

RPM **84**

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

Bones (5:29)

Galantis feat. OneRepublic

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Written by: McLaughlin, Franks, Jonback, Karlsson, Tedder, Grammer, Malik, Brooke, Koizsch

02

Save Me Tonight (Extended Mix) (5:34)

ARTY

© 2019 Armada Music B.V.
Written by: Stolyarov, Aljadeff, Civetz

03

With Or Without You (6:11)

Tall Coast

© 2019 Les Mills Music Licensing Ltd.
Written by: Clayton, Evans, Hewson, Mullen

04

On My Way (5:17)

Sheppard

© 2019 Empire Of Song (Australia) Pty Ltd.
Written by: Bovino, Hume, A. Sheppard, G. Sheppard

05

Don't Stop Me Now (5:47)

The Regrettes

© 2019 Warner Records Inc.
Written by: Mercury

06

Treat You Better (6:56)

RÜFÜS DU SOL

© 2018 RÜFÜS DU SOL.
Written by: George, Hunt, Lindqvist, Evigan, Foster

07

Mufasa (Extended Mix) (5:53)

Timmy Trumpet & The Golden Army

© 2018 SpinninRecords.com.
Written by: Smith, Gubitso, Abwi

08

Talk (3:18)

Khalid

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Written by: Robinson, H. Lawrence, G. Lawrence



L–R: Fiona Fransisca and Glen Ostergaard

Track 1, *Bones* is a happy, uplifting song to kick-start the ride. As usual, it’s all about welcoming people into the workout, using a lighter conversational coaching language. The Pace track, *Save Me Tonight*, shifts up a notch or two, with big energetic instrumentals in the top speed. Track 3, *With Or Without You*, a song everyone will resonate with, changes down a gear musically but certainly not emotionally or physically. The Pace is slow, so make sure you're coaching Climbing Resistance well as this will be needed to stay on that slower pace and to get Intensity out of the track. This change of energy brings another dimension into the workout. Your challenge in this track will be to keep the energy up. We will be *On Our Way* to having some fun again in Track 4. This track lights up the room with big vocals; if it’s your kind of thing, this is a great song to sing a long to. Your class will be saying *Don’t Stop Me Now* as the fun in Track 5 hits another level. A balance of coaching/work and fun will be needed; don’t get into the trap of only just connecting to the song. Say less, coach clearly only what you need to, then have some FUN!

Treat You Better is an emotive song, where we ride either on the beat or ahead of it. The final mountain is a true banger! *Mufusa* musically hits the workout hard, especially in the 30-second Standing Attack phase in Blocks 2 and 3. Finally, a cool Track 8; let’s *Talk* about the workout in this track. Praise and congratulate your class on their efforts and ask when their next ride will be. Enjoy!

[Signature] Sarah ☺

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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 apply more modern coaching language and terminology. If using Track 8 (Ride Home/Stretch) from Release 63 onwards, then do not also teach a Track 9 (Stretch) from releases prior to RPM 63.



EXPRESS FORMATS

Please note: This format is customized to this release only. If time permits, you may include Track 8 Ride Home/Stretch; alternatively, advise your class to do their own stretches once they have left the room.

RPM 84 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	28:13 without Track 08 31:30 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

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



01. PACK RIDE

1/1 = 120rpm

TRACK FOCUS

- Be warm and welcoming by using a conversational tone at the start. Build the excitement towards the end of the track with more energy in your voice, preparing the class for the workout ahead.

PROFILE

3 opportunities to get warm where we accelerate through different paces.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro / _ Woooah	2x8	Seated Recovery	●	1/2
	0:13	V1 / _ You bringing	8x8	Ride Easy	B↻	3/4
	0:45	PC / Asking me	4x8	Ride Easy	↗	3/4+
	1:00	Bones. I feel	4x8	Ride Easy	↗	3/4+
	1:17	Instr / (Synth)	4x8	Racing	R↻	1/1
2	1:33	Br / Bones.	1x8	Ride Easy	●	1/1–3/4
	1:37	V2 / _ So many people	4x8	Ride Easy	↘	3/4
	1:52	PC / Asking me	4x8	Ride Easy	↗	3/4+
	2:09	Bones. I feel	4x8	Ride Easy	↗	3/4+
	2:25	Rep / Bones. I feel	4x8	Racing	R↻	1/1
	2:41	PC / Asking me	4x8	Ride Easy	●	3/4–1/2
	2:57	Rep / Bones. I feel	8x8	Racing	●	1/1
3	3:29	Br	1½x8	Ride Easy	●	1/1–3/4
	3:35	V3 / _ So many people	4x8	Ride Easy	↘	3/4
	3:51	PC / Asking me	4x8	Ride Easy	↗	3/4+
	4:07	Bones. I feel	4x8	Ride Easy	↗	3/4+
	4:23	Rep / Bones. I feel	4x8	Racing	R↻	1/1
	4:39	PC / Asking me	4x8	Ride Easy	●	3/4–1/2
	4:55	Rep / Bones. I feel	8x8	Racing	●	1/1
				↘ to B↻		



01. BONES 5:23mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 PRP cues to clearly coach the different Paces. We spend quite a bit of time Building Pace so use this time to describe the Racing Resistance feel before we ride on the beat.

