them ride fast.

- Find a light base connection, and just 'chill'
- Ride Easy: **chest up, elbows soft, relax the arms**
- Find Racing Resistance – good muscle tension, plenty of room to move
- Racing: **relax your upper body, brace your abs**, hips forward, toes dipped

2 LAYERS 1 & 2

Position / Resistance / Improve Technique / Manipulate Intensity

Prepare your class for the fast changes ahead by giving a Profile cue so they know what to expect. Emphasize the different Resistances required. Then precisely cue the PRP changes, especially in the four Attacks and the reduction back to Racing Resistance. This is a challenging block so help your class feel satisfied with their efforts by telling them it's OK if they start to slow down.

- Coming up flat and fast – four jumps then flat and fast again!
- Find your Racing Resistance – good tension, plenty of room to move
- Chase the beat! Hips come forward, and relax your upper body, relax the shoulders
- Point the toes to accelerate the legs
- Find your Attack Resistance: heavy Resistance that slows us down, create drag on the wheel
- Standing Attack: **hips forward, brace your belly to steady your hips**
- The key is the Attack Resistance when we stand up
- It's a dynamic Resistance; enough to slow us down but not enough to stop us!
- Final 15 seconds – Aero-Racing
- Standing Attack: drive through the knees, lift them up towards the handlebars
- Back to your Racing Resistance, that good tension with room to move
- If you're starting to slow, it's OK but do your best to finish this block!

3 LAYER 3

Motivate / Inspire

Motivate and Inspire your class to finish this challenging track feeling successful in what they've achieved. Keep your coaching positive, encouraging and upbeat using inclusive language that will bring the class together across the finish line.

- How'd you find that?! GOOD?
- Last set; this is the one that defines our fitness
- Let's do it again
- Remember, the key is that Attack Resistance
- We can do it guys – stay with me to the end

CONNECTION

Use lots of positive Connection to help your class get through this tough track! Remember to cater to the needs of your class; not everyone likes their name to be called out. How will you connect with your class when they need it the most?

TRACK TIP

This track is a challenging one! Make sure you emphasize the recovery; also help them get through by using lots of time references. Make it OK if participants feel they need to slow down, just remind them to keep their legs moving to the end. It's the intention that counts!

This track has fast RPM! Remember, when we ride in Racing in these fast tracks, we don't cue to ride on the beat, we cue to chase the beat. When we ride in Standing Attack, it is just over 1/2 Pace.



05. INTERVALS

1/1 = 85rpm

TRACK FOCUS

- Create a new level of intensity in this track by describing what Attack Resistance feels like
- Use your voice to bring contrast to the workout – conversational in recovery, building towards work and hitting it hard in the Attack and Racing phases

PROFILE

3 blocks of Intervals: Block 1 is 60 seconds with longer Attacks; Blocks 2 and 3 are 40 seconds each with shorter Attacks but by no means any easier!

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	8x8	Seated Recovery	B↻	1/2	E
	0:22 V1 / Heart don't	8x8	Ride Easy	●	1/2	
	0:45 So Wake me now	8x8	Ride Easy	●	1/1	
	1:07 So I , close	8x8	Ride Easy	↗	1/1	
	1:30 Rep / Horizon _	8x8	Ride Easy	A↻	1/1	M
	1:52 Instr / (Synth)	8x8	Standing Attack	↗	1/1	H
	2:15 (Low dub)	8x8	Racing	●	1/1	
	2:38 (Upbeat)	8x8	Standing Attack	●	1/1	
2	3:00 V2 / _ I close my	4x8	Seated Recovery	↘	1/2	E
	3:11 _ When I am	4x8	Ride Easy	●	1/1	
	3:23 Rep / Horizon _	4x8	Ride Easy	A↻	1/1	M
	3:34 Instr / (Upbeat)	4x8	Standing Attack	↗	1/1	H
	3:45 (Dubstep)	4x8	Racing	●	1/1	
	3:57 Horizon _	4x8	Standing Attack	●	1/1	
	4:08 _ Ohhhhh, you're	4x8	Racing	●	1/1	
3	4:19 V3 / _ I close my	4x8	Seated Recovery	↘	1/2	E
	4:31 _ When I am	4x8	Ride Easy	●	1/1	
	4:42 Rep / Horizon _	4x8	Ride Easy	A↻	1/1	M
	4:53 Instr / (Upbeat)	4x8	Standing Attack	↗	1/1	H
	5:04 (Dubstep)	4x8	Racing	●	1/1	
	5:16 Horizon _	4x8	Standing Attack	●	1/1	
	5:27 _ Ohhhhh, you're	4x8	Racing	●	1/1	

↘ to B↻



05. HORIZON 5:44mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use the long setup to work towards and coach Attack Resistance. Use your voice to build anticipation along the way. Use short Layer 1 cues to get your class moving with good Technique.

