

RPM **85**

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

Can We Pretend (4:58)

P!nk feat. Cash Cash

© 2019 RCA Records, a division of Sony Music Entertainment.
Written by: Tedder, A. Makhlouf, Frisch , JP. Makhlouf, Moore
- 02

Hold My Girl (Martin Jensen Remix) (5:32)

George Ezra

© 2018 Sony Music Entertainment UK Limited.
Written by: Barnett, Pott
- 03

You Little Beauty (Extended Mix) (6:13)

FISHER

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Written by: Fisher, Hartman, Earnshaw
- 04

Timebomb (5:51)

WALK THE MOON

© 2019 RCA Records, a division of Sony Music Entertainment.
Written by: Petricca, Holter, Ghaleb
- 05

Hindsight (M&F's Hybrid Jungle Mix) (6:08)

Matrix & Futurebound

© 2019 Metro / Viper Recordings.
Written by: Collins, Quin, Kohn, Barnes, Kelleher
- 06

Calling You Home (7:09)

Seven Lions feat. Runn

© 2018 Ophelia.
Written by: Montalvo, Savage
- 07

Breathe (Eric Prydz Remix) (7:23)

CamelPhat & Cristoph feat. Jem Cooke

© 2019 Pryda Presents.
Written by: Di Scala, Whelan, Costigan, Cooke
- 08

Joy (3:11)

Bastille

Courtesy of the Universal Music Group.
Written by: Smith, Crew



L-R: Josh Berrier, Dee Rowell and Glen Ostergaard

RPM 85 is a fun yet challenging workout with amazing music to match. There is a subtle shift back to steady state endurance training, especially in Tracks 3, 6 and 7 where we build our aerobic fitness. Musically, there is a real contrasting feeling within the class, from uplifting and fun in Tracks 1, 2 and 4 to phases of steadiness and control in Tracks 3, 5, 6 and 7.

When we teach this release, we want Tracks 1 and 2 to be connective, uplifting and to have fun in these sing a long tracks. In Track 3, we dial down our excitement and energy into strength endurance with a more technical approach, allowing the coolness of the song to be felt. In Track 4, we pop out, reconnect and have fun again using lots of connection with both the class and the music; your heart will be ticking like a “Timebomb”. In track 5, we are working steadily through the 4 identical intervals. In Track 6, we are teaching with a balance of coaching of speed endurance and class connection. In Track 7, we dial back the connection and increase the coaching of feel and technique, similar to how we taught Track 3.

When you learn this release you need to break it down by focusing on each track individually. Learn the choreography 100% and understand both the feel of the music and the workout. Learn the music – get really familiar with it. Once you’ve done that for each individual track, take a step back and look at the release as a whole. How can you contrast each track from the others? Not only will it create a journey, and help you tap into the workout, but it will also allow you to connect with your riders, being present with them from start to finish.

Have fun and enjoy teaching this release as much as we did.

 

CREDITS

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Dee Rowell (Australia) is an RPM and LES MILLS SPRINT Trainer/Presenter, a BODYSTEP and LES MILLS TONE Instructor/Presenter and a BODYATTACK Instructor. She works as a registered nurse in Brisbane and is also a Les Mills Ambassador for BODYSTEP, RPM and LES MILLS SPRINT.

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.

RELEASE FEEDBACK

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



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 85 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	28:40 without Track 08 31:52 with Track 08

Mix and Match Formats: Should you wish to mix and match using different releases, please use the standardized 30-minute 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 = 118rpm

TRACK FOCUS

- Welcome your class to the workout with lots of connection.
- Build in energy towards the end of the track with a focus on warming the legs and body for the work ahead.

PROFILE

4 rounds to gently warm up the body

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / I remember	4x8	Seated Recovery Shoulder Roll, shake arms	●	1/2
	0:16	V1 / If I'm honest	4x8	Ride Easy	B🔼	3/4
	0:33	QC / Can we pretend?	4x8	Ride Easy	R🔼	1/2
	0:49	Can we pretend?	4x8	Ride Easy	●	3/4
	1:06	Instr / (Synth)	4x8	Racing	●	1/1
2	1:22	Br / I remember	2x8	Ride Easy	●	1/2
	1:30	V2 / If I'm honest	4x8	Ride Easy	↘	3/4
	1:46	QC / Can we pretend?	4x8	Ride Easy	●	3/4
	2:03	Can we pretend?	4x8	Ride Easy	↗	3/4+
	2:20	Instr / (Synth)	4x8	Racing	R🔼	1/1
3	2:36	V3 / If I'm honest	4x8	Seated Recovery	↘	1/2
	2:52	QC / Can we pretend?	4x8	Ride Easy	↗	3/4
	3:09	Instr / (Synth)	10½x8	Racing	R🔼	1/1
4	3:52	V4 / If I'm honest	4x8	Seated Recovery	↘	1/2
	4:08	QC / Can we pretend?	4x8	Ride Easy	↗	3/4
	4:24	Instr / (Synth)	6x8	Racing	R🔼	1/1
				↘ to B🔼		



01. CAN WE PRETEND 4:58mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Set up the class with good riding Technique using Layer 1 cues. First establish Base Resistance, then Racing Resistance.