- *Base Resistance: Something light to start with.*
- *Ride Easy: **Hips back, hands on the top, relax your shoulders, lift the chest***
- *Racing Resistance: Good tension in the muscles that helps to ride the rhythm*
- *Racing: Hands reach out, **hips back, light brace through the core***
- *1, 2, 1, 2*

2 LAYER 2

Improve Technique

Reinforce the basic Layer 1 cues before using Layer 2 cues that empower riders to Improve Technique. This is also a great chance to be more descriptive with the Racing Resistance feel.

- *Ride Easy: Hips back, small gear back, Medium Pace*
- *Second round a little longer to help us get warmer faster*
- *Racing Resistance: Good tension in the muscles with plenty of room to move*
- *This is how we build the energy in our body. When we go fast, with this Resistance, it helps us lift the heart rate*

3 LAYER 3

Manipulate Intensity / Motivate

Last block before we get into the real work. Bring excitement and Motivation in this block by using energy in your voice. Question whether they are warm enough and describe how their body should feel at this point in the track.

- *We should be feeling warm by now.*
- *One more round before we go into our Pace track*
- *When you hear this beat, it makes you wanna go quickly – right?*
- *I'm ready. I know you are!*

CONNECTION

This Warm up track is a great opportunity to connect with your class. Be open and inclusive but at the same time don't overpower the music. Use eye contact and smiles throughout the track to create enjoyment and make your class feel welcome and excited for the ride ahead. If it works for you, try connecting with the lyrics when we describe how it feels – *"I feel it in my..."*

PERFORMANCE

This track is an uplifting and engaging song. How will you use your voice and facial expressions to match the feel and energy of the music?



02. PACE

1/1 = 130rpm

TRACK FOCUS

- Teach to the fun, exciting and high-energy feeling of this song using your body, facial expressions and voice.
- Coach the PRP clearly, especially on the Resistance feel, so that your class can get the right Intensity immediately.

PROFILE

3 blocks of 30-45 second speed phases with climbs on the last 2.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	2x8	Seated Recovery	●	1/2	E
	0:07 Instr / (Swirl)	6x8	Ride Easy	B⬆	3/4	
	0:29 (Low)	3x8	Ride Easy	R⬆	1/2	
	0:40 V1 / I'm overdue	4x8	Ride Easy	●	1/2	
	0:55 Maybe it's true	4x8	Ride Easy	●	3/4	
	1:10 Rep / Save me tonight	4x8	Ride Easy	●	3/4+	M
	1:25 Instr / (Synth melody)	8x8	Racing (Forward)	●	1/1	H
2	1:54 Br / (Low) tonight	1x8	Transition	●	1/1–1/2	E
	1:58 V2 / This crowded	4x8	Ride Easy	C⬆	1/2	
	2:13 Maybe it's true	4x8	Standing Climb	●	1/2	M
	2:28 Rep / Save me tonight	4x8	Standing Climb	↗	1/2	
	2:42 Tonight , who's	4x8	Standing Attack	●	3/4	H
	2:57 Instr / (Synth melody)	12x8	Racing (Forward)	↘ to R⬆	1/1	
3	3:42 Br / (Low) tonight	1x8	Transition	●	1/1–1/2	E
	3:45 V3 / This crowded	4x8	Ride Easy	C⬆	1/2	
	4:00 Maybe it's true	4x8	Standing Climb	●	1/2	M
	4:15 Rep / Save me tonight	4x8	Standing Climb	↗	1/2	
	4:30 Rep / Tonight , who's	4x8	Standing Attack	●	3/4	H
	4:44 Instr / (Synth melody)	12x8	Racing (Forward)	↘ to R⬆ ↘ to B⬆	1/1	



02. SAVE ME TONIGHT 5:34mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Coach the Layer 1 PRP and Resistance feel then coach the profile of the track. Describe the feel of Racing Resistance before we hit Racing for 30 seconds to allow for the music drop to pop.