- Ride Easy: **hips back, chest lifted, soften your arms**
- Add a Gear to find more muscle engagement
- Attack Resistance: a demanding gear that grabs the muscles
- Standing Attack: **hips forward, chest up, grip the bar**
- Racing: **hips back, brace the abs**
- 20 seconds left, Attack! Brace your core to steady your hips

2 LAYER 2

Improve Technique / Manipulate Intensity

Help your class work harder by refining the Attack Resistance. Can they use more than in the first block?

What can you do to help your class work harder and better? What cues will you use to help them achieve this?

This block has shorter Attack and Racing phases so use short and sharp words to create a sense of urgency into the Positions.

- Attack Resistance: a dynamic Gear with just a little room to give; feel like you're fighting with that Pace
- This gear should be the same as, if not more than, in the first round!
- Standing Attack: lean forward, pump the knees towards the handlebars, engage the quads
- Racing: push your hips back in the saddle, big drive through the pedals, abs braced
- Burning lots of calories and helping us to get in shape
- Reduce slightly, staying close to the workout, but enough to free the muscles to train again!

3 LAYER 3

Motivate / Inspire

Motivate your class to find their maximum Intensity in the final block. Use Layer 3 cues to Inspire your participants to get there.

- Recover. Last round, last challenge!
- Find your max Intensity. Are you ready?
- Attack. Max power! Big challenge! You can do this
- Jump! We have only one goal: the finish line

PERFORMANCE

Through the use of your voice you can help your class to work harder – creating excitement, building anticipation and energy.

Go with the music; let it tell the journey you build along with it. Never force yourself over the music. Use the long build-up phase in Block 1 to create that sense of anticipation, lifting your voice towards the energy in the Attacks. Blocks 2 and 3 each have a shorter build-up so less fluff, being more matter-of-fact before the short Attacks.



06. SPEED WORK

1/1 = 132rpm

TRACK FOCUS

- Focus on demonstrating and Coaching the many leg speeds as you build towards the Speed Work
- Let the music shine by showing contrast with your voice and body language

PROFILE

3 short 30-second rounds of Speed Work, where we build through Pace changes

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	8x8	Seated Recovery	B↻	1/2	E
	0:29 Instr / (Low)	2x8	Ride Easy	●	1/2	
	0:36 V1 / Tell me what	8x8	Ride Easy	↗	1/2	
	0:51 If we're caught	8x8	Ride Easy	↗	3/4	
	1:20 QC / Put an o cean	8x8	Ride Easy	↗	3/4+	M
	1:49 Instr / (Synth melody)	8x8	Racing (Forward)	R↻	1/1	H
2	2:18 V2 / Shad ows	4x8	Seated Recovery	↘	1/2	E
	2:33 If we're caught	8x8	Ride Easy	●	3/4	
	3:02 QC / Put an o cean	4x8	Ride Easy	●	1/2	
	3:16 If we're caught	4x8	Ride Easy	R↻	3/4	
	3:31 Instr / (B up)	4x8	Ride Easy	●	3/4+	M
	3:46 Rep / If we're caught	4x8	Ride Easy	●	1/1+	H
3	4:00 Instr / (Synth melody)	8x8	Racing (Forward)	●	1/1	
	4:29 V3 / _ Shad ^o ws	4½x8	Seated Recovery	↘	1/2	E
	4:45 If we're caught	8x8	Ride Easy	●	3/4	
	5:15 QC / Put an o cean	4x8	Ride Easy	●	1/2	
	5:29 If we're caught	4x8	Ride Easy	R↻	3/4	
	5:44 Instr / (B up)	4x8	Ride Easy	●	3/4+	M
	5:58 Rep / If we're caught	4x8	Ride Easy	●	1/1+	H
	6:13 Instr / (Synth melody)	8x8	Racing (Forward)	●	1/1	
				↘ To B↻		



06. OCEAN 6:47mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Reset all the basics of PRP: Position, Resistance and Pace, using Layer 1 cues. Then during the 30-second Racing phase, use the Speed Coaching Racing cues to help them pedal fast.