- Shake out, big Shoulder Roll, find handlebars
- Ride Easy: **shoulders relaxed, chest lifted**
- Find Base Resistance: a light connection to the pedals
- Let's find Racing Resistance: good tension in the legs with lots of room to move
- Slow Pace – 1, 2, 1, 2
- Let's go quicker, Medium Pace
- We found Racing Resistance, now let's test it as we speed up
- Here we go – let's Race, on the beat!
- Racing: slide your hands wide, **relax your upper body, light brace through the belly, butt back**

2 LAYER 2

Improve Technique

Use Layer 2 cues to build on Block 1 Technique, with a focus on finding Racing Resistance and Pace.

- Hold Resistance, Ride Easy, Slow Pace
- Reduce; find a Medium Pace
- That felt good; let's do that again. Hold here, same Pace, same push
- Add a gear, a little quicker. Building Pace, building speed and Resistance
- Once again, find Racing Resistance: good tension with lots of room to move
- Let's move, on the beat
- Hands wide, let air in, light core engagement for stability

3 LAYER 3

Manipulate Intensity

Continue to use Layer 2 cues, this time with a focus on increasing intensity in the longer 45-second Racing phase.

- Reduce, slow legs, sit up, Seated Recovery
- Tip from the hips, Ride Easy, Medium Pace
- This time, find Racing Resistance: good tension to move
- Racing, on the beat, 45 seconds
- If you want to go faster, you need to try to relax your upper body
- Nope, not yet! Keep going... 15 seconds
- Starting to feel warmer and more connection to the workout now!

4 LAYER 3

Motivation / Connection

Final block – now's the time for lots of Motivation and Connection. What will you do to get your class ready for the next track?

- Reduce, slow, sit up
- Last time. Tip from the hips, Ride Easy
- Gear, Medium Pace
- Add on Racing Resistance, find the beat, 30 seconds
- Legs are warm, body is warm, heart rate is lifted

CONNECTION

Because the intensity is low in the Warm-up, it's a great opportunity to connect and get 'buy-in' from your class. BUT remember, connect with EVERYONE in the room, not just the regulars or those in the front row.



02. PACE

1/1 = 128rpm

TRACK FOCUS

- Challenge and Motivate your class to lift their intensity in each Block using precise Profile and time cues.

PROFILE

3x Blocks of Racing – 15, 15, and 30 seconds – followed by 3x 30-second mixed Blocks with Attacks

		Music		Position		Resistance	Pace	PI
1	0:00	Intro / _ I've been	4x8	Seated Recovery		B↻	1/2	E
	0:16	Cold nights	2½x8	Ride Easy		R↻	1/2	
	0:26	V1 / _ I've got time	4x8	Ride Easy		●	3/4	
	0:40	_ Crowded town	4x8	Ride Easy		●	3/4+	
	0:55	Instr / (Synth)	4x8	Racing (Forward)		●	1/1	M
2	1:11	V2 / I've been	8x8	Ride Easy		↘	3/4	E
	1:41	_ Crowded town	4x8	Ride Easy		↗	3/4+	M
	1:56	Instr / (Synth)	4x8	Racing (Forward)		R↻	1/1	H
3	2:11	V3 / It takes one hot	4x8	Ride Easy		●	1/2	E
	2:26	Instr / (Synth)	8x8	Racing (Forward) Find C↻ on last 8cts		●	1/1	H
4	2:55	V4 / _ I've got time	4½x8	Standing Climb		C↻	1/2	M
	3:13	_ Crowded town	4x8	Standing Climb		↗	1/2	
	3:28	Instr / (Synth)	4x8	Standing Attack		●	3/4	H
5	3:43	V5 / I've been	8x8	Ride Easy		↘	3/4	E
	4:13	_ Crowded town	4x8	Standing Climb		C↻	1/2	M
	4:28	Instr / (Synth)	4x8	Standing Attack		●	3/4	H
6	4:43	V6 / It takes one hot	4x8	Standing Recovery		●	1/4	E
	4:58	Instr / (Synth)	4x8	Standing Attack		●	3/4	H
	5:13	(Synth)	4x8	Racing (Forward)		↘ to R↻ ↘ to B↻	1/1	



02. HOLD MY GIRL 5:32mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Set up Racing Resistance, then cue the Pace changes using Layer 1 cues. The first Racing phase is short, so keep cues simple, cueing only the basics.