- *Ride Easy. Medium Pace*
- *Base Resistance: Light grip in the muscles*
- **Hips back. Lift chest. Light engagement in the core**
- *3 rounds of speed phases with Climbs in the last 2*
- *Racing Resistance: Good tension in the muscles with plenty of room to move*
- *When the beat drops, we slide forward on the seat, dip the toes slightly down*
- *Racing! On the beat*
- *Racing: **Hips forward, little dip of the toes, engage the core***

2 LAYERS 1 & 2

Position / Resistance / Improve Technique / Manipulate Intensity

Coach Climbing Resistance early so the class can feel the Climb immediately. Use Layer 1 cues to teach your class how to climb with good Technique. Use Layer 2 Improve Execution and Manipulate Intensity in the longer 45-second Racing phase. Use the Speed Coaching cues to help your class stay on the beat in the long speed phase.

- *Ride Easy: **Hips back***
- *Climbing Resistance: Heavy pressure on the legs. Helps you to stand on*
- *Standing Climb: **Hips back. Chest up. Abs braced***
- *Body weight moves side to side to help you push the pedal down*
- *Standing Attack: **Hips forward**. A little quicker. Lift the knees*
- *When we sit, Racing Resistance on*
- *Sit. Reduce. On the beat!*
- *45 seconds!*
- *Hips forward. Dip the toes. That will help you to go quicker*
- *Last 15 seconds: If your legs are slowing down, that's OK. Just do your best!*

3 LAYERS 2 & 3

Improve Technique / Manipulate Intensity / Motivate / Inspire

Use Layer 2 Improve Execution and Manipulate Intensity cues to teach your class how they can get more out of the workout. In the final Racing phase, use Layer 3 Intrinsic Motivational cues. These will play an important role to Motivate your class to finish this track successfully.

- *Ride Easy: Hips back*
- *Climbing Resistance: Feel sticky under the foot. Hard to push*
- *Standing Climb: Body weight side to side. Legs are heavy*
- *How good does it feel if we can climb stronger this time?*
- *We are ready to go quickly – sit, Racing, on the beat – let's go!*
- *How fast are we going to finish this round?*
- *15 seconds – stay with the pack! We know we got this!*

CONNECTION

This song is uplifting and has a great build before each Racing phase. Find opportunities to use the lyrics – maybe sing, or just use them as part of your coaching. Use a conversational voice when the music is low; then, when the music builds, match this with your voice to create excitement.

PERFORMANCE

We can use our voice, face and body language to express the feel of the music. How will you bring out the feel of this track? Think about when you will speak versus remaining silent and allowing the music to speak.



03. HILLS

1/1 = 57rpm

TRACK FOCUS

- Focus on teaching a slower, controlled Climb to build strength and endurance.
- Match your vocals to the feel of the song by not overpowering it.

PROFILE

2 short Climbs to start, then 1 long 2-minute Climb all with a slower pace and heavier Resistance to really test you!

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	2x8	Seated Recovery	●	1/2	E
	0:08	Instr / (Beat)	4x8	Ride Easy	B↻	1/1	H
	0:25	V1 / _ See the stone	4x8	Ride Easy	C↻	1/1	
	0:43	_ Sleight of hand	4x8	Ride Easy	↗	1/1	
	0:59	Without you	2x8	Standing Climb	↗	1/1	M
	1:07	V2 / _ Through the	4x8	Ride Easy	●	1/1	H
	1:24	Without you	4x8	Standing Climb	↗	1/1	
	1:41	Instr / (Low)	2x8	Standing Climb	↗	1/1	
	1:50	And you give	4x8	Standing Climb	●	1/1	
2	2:07	V3 / _ My hands are	4x8	Ride Easy	↘	1/1	E
	2:23	And you give	4x8	Power Climb	↗	1/1	M
	2:40	C / Without you	4x8	Standing Climb	↗	1/1	H
	2:57	Ohhhhh	4x8	Standing Climb	↗	1/1	
	3:14	C / Without you	4x8	Standing Attack	●	1/1	
3	3:31	Rep / Without you	1x8	Transition	↘	1/1	E
	3:35	V4 / _ My hands are	4x8	Ride Easy	●	1/1	H
	3:52	And you give	4x8	Power Climb	↗	1/1	
	4:09	C / Without you	4x8	Standing Climb	↗	1/1	
	4:26	Ohhhhh	4x8	Standing Climb	↗	1/1	H
	4:43	C / Without you	4x8	Standing Attack	●	1/1	
	5:00	Without you	6x8	Power Climb	●	1/1	
	5:25	Instr / (Guitar)	4x8	Standing Climb	↗	1/1	
	5:42	Outro	4x8	Standing Attack	●	1/1	

↘ to B↻



03. WITH OR WITHOUT YOU 6:11mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this shorter block to coach the Layer 1 PRP cues, establishing correct riding Position, Resistance and Pace. Coach your participants to hook into the right Pace early, as it's slower than normal, then to find Climbing Resistance.