- *Find that light connection in the muscles, Base Resistance*
- *Ride Easy: **hips back, chest up***
- *3 blocks of Speed Work where we're going to ride some waves – small one and two bigger ones to challenge speed and the cardiovascular system*
- *Racing Gear: good tension in the muscles with plenty of room to move*
- *Racing: **hips forward, relax the upper body and brace your abs***

2 LAYER 2

Improve Technique / Educate

Emphasize the Building phase as you work towards the beat. It is 15 seconds of Building Pace, which is just below the beat, then 15 seconds of riding over or faster than the beat. Then it's a reduction of speed back to 1/1 in Racing (Forward). Highlight the difference in Paces and what it feels like to go fast, then a little slower on the beat. Teach your class how to ride faster with great Technique.

- *Second block; it's like a wave, small one, big one*
- *Keep rolling, keep the heart rate lifted*
- *Find Racing Resistance: good tension in the muscles with lots of room to move*
- *Here comes the big wave; challenge speed and cardio!*
- *Build your Pace*
- *Next 15 seconds, ride past the beat, fast legs*
- *Back to Racing*
- *Slide forward on the saddle and dip the toes*

3 LAYER 3

Motivate / Inspire

Let the participants know you feel what they're feeling and Inspire them to stay in the workout together for one final round. Give them motivation as they start to feel tired. Be inclusive! Let the music shine; match your body language with the energy of the music.

- *I can feel my heart is racing, I know you feel it too*
- *Let's make it better than the last one*
- *This is it, last 30 seconds*
- *We can do this! Stay with me!*

CONNECTION

Use inclusive language to make the participants feel connected. Also let them know we are in the workout together, that we share a mutual feeling and we're going to get better together.

PERFORMANCE

This music has lots of contrast. Match your face, voice and body language with the music. As the music builds, bring in more energy. Show some physicality!



07. MOUNTAIN CLIMB

1/1 = 66rpm

TRACK FOCUS

- Create a mind-body connection with the music through the tone of your voice as well as silence
- Teach the Light Climbing Resistance in the quicker Pace, then the heavy Climbing Resistance in the slower Paces

PROFILE

2 blocks; each has a moderate incline with a fast Pace followed by a steep incline with a slow Pace

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	1x8	Seated Recovery	B↺	1/1	E
	0:03	Intro	3x8	Ride Easy	C↺	1/1	E
	0:14	Instr / (Beat)	4x8	Standing Climb	●	1/1	E
	0:29	(Low)	12x8	Ride Easy	LC↺	1/4-1/2	
	1:12	(B up)	20x8	Power Climb	●	1/1-1/1++	
	2:25	(High synth)	4x8	Ride Easy	C↺	1/1	H
	2:40	(Pulsing synth)	4x8	Ride Easy	↗	1/1	
	2:55	(Synth B up)	8x8	Standing Climb	↗	1/1-1/1++	
	3:24	(Low melody)	4x8	Standing Climb	●	1/1	
	3:38	(Bigger melody)	4x8	Standing Climb	↗	1/1	
	3:53	(Big melody rhythm)	8x8	Standing Climb	●	1/1	
	4:07	(Rhythmic pulsing melody)	4x8	Standing Climb	↗	1/1	
	4:22	(Synth)	8x8	Power Climb	●	1/1	
2	4:51	(Low)	2x8	Ride Easy	↘ to LC↺	1/4-1/2	E
	4:58	(B up)	16x8	Power Climb	LC↺	1/1-1/1++	H
	6:01	(Synth)	4x8	Ride Easy	C↺	1/1	H
	6:16	(Synth B up)	8x8	Standing Climb	↗	1/1-1/1++	
	6:45	(Bigger melody)	4x8	Standing Climb	●	1/1	
	6:59	(Big melody rhythm)	4x8	Standing Climb	↗	1/1	
	7:14	(Rhythmic pulsing melody)	4x8	Standing Attack	●	1/1	
					↘ to B↺		



07. OUR ORIGIN 7:34mins

TECHNIQUE AND COACHING

1 LAYERS 1 & LAYER 2

Position / Resistance / Pace / Improve Technique

Coach PRP using Layer 1 cues to set up your class with great Climbing Technique. Start with Light Climbing Resistance in the faster Pace; be sure people have enough on and they are not pedaling too quickly. When the Pace slows, find a heavy Climbing Resistance. Describe what it should feel like in the legs. Use Layer 2 cues towards the end of the block to make sure the class isn't dropping Intensity. Help them stay in the workout by using cues that will help with Technique as they start to fatigue.