- *Tip from the hips, Ride Easy, **shoulders relaxed and chest up***
- *Base Resistance: a light connection to the wheel*
- *Find Racing Resistance: good tension in legs with room to accelerate*
- *Slow Pace: 1, 2, 1, 2*
- *A little quicker, Medium Pace*
- *We establish Racing Resistance then assess if it's enough as we speed up*
- *Quicker, Building Pace. Is the Resistance still adequate?*
- *Now let's Race, on the beat, **shift hips forward, dip toes, lightly engage the core***

2 LAYER 1

Position / Resistance / Pace

Coach the recovery, then lead your class through the Pace changes again. Build on your Layer 1 cues, this time with a focus on what's happening with your upper body and Pace.

- *Reduce, Ride Easy, Medium Pace, great job!*
- *We negotiated Resistance, now let's build a connection to the rhythm*
- *Same Pace / same Push*
- *Small gear, Building Pace, building speed and Resistance towards Racing*
- *Racing Resistance: just like before – good tension with room to move*
- *Racing: grab the beat, **hands wide, shift hips forward, chest up, upper body relaxed, shoulders down***

3 LAYER 2

Improve Technique / Manipulate Intensity

A longer, more challenging block of 30 seconds will test both you and your class. Use Layer 2 cues to help your class ride better, both faster and harder.

- *Ride Easy, hold gear, allow legs to slow*
- *Back on the beat, Racing, 30 seconds*
- *Shift hips and dip toes to light up the calves and engage more quads, get faster*

4 LAYER 1

Position / Resistance / Pace

A change of focus for Block 4: more Resistance and a slower Pace. Establish Climbing Resistance then coach Position using Layer 1 cues to teach how to climb. Find the Intensity in the shorter 15-second Attack.

- *Now let's find a new Resistance: Climbing Resistance, enough to make us stand up*
- *Slow legs, add a heavy gear, Stand, Climb*
- *Standing Climb: hands out, **lift chest, hips back**, side to side with body weight*
- *Add more gear, **strong belly brace***
- *Get ready to shift your hips forward and accelerate*
- *Standing Attack: **lift chest up**, drive knees up*

5 LAYER 2

Improve Technique / Manipulate Intensity

Teach your class how they can climb efficiently using Layer 2, which will help them to ride better. Challenge your class to push themselves harder in the short Attack phase.

- *Sit, reduce, Ride Easy, Medium Pace*
- *Back to Climbing Resistance – Resistance that makes us stand up*
- *Stand, Climb. Shift hips side to side to use weight as momentum – it helps to push the heavy gear*
- *Shift hips forward, Standing Attack. Push bars away to stay tall and strong*

6 LAYER 3

Motivate / Inspire

Final block with an intense Attack and Race phase. Inspire your class to ride hard in the final block by simply role-modeling what Intensity should look like. Pushing yourself will motivate your class to do the same.

- *Walk, super slow, Standing Recovery: 1, 2, 1, 2*
- *30 seconds to finish – Attack!*
- *Now sit, reduce to Racing Resistance, Racing on the beat*
- *Now's your chance – let's do this!*

PERFORMANCE

Teach this track in two halves. In the first half, during the Racing phases, use a smooth voice, and an empathetic manner, with smooth transitions as you move into Racing. In the second half, in the Standing Attacks, use a driving and intense voice. Doing this will help create contrast within the track.



03. HILLS

1/1 = 62rpm

TRACK FOCUS

- Use your voice to enhance the cool feel of this song by being smooth and steady. Allow your voice to build and drive before each musical drop.
- Provide options to cater for everyone in the room.

PROFILE

4x Hills of increasing length and intensity with a focus on Strength endurance. Each Power Climb provides the chance to maintain or reduce Resistance.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	4x8	Seated Recovery	B↗	1/1	E
	0:15 Instr / (Pulsing clap)	4x8	Ride Easy	●	1/1	
	0:31 Rep / You got me	4x8	Power Climb	C↗	1/1	M
	0:46 You got me	4x8	Power Climb	↗	1/1	
	1:02 Instr / (Beat)	4x8	Standing Climb	↗	1/1	H
	1:17 (Pulsing clap)	4x8	Standing Climb	↗	1/1	
2	1:33 Rep / You got me	8x8	Power Climb	● opt ↘	1/1	M
	2:03 Instr / (Heavy synth)	4x8	Standing Climb	↗	1/1	H
	2:19 (Distorted synth)	4x8	Standing Climb	↗	1/1	
3	2:35 Rep / You got me	8x8	Power Climb	● opt ↘	1/1	M
	3:05 Instr / (Heavy synth)	4x8	Standing Climb	↗	1/1	H
	3:21 (Distorted synth)	4x8	Standing Climb	● opt ↗	1/1	
	3:36 (Beat)	4x8	Standing Attack	●	1/1	
4	3:52 Rep / You got me	12x8	Power Climb	● opt ↘	1/1	M
	4:38 (Heavy synth)	8x8	Standing Climb	↗	1/1	H
	5:09 (Beat) / (High synth)	8x8	Standing Climb	● opt ↗	1/1	
	5:40 Outro / (Beat)	8x8	Power Climb	●	1/1	
				↘ to B↗		



03. YOU LITTLE BEAUTY 6:13mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Clearly set up Climbing Resistance by using cues that will describe the feeling in the muscles. Draw attention to the slower climbing Pace and explain the focus of the track. Use Layer 1 cues to get your class moving with good Position, Resistance and Pace.