- *Ride Easy: Hips are back, **chest lifted, relax the upper body***
- *Find that tempo: 1, 2, 1, 2*
- *Climbing Resistance: Good turn of Resistance, starting to feel heavy tension in the legs, enough to make you stand*
- *Standing Climb: **Hips back, tighten the core,** gentle side to side*

2 LAYER 2

Improve Technique / Manipulate Intensity

Use Layer 2 cues that focus on the Climbing Pace and Resistance, Improving Technique and Manipulating Intensity.

- *Reduce Resistance a little, but stay connected*
- *Big turn in the clockwise direction*
- *Power Climb: **Hips back on the saddle,** grip the bars firmly*
- *Standing Climb: Find your rhythm; a little side to side will help you push the Resistance more easily*
- *Standing Attack: **Hips come forward,** lift your chest up*

3 LAYER 3

Motivate / Inspire

Final block: this one is longer – 2 minutes to the finish. With the slower Pace and heavy Resistance, your class will be fatiguing in this final block. Help them feel successful by Motivating them with intrinsic Motivational cues. Keep it positive and encouraging.

- *Take the edge off Climbing Resistance but stay close*
- *It's about 2 minutes to the end – we are well past halfway, just have the big challenge to the top!*
- *Here's the big one!*
- *Stay strong. Keep the core strong*
- *This is it – you and me together!*
- *We're so close – moments away!*
- *One last little turn, 30 seconds to the top*
- *That's good – you guys look great*

PERFORMANCE

This track doesn't lift too much; it's more of an Inspirational song. Use your voice in a way that won't overpower the song. How will you connect to it? How will you use your voice?

TRACK TIP

Make sure you continue to highlight the slower Pace throughout the track, using lots of rhythm cues. Remember: if your class is riding too quickly, it's a sign that they're not using enough Resistance!



04. MIXED TERRAIN

1/1 = 138rpm

TRACK FOCUS

- Match the fun, uplifting and energetic feel of this Rock song to bring contrast to Track 3.
- Cue the many changes in this busy track by clearly using PRP cues.

PROFILE

3 rounds of Mixed Terrain, with fast changes of Position, Resistance and Pace.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	2x8	Seated Recovery	●	1/2	E
	0:07 V1 / _ Your heart	8x8	Ride Easy	B↻	3/4	
	0:34 PC / So I'm on my	4x8	Ride Easy	↗	3/4+	M
	0:48 C / So-oh-oh	8x8	Racing (Forward)	R↻	1/1	H
2	1:16 V2 / _ You're like a	8x8	Ride Easy	↘	3/4	E
	1:44 PC / So I'm on my	4x8	Ride Easy Note: Gear change optional	↗	3/4+	M
	1:58 C / So-oh-oh	4x8	Racing (Forward)	R↻	1/1	H
	2:12 Rep / Oooh	2x8	Ride Easy	●	3/4–1/2	E
	2:19 Oooh	2x8	Standing Climb	C↻	1/2	M
	2:26 QC / Oh-oh-oh	4x8	Standing Climb	↗	1/2	
	2:40 Br / (Low)	1x8	Standing Attack	●	3/4	
	2:43 C / So-oh-oh	8x8	Racing (Forward)	↘ to R↻	1/1	H
3	3:11 V3 / _ You're like a	8x8	Ride Easy	↘	3/4	E
	3:39 PC / So I'm on my	4x8	Ride Easy Note: Gear change optional	↗	3/4+	M
	3:53 C / So-oh-oh	4x8	Racing (Forward)	R↻	1/1	H
	4:07 Rep / Oooh	2x8	Ride Easy	●	1/2	E
	4:14 Oooh	2x8	Standing Climb	C↻	1/2	M
	4:21 QC / So-oh-oh	4x8	Standing Climb	↗	1/2	
	4:34 Br / (Low)	1x8	Standing Attack	●	3/4	
	4:38 C / Oh-oh-oh	8x8	Racing (Forward)	↘ to R↻ ↘ to B↻	1/1	H



04. ON MY WAY 5:16mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Set up the basics using Layer 1 PRP cues working towards the first fast Racing phase. Use the Speed Coaching cues to help them ride fast.

- Find a light base connection
- Ride Easy: **Hips are back** in the saddle with a **light core engagement, chest up, elbows soft, relax the arms**
- Find Racing Resistance, good muscle tension, plenty of give to go quickly
- Racing: **Hips forward, toes down, chest up, brace your abs**

2 LAYERS 1 & 2

Position / Resistance / Improve Technique / Manipulate Intensity

Explain the Profile in the Recovery. The first Racing phase is shorter, but try to use some Layer 2 Improve Technique cues to help your class ride better. Set up Climbing Resistance in the short 2x8 with a clear description of what the Resistance should feel like. Then use Layer 1 cues to Climb. In the second longer sprint, think about ways in which you can challenge your class to ride faster.