- *Add a Gear to find an easy Climbing Resistance, heavy under foot*
- *Look down at the dial, reduce to a Light Climbing Resistance*
- *When it kicks in we are going to Power Climb in the saddle for 1 minute and 15 seconds with a fast Pace and Light Climbing Resistance; we're going to accelerate our legs*
- *Imagine a steep climb – instead of grinding our way to the top, we go with a light Gear and spin our way to the top*
- *Power Climb: **butt back, chest lifted, abs braced***
- *Ride Easy: **butt back, relax the upper body**, find the slow beat, match the Resistance to the beat*
- *Big turn clockwise, heavy Climbing Resistance*
- *Standing Climb: **chest lifted, butt back, shoulders relaxed, side to side***
- *If you've got the legs, accelerate!*
- *Back on the beat, 90 seconds to the break*
- *Find your rhythm, side to side*
- *Sometimes it's about putting in the hard yards and this is now!*

2 LAYER 2 & 3

Manipulate Intensity / Motivate / Inspire

There's a very short recovery; make sure you remind them that this is the final block. It is somewhat shorter than the first block but by no means easier! How can you help your class stay in the workout? How can you help them work harder? Through the use of time references or role-modeling perfect Technique or by purely Motivating them to finish?

- *Reduce back to a Light Climbing Resistance*
- *This last block will make you fitter and stronger*
- *As fast as you can go with this Light Climbing Gear*
- *Sometimes we need to push a little harder at the right moment*
- *Take the heavy Resistance back into the muscles*
- *50 seconds to the end*
- *We're above the clouds now, way above!*

PERFORMANCE

Don't over-think this track. Script the important coaching points then let the music create the journey, providing a mind-body experience, especially in the key moments like the faster Climb, the transition from the fast to the slow Climb into Ride Easy and the transition to Standing Climb. Make those moments really pop and come alive!



08. RIDE HOME/STRETCH

1/1 = 105rpm

TRACK FOCUS

- Celebrate the ride with the class while flushing out the arms and legs and stretching

PROFILE

Flat, easy road where we flush out the legs with light Resistance and an easy Pace, followed by some stretches off the bike

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	2x8	Seated Recovery	B⬆	1/2	E
	0:09	V1 / _ It feels like	4x8	Ride Easy	●	3/4	
	0:27	PC / Take it easy	2x8	Ride Easy	●	3/4+	
	0:36	C / More than	4x8	Racing	↗	1/1	
2	0:54	V2 / _ At the risk	4x8	Ride Easy	●	3/4	
	1:13	PC / Take it easy	2x8	Transition off the bike – shake out arms and legs			
	1:22	C / More than	8x8	Standing Quadricep Stretch R L			
	1:58	Ref / Take it easy	2x8	Standing Gluteal Stretch L			
	2:08	Take it easy	2x8	Standing Gluteal Stretch R			
	2:17	C / More than	4x8	Standing Hamstring Stretch R			
	2:35	I'm asking you	4x8	Standing Hamstring Stretch L			
	2:53	Outro	1x8	Bike-supported Lower Back Stretch			



08. MORE THAN FRIENDS 3:02mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Congratulate your class on their ride, while establishing light Resistance and letting them flush out their legs.

- *Light Resistance in the legs, flush out the muscles*
- *Well done on a great ride!*
- *Allow your heart rate to come down*

2 LAYER 2

Educate

A short Ride Easy and then a quick transition off the bike to the stretches. Lead your class through each stretch, coaching where it should be felt.

- *Slow your legs. Get off the bike*
- *Quad: heel to butt, knee to knee. Drop your knee down*
- *Glute: heel to knee. Butt back and down*
- *Hamstring: foot forward. Hips back and lift your chest*
- *Lower back: hands on bike. Stretch your lower back*



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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.