- *What I call a slow burner, a low-key banger*
- *Tip from the hips, Climbing Resistance to slow legs to the beat*
- *Power Climb: hands wide, **hips back, chest up***
- *Add gear*
- *Add again, enough to stand on*
- *Standing Climb: hands out, **chest up, butt back**, side to side*
- *1, 2, 1, 2 – this is the Pace for the rest of the track*
- *Turn it up!*

2 LAYER 2

Improve Technique

Encourage your class to hold the Resistance into Power Climb. Remember to offer the option to reduce if you think they need to, especially for the newer riders. Use Layer 2 cues to help your riders Improve their Technique and ride more efficiently.

- *Sit, Power Climb, hold or option to reduce, but hold if you can*
- *Shift hips back, now push pedals forward, engage backs of legs – glutes, hamstrings, calves*
- *Turn it up, Standing Climb, feel the heavy grip on the muscles*
- *Add more, grip tightens*

3 LAYER 2

Educate / Manipulate Intensity

Like before, coach to reduce ONLY if they need to; remind them of the track's focus of endurance. Continue to use Layer 2 cues, this time ones that will educate your class on the WHY and also help them work harder.

- *Sit, hold, Power Climb, option to reduce resistance if you need to*
- *Hips back – make big circles with your feet, become more efficient*
- *Strong muscles = big burn*
- *Turn it up, stand up*
- *Option to add – pull up on the bars to help push through the pedals*
- *Standing Attack: hips forward, heat is in the quads, the power muscle group*

4 LAYER 3

Motivate / Inspire

Final block, this is where your class will need your help to succeed. Be encouraging and positive using words that will help create self-confidence that they can finish. Remember to provide the option to reduce if needed.

- *Last block, the longest one, steepest one, biggest one, best one!*
- *It's burnin' – the burn, let's turn it into a fire*
- *Add gear, 90 seconds*
- *Legs are hot, chest is hot! Option to add*
- *Sit Power Climb, 30 seconds*
- *Yes, you can!*

PERFORMANCE

Match to the feel of this track by coaching in a more steady and calm manner. It's not aggressive and 'in your face'. Rather, build with it, with your voice and your body. By the 4th block you should be riding close to your maximum intensity.

TRACK TIP

This track is really challenging so help everyone in the room feel successful by providing options. Teach them to feel OK about reducing Resistance if they need to. But make sure you coach them to add it back on when they stand back up!



04. MIXED TERRAIN

1/1 = 126rpm

TRACK FOCUS

- Match the fun, high-energy feeling of this awesome song with your body and voice.
- Coach clear PRP to ensure your class is ready for the quick transitions between Racing and Standing Climb.

PROFILE

5 blocks of work with fast Racing phases and a couple of Climbs

	Music			Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	B↻	1/2	E
	0:09	V1 / _ Every night	4x8	Ride Easy	●	1/2	
	0:25	PC / Afraid to light	4x8	Ride Easy	●	3/4	
	0:40	C / Who _ tripped	8x8	Racing (Forward)	R↻	1/1	H
2	1:10	V2 / _ Heads up	4x8	Ride Easy	↘	1/2	E
	1:25	PC / Afraid to light	4x8	Ride Easy	●	3/4	
	1:41	C / Who _ tripped	8x8	Racing (Forward)	R↻	1/1	H
	1:56	Rep / _ Is it real love	4x8	Aero-Racing (Forward)	●	1/1	
3	2:27	PC / Afraid to light	4x8	Standing Climb	C↻	1/2	M
	2:42	QC / Who _ tripped	4x8	Standing Climb	↗	1/2	
	2:57	C / _ Is it real love	8x8	Racing (Forward)	↘ to R↻	1/1	H
4	3:28	Br	1½8	Transition	●	1/1–1/2	E
	3:30	V3 / _ Heads up	4x8	Ride Easy	↘	1/2	
	3:45	PC / Afraid to light	4x8	Ride Easy	●	3/4	
	4:00	C / Who _ tripped	8x8	Racing (Forward)	R↻	1/1	H
	4:16	Rep / _ Is it real love	4x8	Aero-Racing (Forward)	●	1/1	H
5	4:46	PC / Afraid to light	4x8	Standing Climb	C↻	1/2	M
	5:01	QC / Who _ tripped	4x8	Standing Climb	↗	1/2	
	5:17	C / _ Is it real love	8x8	Racing (Forward)	↘ to R↻ ↘ to B↻	1/1	H



04. TIMEBOMB 5:51mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 PRP cues to find the correct riding Position, Resistance and Pace as you work towards the first working phase.