- Ahead we have a short Racing effort followed by a short Climb, then a longer Racing effort!
- Building Pace, just under the beat
- One more gear finds Racing Resistance – good tension with plenty of give to go quickly with control
- Racing: Keep your elbows soft and relax your upper body. This will allow you to ride faster
- Heavy turn to find Climbing Resistance
- Standing Climb: **Lift your chest, butt back, brace your belly tightly**
- Short acceleration, sit, reduce to Racing Resistance and stay on the beat!
- Try dipping the toes; it will create smaller quicker circles with your feet

3 LAYERS 2 & 3

Motivate / Inspire

This is a repeat of Block 2; teach your class how they can Climb better using Improve Technique cues, then Motivate using Layer 3 cues in the final Race.

- We're going to do that again. What we are looking for is good speed, an Easy Climb then good speed again!
- Reset your body, elbows soft, chest lifted, hips back
- 15 seconds on the beat – let's go!
- Find that heavy Climbing Resistance, Standing Climb
- Use your body weight to help you turn your pedals over, side to side
- One more 30-second sprint to go
- That transition off the Climb is tough!
- You're only 15 seconds away; you're on your way!

CONNECTION

Always keep your Connection positive and encouraging. By keeping it positive you'll get more buy-in from your riders; they'll feel more connected with you, especially for your newer participants. It is a great song to connect with if that's what you like to do. Use lyrics like, "Your heart is beating, I'm on my way".

PERFORMANCE

From the more internal feel of the Track 3, you need to tap into the contrasting fun and uplifting way of teaching in this track. How will you bring out this feel? Through the use of music, your voice, or the way you move?



05. INTERVALS

1/1 = 86rpm

TRACK FOCUS

- Bring out the feel of this song; create a fun and energetic atmosphere.
- Describe Attack Resistance clearly to maximize the training benefit in this Intervals track.
- Use your voice to bring contrast in this track to match the feel of the music.

PROFILE

2 big intervals – with many attacks and long Racing phases.

	Music		Position	Resistance	Pace	PI
	0:00 Intro / Tonight , I’m	2x8	Seated Recovery		1/2	E
	0:12 World is	6½x8	Standing Recovery		1/2	
	0:31 V1 / A shooting star	5x8	Standing Attack		1/1	M
	0:45 Me , I’m burning	5x8	Racing		1/1	
	0:59 C / Don’t stop	1x8	Standing Attack		1/1	H
	1:02 Good time	1x8	Racing		1/1	
	1:05 Don’t stop	1x8	Standing Attack		1/1	
	1:07 Good time	1x8	Racing		1/1	
1	1:10 Don’t stop	1x8	Standing Attack		1/1	
	1:13 Don’t stop	2½x8	Racing		1/1	
	1:20 V2 / I’m a rocket	11x8	Ride Easy		1/1	M
	1:49 Rep / Don’t stop me	1x8	Standing Attack		1/1	H
	1:52 Don’t stop me	1x8	Racing		1/1	
	1:55 Don’t stop me	1x8	Standing Attack		1/1	
	1:58 Don’t stop me	1x8	Racing		1/1	
	2:01 Instr / (Guitar)	10x8	Racing		1/1	
	2:29 C / Don’t stop	7x8	Standing Attack		1/1	



05. INTERVALS

2

	Music		Position	Resistance	Pace	PI
2:48	Ref / Tonight , I'm	6½x8	Seated Recovery	↘	1/2	E
3:18	Having a	1x8	Ride Easy	A↻	1/2–3/4	
3:21	V3 / A shooting star	5x8	Standing Attack	●	1/1	M
3:35	Me , I'm burning	5x8	Racing	●	1/1	
3:49	C / Don't stop	1x8	Standing Attack	↗	1/1	H
3:52	Good time	1x8	Racing	●	1/1	
3:55	Don't stop	1x8	Standing Attack	●	1/1	
3:58	Good time	1x8	Racing	●	1/1	
4:00	Don't stop	1x8	Standing Attack	●	1/1	
4:03	Don't stop	2½x8	Racing	●	1/1	
4:10	V4 / I'm a rocket	11x8	Ride Easy	↘	1/1	M
4:39	Rep / Don't stop me	1x8	Standing Attack	A↻	1/1	H
4:42	Don't stop me	1x8	Racing	●	1/1	
4:45	Don't stop me	1x8	Standing Attack	●	1/1	
4:48	Don't stop me	1x8	Racing	●	1/1	
4:51	Instr / (Guitar)	10x8	Racing	●	1/1	
5:19	C / Don't stop	7x8	Standing Attack	●	1/1	

↘ to B↻



05. DON'T STOP ME NOW 5:46mins

TECHNIQUE AND COACHING

1 LAYERS 1 & 2

Position / Resistance / Pace / Improve Technique / Manipulate Intensity

Describe the feel of the Attack Resistance early, then use Layer 1 PRP cues to get people moving before describing the Profile. Revisit the feel of Attack Resistance when we Ride Easy before we Attack again for the second time. During this longer Attack, add Layer 2 cues to Improve Technique and Manipulate Intensity.

- Find a gear to balance your body weight when you stand. *Slow*
- Next gear is your Attack Resistance. You should feel a tightness in the muscles, which will challenge you when you ride on the beat
- Standing Attack: **Hips forward**. Hands at the top. **Chest up**
- 2 rounds of peak intervals with short Attacks in between
- Racing: **Hips back**. Hands on the dips. **Brace the abs**
- Short jumps up ahead! Gear up!
- Ride Easy: Tiny reduction. Stay on the beat. **Hips back. Chest up**
- Attack Resistance: Solid pressure to help you stand and challenge the Pace
- This one is fun! Attack Resistance! Ready?
- Racing! 30 seconds! Hips back. Push the pedals away when it gets tough
- It feels like someone is pulling you from behind
- Standing Attack. 30 seconds! Can we lift the knees higher here? That's going to give us more power!

2 LAYERS 2 & 3

Improve Technique

This block is a repeat of Block 1. Revisit the feel of the Attack Resistance again before we stand. Bring the fun element before we get back into the work. Continue to use Layer 2 Improve Technique and Manipulate Intensity and then bring in Layer 3 Motivate cues, especially towards the end. As well as working hard, have fun by using your body and face to connect with the music.

- *That's what we love about RPM! We work hard and have a good time at the same time! Keeps us coming back for more!*
- *Attack Resistance back on! Grabs the muscles. Challenges us to push when we stand!*
- *Standing Attack: Lift the knees high to get more power from the quads*
- *3 jumps ahead: "Don't stop me now!"*
- *Ride Easy: Reduce a little. Stay on the beat. Glue your butt to the seat; keep the abs tight here! But when we stand we explode out of the seat!*
- *"Have a good time. Good time!"*
- *2 more Attacks!*
- *Racing – sit! Fight back!*
- *"Burning through the sky yeaahh!"*
- *"We are having such a good time!"*

CONNECTION

This is such a great song. There are plenty of opportunities for you to sing along with the lyrics, creating energy and excitement. Make sure you don't overdo this though, as we still need to focus on the basics to ensure the workout is successful. Also create contrast and make sure you're not overpowering the music.

PERFORMANCE

This track is largely about having fun. Use this as your track focus: mention it at the start of the track and follow up at the beginning of Block 2. How can you bring the fun element into this track? How are you going to use your body, face and voice when you teach this track without overpowering the music!



06. SPEED WORK

1/1 = 126rpm

TRACK FOCUS

- Lead your class through the many changes in Pace using clear PRP cues.
- Teach to the feel of this mesmerizing track using a softer voice.

PROFILE

5 chances to ride the fast beat for up to 30 seconds with some options to ride even faster if we want to. We encounter 2 Climbs along the way.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	6x8	Seated Recovery	●	1/2	E
	0:23	I met you	9x8	Ride Easy	BO	3/4	
	0:58	Rep / _ It's not over	9x8	Ride Easy	↗	3/4+	M
	1:31	Instr / (Low beat)	2x8	Racing (Forward)	RO	1/1	H
2	1:39	V2 / Let's begin	8x8	Ride Easy	↘	3/4	E
	2:10	C / I want your	8x8	Racing (Forward)	RO	1/1	H
	2:40	Instr / (Low)	2x8	Seated Recovery	●	1/2	E
	2:48	(Low)	2x8	Ride Easy	CO	1/2	
	2:55	V3 / The words	4x8	Standing Climb	●	1/2	M
	3:11	When the light	4x8	Standing Climb	↗	1/2	
	3:26	Treat you	4x8	Standing Climb Accelerate on the last 8cts	↗	1/2	
	3:41	C / I want your	8x8	Racing (Forward)	↘ to RO	1/1 Opt 1/1+	H
3	4:12	V4 / _ Let's begin	8½x8	Ride Easy	↘	3/4	E
	4:42	C / I want your	8x8	Racing (Forward)	RO	1/1	H
	5:13	Instr / (Low)	2x8	Seated Recovery	●	1/2	E
	5:21	(Low)	2x8	Ride Easy	CO	1/2	
	5:28	V5 / The words	4x8	Standing Climb	●	1/2	M
	5:43	When the light	4x8	Standing Climb	↗	1/2	
	5:59	Treat you	4x8	Standing Climb Accelerate on the last 8cts	↗	1/2	
	6:14	C / I want your	8x8	Racing (Forward)	↘ to RO	1/1 Opt 1/1+	H
	6:45	Outro	2½x8	Ride Easy	↘ to BO	1/1–1/2	E



06. TREAT YOU BETTER 6:56mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this first block to flush the legs before the short Racing phase. Just coach the basics.