- *Mixed Terrain! Are you ready to have some fun?*
- *Ride Easy, Slow Pace, **butt back, chest up***
- *5 rounds in this one, and a whole lot of fun!*
- *Round 1, short flat race, 30 seconds*
- *Racing Resistance: good pressure in the muscles, plenty of room to move*
- *On the rhythm – 1, 2, 1, 2*
- *Racing: **hips are forward, belly is tight***

2 LAYER 2

Improve Technique

Use Layer 2 cues to Improve Technique and help your class ride better.

This block has a longer Racing phase, so space your cues out every 15 seconds. Be ready to pre-cue the transition into Block 3's Standing Climb by cueing to add Resistance 8cts before the transition to help them be ready for the climb using enough Resistance.

- *Now the fun begins! 4 more rounds*
- *Racing gear: good pressure in the legs, plenty of room to find the beat*
- *45 seconds everyone!*
- *Fast legs today – hips forward, toes down, fast quick efficient circles*
- *15 seconds, Aero-Race or take it to the drop bars*
- *Here comes the climb*
- *Climbing Resistance: a heavy gear you can stand on!*

3 LAYERS 1 & 2

Position / Resistance / Pace / Manipulate Intensity

Use clear Layer 1 cues to coach your class through the new Position, Resistance and Pace. Challenge them to find their best Pace to Manipulate the Intensity of the shorter Racing block. Be encouraging and positive with your language to match the feel of the song.

- *Standing Climb – 1, 2, 1, 2. Butt back, chest up*
- *When we sit, reduce to Racing gear, 30 seconds!*

- *Ticking like a time bomb – that's your heart!*
- *Great pace everyone!*
- *Halfway, 15 seconds!*

4 LAYER 3

Connect / Motivate

The last two blocks of the track are the same as Blocks 2 and 3, so use this opportunity to really connect with the song and your class. Keep the encouraging and positive vibe going through your language to help feel good about what they are doing. Connect to how your riders are feeling – is their heart racing? If not, maybe they can ride faster!

- *2 more times, same as what we just did*
- *Race, Climb, Race*
- *Are you ready to the light the fuse again?*
- *Racing gear, reach, Racing!*
- *45 seconds!*
- *How do you feel right now? Is your heart racing?*
- *15 seconds, Aero-Race*

5 LAYER 3

Motivate / Inspire

Last block of work and by now your riders should definitely be working hard! Encourage them to the end by using inclusive and positive language.

- *Climbing Resistance, heavy gear to stand on*
- *Standing Climb*
- *What goes up must come down*
- *One more time!*
- *When we sit, reduce to Racing Resistance. 30 seconds!*
- *We can feel it and we love it!*

PERFORMANCE

As soon as the track starts feel the energy shift in the room – be more open and engaging with lots of energy. By connecting to the fun, upbeat feel of this track we create contrast from the cool steady Track 3. If it works for you, use the "I can feel it ticking like a time bomb" lyrics to connect to the Racing phases.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- 4x 40-second identical blocks – 20 seconds of Attack and 20 seconds of Racing.
- Create excitement as you build Pace in the Standing Recovery phase.

PROFILE

4x 40-second identical blocks – 20 seconds of Attack and 20 seconds of Racing

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	2x8	Seated Recovery	B↻	1/2	E
	0:05 V1 / Just because	8x8	Ride Easy	●	1/2	
	0:27 PC / Words come	4x8	Standing Recovery	↗	1/2	M
	0:38 Love will make	4x8	Standing Recovery	A↻	3/4	
	0:49 Instr / (Synth)	8x8	Standing Attack	●	1/1	H
	1:11 (Melodic synth)	8x8	Racing	●	1/1	
2	1:33 V2 / Every time we	8x8	Ride Easy	↘	1/1	E
	1:56 PC / Words come	4x8	Standing Recovery	↗	1/2	M
	2:07 Love will make	4x8	Standing Recovery	A↻	3/4	
	2:18 Instr / (Synth)	8x8	Standing Attack	●	1/1	H
	2:40 (Melodic synth)	8x8	Racing	●	1/1	
3	3:02 Br	2x8	Seated Recovery	↘	1/4	E
	3:07 V3 / Just because	8x8	Ride Easy	●	1/2	
	3:29 PC / Words come	4x8	Standing Recovery	↗	1/2	M
	3:40 Love will make	4x8	Standing Recovery	A↻	3/4	
	3:51 Instr / (Synth)	8x8	Standing Attack	●	1/1	H
	4:14 (Melodic synth)	8x8	Racing	●	1/1	
4	4:36 V4 / Every time we	8x8	Ride Easy	↘	1/1	E
	4:58 PC / Words come	4x8	Standing Recovery	↗	1/2	M
	5:09 Love will make	4x8	Standing Recovery	A↻	3/4	
	5:20 Instr / (Synth)	8x8	Standing Attack	●	1/1	H
	5:42 (Melodic synth)	8x8	Racing	●	1/1	
				↘ to B↻		



05. HINDSIGHT 6:08mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this first block to set the intent of this track. To ride with great Technique, work hard and challenge yourselves. Use Layer 1 PRP cues to find the correct riding Position, Resistance and Pace. Coach your class to find the correct Pace with an Attacking Resistance by using rhythm cues.