- *Base Resistance, a light connection*
- *Ride Easy: Hands on top of the bars, **relaxed upper body, chest is up, a light core engagement***
- *Let's get the oxygen into the muscles to help us recover*
- *Take one more little turn to find Racing Resistance for a short little burst*
- *Racing: **Relax the arms, drop the shoulders***

2 LAYERS 1 & 2

Position / Resistance / Improve Technique

This block has 2 Racing phases with a Climb in between; set up a clear Profile in the Ride Easy. In the first race, use clear Layer 1 cues setting up Racing Resistance and Technique to enable riders to move with speed and control. Continue to use Layer 1 cues in the Climb, pre-cueing the transition into Racing with plenty of warning. Then, once in Racing for the second time, reinforce Racing Resistance and use Layer 2 cues that will Improve Technique. Also give the option of riding at 1/1+ (slightly faster than the beat).

- *Up ahead of us we have a 30 seconds of Racing effort, an extended Climb and then another Racing effort. We do that twice*
- *Ride Easy: Hands on top of the bars, **relaxed upper body, chest lifted***
- *Tune into Racing Resistance: Good tension on the wheel with plenty of room to move fast*
- *Racing: **Relax the arms, drop the shoulders, slide your hips forward**, toes down*
- *Find Climbing Resistance, heavy enough to stand on*
- *Standing Climb: **Chest is up, hips are back***
- *Coming up, we accelerate, sit, reduce to Racing Resistance*
- *Find that tension on the wheel that enables you to go quickly with control*
- *If you feel good, you can go a little quicker just ahead of the beat*
- *Hips are forward and toes are dipped, both will help you ride quicker*

3 LAYERS 2 & 3

Educate / Manipulate Intensity / Motivate

This block is a repeat of Block 2. Use more Layer 2 cues that are about teaching your class the benefits of riding fast and also helping them to work harder. Finally, Motivate them to finish the track at a good Intensity using Layer 3 cues. How will you Motivate your class through to the end?

- *Stay steady. This will build endurance and help you get fitter, faster*
- *Find your Climbing Resistance again; stand up*
- *This is where we have to be smart in our training. We've got just enough to keep us engaged here*
- *Coming up, final 30 seconds. You can either ride on the beat or just ahead of it*
- *What are you going to do – stay on the beat or push yourself just that little bit harder by going quicker?*
- *Looking good guys!*
- *All the way to the end. Stay with it*

PERFORMANCE

This track isn't one of those 'in your face' tracks. It's a soulful building track, where you vocally mustn't override the lyrics. Set up what you need to say, then just let the ride happen.



07. MOUNTAIN CLIMB

1/1 = 70rpm

TRACK FOCUS

- Motivate your class to work hard in this final track using lots of Layer 2 Manipulate Intensity cues.

PROFILE

3 Climbs with steep inclines - 60, 80, and 120 seconds.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	2x8	Seated Recovery	Bf	1/2	E
	0:08	Instr / (Heavy beat)	6x8	Ride Easy	↗	1/1	
	0:27	Br / (Low)	1x8	Transition	Cf	1/1	M
	0:30	Instr / (Dramatic)	4x8	Ride Easy	●	1/1	
	0:44	(B up)	4x8	Ride Easy	↗	1/1	
	0:58	(Pulsing beat)	4x8	Standing Climb	↗	1/1	H
	1:12	(Synth & chant)	4x8	Standing Attack	●	1/1	
	1:25	(Pulsing beat)	4x8	Standing Climb	●	1/1	
	1:39	(Synth & chant)	4x8	Standing Attack	↗	1/1	
2	1:53	Br / (Low)	1x8	Transition	●	1/1–1/2	E
	1:56	Instr / (Low chant)	5x8	Ride Easy	↘	1/2	
	2:13	(Synth)	4x8	Power Climb	Cf	1/1	M
	2:27	(Synth + chant)	5x8	Power Climb Note: Gear change optional	↗	1/1	
	2:44	(Dramatic B up)	4x8	Standing Climb (Easy)	↗	1/1	
	2:57	(Windup)	4x8	Standing Climb	●	1/1	H
	3:10	(Crazy synth)	8x8	Standing Attack	●	1/1	
3	3:36	Br / (Low)	1x8	Transition	●	1/1–1/2	E
	3:39	Instr / (Low chant)	5x8	Ride Easy	↘	1/2	
	3:56	(Synth)	4x8	Power Climb	Cf	1/1	M
	4:10	(Synth + chant)	5x8	Power Climb Note: Gear change optional	↗	1/1	
	4:27	(Dramatic B up)	4x8	Standing Climb (Easy)	↗	1/1	
	4:40	(Windup)	4x8	Standing Climb	●	1/1	H
	4:53	(Crazy synth)	8x8	Standing Attack	●	1/1	
	5:19	Br	1x8	Transition	●	1/1	
	5:22	Instr / (Pulsing beat)	8x8	Power Climb	●	1/1	

↘ to Bf



07. MUFASA 5:52mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use the long seated phase to set up good Climbing Resistance, then the 1-minute standing phase to coach PRP. Use Layer 1 cues to set your class up with great Climbing technique.