- Ride Easy, Slow Pace
- Power focus to get us fitter, faster
- 4 identical blocks, 1st to set the intent, last 3 to challenge ourselves
- Heavy gear to stand on, stand and walk
- Attack Resistance – it's a challenging pressure, with a little bit of give
- Start to roll...
- Round 1 – 40 seconds, 20 up, 20 down
- Find the rhythm – 1, 2, 1, 2
- Standing Attack: **hips forward, chest up**
- Halfway, 20 seconds, same gear, same Pace!
- Racing: **butt back**, grip your bars, **brace your core**

2 LAYER 2

Improve Technique / Manipulate Intensity

We've set the intent in the first block; our goal for this block is to challenge our class to work harder. Use Layer 2 cues to Improve Technique and Manipulate Intensity so that your riders have great technique to work harder!

- Edge off Resistance, stay on tempo, 1, 2, 1, 2
- Ride Easy, find recovery
- We've set the intent, now we challenge!
- Heavy gear to stand and walk
- No more surprises, except maybe you'll surprise yourself today
- Attack Resistance: it's that heavy gear that makes you fight for the rhythm
- 40 seconds – 20 up, 20 down go
- Knees up to bars, more quad work, more power generation, more intensity!
- Halfway, 20 seconds, sit, Racing!
- It's always going to be harder in the seat!
- Push your butt back, drive forward from your hips
- Quads on fire!

3 LAYERS 2 & 3

Manipulate Intensity / Motivate

2 down, 2 to go! Use Layer 2 and 3 cues to Manipulate Intensity, Motivate and drive for these last two blocks. Use time reference cues to help your class get through.

- *How did the first two feel? How do you want the next two to feel?*
- *This isn't easy, we know! Sometimes you have to get a little uncomfortable*
- *Attack Resistance, find it!*
- *40 seconds, here we go!*
- *Power training, gets us fitter, leaner, mentally stronger!*
- *Drive hard through Resistance, drive hard through the rhythm*

4 LAYER 3

Motivate / Inspire

Your class will be feeling it by now; they'll need your help to finish! Be a physical role model and work hard with them, right until the end. Again, time references are great way to help your class finish!

- 3 down, 1 to go
- *This is it! Let's go get it!*
- *This is what I love about Intervals. You prove to yourself what you're capable of, and you are capable of amazing things!*
- *You've got this! We've got this!*

PERFORMANCE

Because this track repeats itself 4 times, you've got an opportunity to really challenge your class to work as hard as they can. Remember to set the intent in the first block, then challenge and hit it hard in the other 3 blocks. Role-model what it's like to find top intensity; challenge yourself to work as hard as you can.



06. SPEED WORK

1/1 = 150rpm

TRACK FOCUS

- Coach the Paces clearly so your class knows exactly what to do.
- Challenge your riders to ride their top pace for the duration of each effort.

PROFILE

1 recovery block, then 3 top-speed combinations where we surge to chase the beat

	Music		Position	Resistance	Pace	PI
1	0:00	Intro / _ Feel the waves	4x8	Seated Recovery	B	E
	0:14	V1 / That it's _ all my	4x8	Ride Easy		
	0:27	QC / Don't say it's	8x8	2x Ride Easy Combo		
				2x8 Ride Easy	3/4+	
				2x8 Ride Easy	3/4	
				On first transition only		
2	0:52	V2 / _In the dark	4x8	Seated Recovery		
	1:05	_ All my heart	4x8	Ride Easy		
	1:18	QC / Don't say it's	8x8	2x Ride Easy Combo		M
				2x8 Ride Easy	3/4+	
				2x8 Ride Easy	3/4	
	1:43	Instr / (Drop)	8x8	2x Racing (Forward) Combo		H
				2x8 Racing (Forward)	3/4++	
				2x8 Racing (Forward)	3/4+	
	2:09	Rep / Callin' you home	4x8	Racing (Forward)		
					3/4++	
3	2:23	V3 / _ Feel the waves	8x8	Ride Easy		E
	2:47	QC / Don't say it's	4x8	Seated Recovery		
	3:00	Don't know what's	4x8	Ride Easy		
	3:13	Instr / (Bup)	4x8	Ride Easy		M
	3:26	(Drop)	16x8	4x Racing (Forward) Combo		H
	4:17	(Drop + dubstep)	4x8	Racing (Forward)		
					3/4++	
4	4:30	V4 / _ Feel the waves	8x8	Ride Easy		E
	4:55	QC / Don't say it's	4x8	Seated Recovery		
	5:08	Don't know what's	4x8	Ride Easy		
	5:21	Instr / (Bup)	4x8	Ride Easy		M
	5:34	(Drop)	16x8	4x Racing (Forward) Combo		H
	6:25	(Drop + dubstep)	4x8	Racing (Forward)		
					3/4++	
	6:38	Outro	8x8	Ride Easy		
	6:51	(Synth rhythm)	4x8	Ride Easy		
					3/4+ – 3/4	
					3/4	
				to B		



06. CALLING YOU HOME 7:09mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this first block as an introduction to the feeling of surging on and off but at less Intensity. Continue to allow your class to recover from Track 5 also.