- Ride Easy: **Hips back in the saddle, relax the upper body**
- Climbing Resistance: Big turn clockwise, heavy Resistance, enough to make you stand
- Standing Climb: **Chest lifted, butt back, shoulders relaxed, side to side**
- Standing Attack: **Body weight comes forward** a little, **brace your belly**, lift your body tall, lift your knees

2 LAYERS 1 & 2

Position / Improve Technique / Manipulate Intensity

Take the recovery, then re-establish Climbing Resistance, ready for Power Climb. Use Layer 1 cues in this Position, using this time to create energy and excitement before you stand. Once standing, use Layer 2 Improve Technique cues to help your class ride more efficiently. Hit the 30 seconds of Standing Attack hard. The music goes crazy here, so don't vocally fight it.

- Power Climb: **Hips back on the saddle**, hands are strong on the bar, big full circles
- Small turn naturally lifts the hips out of the saddle
- Start to feel the build, 30 seconds of Standing Attack
- First big peak in this track!
- Surge to the front of the pack
- Use your body weight; lean in

3 LAYER 3

Motivate / Inspire

Final block of the entire workout; your job is to Motivate and Inspire your class to keep going and to finish the workout feeling satisfied with their efforts. Use Layer 3 cues to help them achieve this. How can you make them feel good about their workout today? How can you Inspire them to maintain their efforts?

- Take some of the Resistance off; one big set to finish
- Push your hips back, extend your legs, every muscle working down below!
- This is it – final block. Bring it home!
- Are you still with me?
- Here's the big 30 seconds – our final peak!
- A bit of top-end gas!
- The final peak!
- Down! Seated power
- Increase your fitness!

PERFORMANCE

Use the highs and lows within the song to match the music's energy and feel. How can you do this? Through your voice? Or your body? Create a contrasting journey for the final track.



08. RIDE HOME/STRETCH

1/1 = 136rpm

TRACK FOCUS

- Bring the heart rate down, flush the legs and at the same time celebrate the good riding journey.

PROFILE

Easy Pace with light Resistance to flush out the legs followed by some leg stretches off the bike.

	Music		Position	Resistance	Pace	PI	
1	0:07	Intro / (Low)	4x8	Seated Recovery	●	1/2	E
	0:21	Instr / (Beat)	6x8	Ride Easy	B🔄	1/2–3/4	
	0:42	C / Can we just talk	14x8	Ride Easy	●	3/4	
	1:31	Can we just talk	8x8	Racing	↗	3/4–3/4	
2	2:00	Oh nah , penthouse	2x8	Transition off bike			
	2:07	_ Now I'm on the	2x8	Standing Quadricep Stretch L			
	2:14	Clock , oh you've	4x8	Standing Gluteal Stretch L			
	2:28	C / Can we just talk	2x8	Standing Hamstring Stretch L			
	2:35	Before we get lost	2x8	Standing Quadricep Stretch R			
	2:42	Never felt like	4x8	Standing Gluteal Stretch R			
	2:56	Instr / (Low)	2x8	Standing Hamstring Stretch R			
	3:10	Outro	1x8	Bike supported Lower Back Stretch			
	3:17		1x8	Bike supported Upper Back Stretch			



08. TALK 3:17mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Celebrate the hard work with your riders while riding with an easy Pace with light Resistance to flush out the legs.

- *Light Resistance just to flush out the legs*
- *Allow the heart rate to come down*

2 LAYER 2

Educate

A quick transition off the bike to stretch our riding muscles.

- *Slow the legs down. Off the bike*
- *Heel to the butt. Knees stay close Quad Stretch*
- *We used this muscle a lot to push the pedal down*
- *Glute: Ankle to the knee. Butt back and down. Chest lifted*
- *Hamstring: Same leg comes forward. Hips back*
- *We used this muscle to pull the pedal up*
- *Lower back: Hands on the bike. Lower back release*

PERFORMANCE

Pull your voice back in this track. The music is soft, calm and cool. Allow your class to recover mentally after a big workout. Use a conversational voice when coaching this track.



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OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