- *Ride Easy, Base Resistance plus a gear*
- *As you rest follow me*
- *Easy on the build, now relax*
- *We're going to surge then relax*

2 LAYER 1

Position / Resistance / Pace

Use clear Layer 1 cues to set up Racing Resistance and coach speed Technique to enable riders to move fast with control.

Be clear with what Pace your class should be riding at; count down in each of the surges.

Avoid cues like "on the beat". Instead, use cues that encourage your riders to chase the beat.

- *Take a Seated Recovery*
- *Ride Easy: **hands shoulder-width apart, chest is up and hips are back***
- *Medium Pace – easy build, slowly*
- *Next time through we add Racing Resistance and go quickly!*
- *Add Racing Resistance: good tension with a bit of give*
- *1, 2, 3, 4 – now we ease off*
- *We surge, we relax*
- *Now 12 seconds of full noise*
- ***Slide forward, relax your arms, soften your elbows***
- *Chase it down!*

3 LAYER 2

Improve Technique

This block has a longer surging phase. Teach your class how they can ride better by using Layer 2 Improve Technique cues.

- *There was a lot in that last block; the next time through will feel a whole lot smoother*
- *Lift your chest, help you recover*
- *Find your Racing Resistance: good tension with give*
- *Building Pace, 1 minute where we surge/relax – 4 times!*

- *1, 2, 3, 4 – relax*
- *Bring your hips forward to help you Race fast!*
- *Now dip your toes, creating small quick circles with the feet*
- *Now go for gold! 12 seconds of full noise!*

4 LAYER 3

Motivate / Inspire

Final block is a repeat of Block 3. Because of this, your class will be clear on what to do. Now's your chance to Motivate and Inspire your riders to achieve success. How will you do this? Glen's way was simply by riding with perfect technique fast! He inspired the class to do the same.

- *One more time through, the same as last time*
- *1 minute and we're done – speed endurance builds your fitness*
- *All-out Pace for 12 seconds only!*
- *Allow the Racing Resistance to naturally slow our legs down*

PERFORMANCE

Because this track has many Pace changes, be careful not to talk too much. Just cue what's necessary, allowing space in the music.

TRACK TIP

This track is fast: at 150rpm it's unlikely people will be able to ride on the beat! So instead of cueing to ride on the beat, we cue to chase the beat. Also, Glen has choreographed the surges to help your class feel successful; it enables us to ride quicker for longer.



07. MOUNTAIN CLIMB

1/1 = 62rpm

TRACK FOCUS

- Coach your class to become smoother and more efficient by focusing on pedal technique in this Heavy Resistance track.
- Match the energy of the song by using a calmer, less aggressive voice but lifting in the areas of Intensity.

PROFILE

2 long Strength endurance climbs – each one is for about 3 minutes!

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	Bf	1/2	E
	0:15	Instr / (Clap & B up)	4x8	Ride Easy	●	1/1	
	0:30	(Swirling)	4x8	Ride Easy	↗	1/1	
	0:45	(Clap & low howl)	4x8	Ride Easy	↗	1/1	
	1:01	(Low)	4x8	Ride Easy	●	1/2	
	1:16	V1 / _ Skin unfolding	4x8	Power Climb	Cf	1/4	M
	1:32	You feel	4x8	Power Climb	↗	1/4	
	1:47	You're hurting	4x8	Power Climb	↗	1/1	
	2:03	You're hurting	4x8	Power Climb	↗	1/1	
	2:17	You're hurting	4x8	Power Climb	↗	1/1	
	2:33	Instr / (Beat & synth)	8x8	Standing Climb	↗	1/1	H
	3:04	Ref / _ Again	8x8	Standing Climb	↗	1/1	
	3:35	(Low)	8x8	Standing Attack	●	1/1	
2	4:05	(Low synth)	4x8	Standing Recovery	●	1/4	E
	4:21	(Low beat)	8x8	Ride Easy	↘	1/1	
	4:52	You're hurting	4x8	Ride Easy	↗	1/1	
	5:07	You're hurting	4x8	Ride Easy	↗	1/1	
	5:22	(Wind up)	4x8	Standing Recovery	Cf	1/4	
	5:38	_ Again	8x8	Standing Climb	↗	1/1	H
	6:08	(Low beat)	8x8	Standing Climb	↗	1/1	
	6:39	(Cymbals & beat)	8x8	Standing Attack	●	1/1	
	7:10	Outro / (Low)	2½x8	Ride Easy	↘ to Bf	1/2	E



07. BREATHE 7:23mins

TECHNIQUE AND COACHING

1 LAYERS 1 & 2

Position / Resistance / Pace / Educate

Use the long Seated phase to establish Climbing Resistance. Coach PRP using Layer 1 cues to set your class up with great Climbing Technique. This block is long; make sure you let them know this so they are mentally prepared for it. There's a 90-second Standing Climb phase; your riders will fatigue here. They'll tend to rest more on the bars; keep them in check with what good Climbing Technique is about. Use Layer 2 cues to Educate your class on why pedal circle is important.

- Here's our Strength endurance build
- Long track, long time under tension. The duration builds depth and fitness into our legs and heart
- Ride Easy: **hips back in the seat, relax the upper body, lift your chest** so you can breathe oxygen
- Start with Racing Resistance, building towards a heavy Climbing Resistance
- Slow Pace, add Heavy Resistance
- Power Climb: **hips are back in the seat, core is engaged, chest up**
- Feel the full circle of the pedal. Drive the heel into your hamstring and push the pedal forward and down
- Develop efficiency and smoothness now so when the heat goes down later, the body remembers
- Test ourselves, light turn clockwise
- Standing Climb: **chest lifted, butt back, shoulders relaxed**, side to side
- Make this gear change matter, Standing Climb with purpose
- As it gets heavier we firm up our grip and start to use our body weight more side to side
- Standing Attack: **hips forward**, take the focus into the front of your legs

2 LAYERS 2 & 3

Improve Technique / Manipulate Intensity / Motivate / Inspire

The final block of the workout, make sure your class takes advantage of the recovery before they hit the final 90 seconds of work. Again, it's all Standing, so check in on their technique as they fatigue. Then it's simply all Motivation to get them to the end! What will you do to get them there?

- *Hips back in the saddle*
- *As we drive forward over the pedal, quads and hips engage*
- *As we drag back on the pedal the hamstring, glutes and calves engage*
- *Find your rhythm, smooth and efficient*
- *Time under tension, it's what counts*
- *Last 30 seconds; make it count!*
- *Don't stop 'til you're right through the finish line!*

PERFORMANCE

Use the euphoric music to create a journey into the track's workout. Use the build in the music and Pace in the Power Climb to create energy and excitement. In the first 8x8 of the 90 seconds of Standing Climb, hold back a little, then when the beat drops, be driving with your voice.



08. RIDE HOME/STRETCH

1/1 = 118rpm

TRACK FOCUS

- Reconnect with your class and reflect on the completed workout.
- Coach the benefits of flushing out the legs and stretching out the muscles.

PROFILE

Easy Ride Home to flush and recover

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	2x8	Seated Recovery	●	1/2	E
	0:08 V1 / _ Thought I'd	4x8	Ride Easy	B⬆	3/4	
	0:25 Then I found my	4x8	Ride Easy	●	3/4+	
	0:41 C / Joy, when you	6x8	Racing	↗	1/1	
2	1:05 V2 / _ Take a walk	4x8	Ride Easy	●	3/4	
	1:22 Then I feel my	2x8	Ride Easy	●	3/4+	
	1:30 C / Joy, when you	6x8	Racing	●	1/1	
3	1:54 V3 / As the night	4x8	Seated Recovery Shake arms, roll shoulders, Chest Stretch		1/2 – 3/4	
	2:11 _ Ohhhhh	2x8	Transition off bike			
	2:19 C / Joy, when you	2x8	Standing Quadricep Stretch R			
	2:26 Joy, set my	2x8	Standing Gluteal Stretch R			
	2:35 How'd you always	2x8	Standing Quadricep Stretch L			
	2:43 _ I feel joy	2x8	Standing Gluteal Stretch L			
	2:51 _ I feel joy	3x8	Standing Hamstring Stretch L, R			
	3:03 Outro / How'd you always	1x8	Bike-supported Upper Back Stretch			



08. JOY 3:11mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Find at least Base Resistance, then encourage a recovery Pace which will allow a flush of the muscles and reduce the heart rate safely.

- *Two easy flushes and a stretch*
- *A little over Base Resistance – let's flush out our legs*

2 LAYER 2

Educate / Connect

Teach your class about why this track is important for their recovery. Reconnect with your riders, commending them as individuals and as a group.

- *After all that intensity today, we need to flush out our legs to get rid of the lactic acid build-up*
- *What a great workout today – you should be happy with what you've achieved!*

3 LAYER 2

Educate

Coach your class how to stretch and where they should feel it.

- *Quad Stretch: pick up one heel, pull it into your bottom, stand tall, try to keep your knees together*
- *Glute Stretch: cross ankle over knee, butt back and down, back straight*
- *Hamstring Stretch: one foot forward, butt back and down, lean forward*



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We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

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We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

