

RPM **86**

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 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 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 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 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 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 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

One Touch (5:18)

Spring Leaf

© 2020 Les Mills Music Licensing Ltd.
Written by: Emenike, Bennett, Glynne, Lam, Ralph
- 02

Like An American (4:57)

Vistas

© 2019 LAB Records Ltd.
Written by: Robertson, Turvey
- 03

Rescue Me (5:20)

DJ D-Sol feat. Alex Newell

© 2019 Payback Records.
Written by: Unknown
- 04

Feelin (4:51)

Atomic Drum Assembly

© 2019 Island Life Recordings.
Written by: Serrell
- 05

Solar System (6:41)

Sub Focus

Courtesy of the Universal Music Group.
Written by: Douwma
- 06

Hope (6:04)

DubVision

© 2019 Armada Music B.V.
Written by: Fitzgerald, Blackwell, Leic
- 07

See the End (Extended Mix) (6:43)

Above & Beyond, Seven Lions & Opposite the Other

© 2019 Anjunabeats.
Written by: McGuiness, Grant, Siljamaki, Montalvo, Burger
- 08

Higher Love (3:47)

KYGO & Whitney Houston

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Written by: Jennings, Winwood



L-R: Andy Hateley, Iain Hennessy, Amanda Breen, Adam Epskamp, Glen Ostergaard, Cassiano Margoni, Dee Rowell, Libby Howard and Márcio Procópio

RPM 86 is another epic release. With great music and choreography to match, the workout is a complete experience. The class opener is smooth and engaging. Here we set the scene, coaching all the basics with a focus on setting up our participants for the ride, coaching Position, Resistance and Pace with clarity.

In Track 2, there is an obvious energy lift. The song is fun and has a quirky feel. Bring attention to the longer efforts at the end of the last two blocks.

Track 3 is a really challenging track; firstly because of the choreography – there is a Climb/Attack and then a fast Racing phase. And secondly, there is little recovery. As the track is quite repetitive, with 4 identical efforts, make sure you have a clear focus for each block.

Track 4 is a little 'out of the box'. The music is driving with a modern upbeat feel, a bit cool. It is smooth and has a cyclic flow to it. Use clear PRP cueing with the fast changes but also make sure your coaching doesn't overpower the music.

Track 5 is a big driving, heavy Drum 'n' Bass track with lots of cool instrumentals. There are 3 identical, difficult intervals. Have a clear focus in each interval. The first block has a big pre-loading phase with Climbing Resistance, which will tax the muscles before the interval begins. Coaching the reduction to Attack Resistance will be key in this block, so use lots of descriptive Resistance cues.

Track 6 is a feel-good Speed endurance track. There is lots of time to coach how to ride fast, so be sure to space out your cues.

In Track 7, the first half of the track is all about the set-up of the Climb. You need to be engaging and use inclusive coaching. Lay the platform down in the first couple of minutes, coaching all the basics. So, when you get to the 2x 1-minute efforts in blocks 2 and 3, all the basics have been met. In these blocks it's 'game on'; the focus is to train. Your delivery should be different from Block 1: more 'in your face' and direct. The final effort is where we pull the whole team back together and bring it home with lots of connection, praise and encouragement.

Track 8 is just a wonderful track to celebrate the end of the workout. It's hard not to dance a little to this song! If the great rhythm makes you feel like clapping or busting out a little Shoulder Roll, then 'go for it'! If you feel it, show it.

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EXPRESS FORMATS

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

RPM 86 30-MINUTE FORMAT

Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 08	Ride Home/Stretch (If time permits)
Total Time	27:07 without Track 08 30:54 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	30-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 (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		

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



01. PACK RIDE

1/1 = 128rpm

TRACK FOCUS

- Clearly coach the basics of PRP – Position, Resistance and Pace – to get them moving successfully in this first track.
- Be open, warm and uplifting to get your class excited and ready for the workout ahead. Do this by matching your voice and language to the feel of the music.

PROFILE

3 gentle accelerations to get a feel for the workout ahead.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro	2x8 Seated Recovery	●	1/2	E
	0:12	V1 / Promise you'll	4x8 Ride Easy	B↻	3/4	
	0:27	And I never had a	4x8 Ride Easy	↗	3/4	
	0:42	PC / Just one touch	4x8 Ride Easy	↗	3/4+	
	0:57	C / Touch. You're	4x8 Racing	R↻	1/1	
2	1:12	V2 / When the tide's	8x8 Ride Easy	↘	3/4	
	1:42	Just one touch	4x8 Ride Easy Accelerate on the last 8cts	R↻	1/2	
	1:57	C / Touch. You're	4x8 Racing	●	1/1	
	2:12	Ref / _ Hold me tight	4x8 Seated Recovery	●	1/2	
	2:27	_ Hold me tight	4x8 Ride Easy	●	3/4	
	2:42	QC / Touch. You're	8x8 Racing	●	1/1	
3	3:13	Br	½x8 Transition	●	1/1	
	3:15	V3 / When the tide's	8x8 Ride Easy	↘	3/4	
	3:44	Just one touch	4x8 Ride Easy Accelerate on the last 8cts	R↻	1/2	
	3:59	C / Touch. You're	4x8 Racing	●	1/1	
	4:15	Ref / _ Hold me tight	4x8 Seated Recovery	●	1/2	
	4:30	_ Hold me tight	4x8 Ride Easy	●	3/4	
	4:45	C / Touch. You're	8x8 Racing	●	1/1	

↘ to B↻



01. ONE TOUCH 5:18mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this first block to coach the basics – Position, Resistance and Pace – to get your class moving successfully. Clearly coach Racing Resistance, so they know what it should feel like right at the start of the class.

- *Ride Easy, Medium Pace*
- *Base Resistance: Light pressure in our legs to get us moving*
- ***Hands shoulder-width apart, butt is back in the seat, upper body relaxed***
- *Racing Resistance: Firm pressure in your muscles, lots of room to ride the rhythm*
- *Racing on the rhythm – 1, 2, 1, 2*
- *Racing: Slide your hands wide, **relax your upper body, light brace through the belly, butt back***

2 LAYER 2

Improve Technique

Use this round to enhance PRP by using Layer 2 cues. Explain to your riders the Position of Racing and bring awareness to how they should be feeling by the end of the Warm-Up.

- *Two more rounds – these are the ones that get us warm*
- *Each one has two chances to accelerate – they get the blood flowing and create energy in the body*
- *Racing Resistance: Firm pressure in the muscles, room to ride the rhythm*
- *Racing: Hands are wide, hips are back in the seat, light tension in your core*
- *Riding smooth in your upper body, smooth with your pedal strokes*
- *Feels good!*

3 LAYER 3

Motivate / Connect

Be uplifting and energetic in your coaching to get your class excited about the ride ahead.

- *One more ahead of us and this is the one where you want to be feeling warm by the end of it*
- *Ready for the awesome workout ahead*
- *Racing, on the rhythm!*
- *One more and we're out of this warm-up and into the workout*
- *Rolling over the rhythm all the way into the Pace track*
- *Let's take it there, team!*
- *When things get a little tough today, we'll be right there with you!*
- *Great start everyone!*

CONNECTION

The Pack Ride is always a great opportunity to connect with your class and set the scene. Be open, energetic and uplifting in your coaching and body language to get your class excited and ready for their workout. This song is awesome so try not to overpower it too much! Remember to connect with everyone in the room, from the front to the back.



02. PACE

1/1 = 134rpm

TRACK FOCUS

- Use the varied energy of the song to help create contrast while using a friendly yet driving voice.
- Use clear PRP to coach the fast transitions.

PROFILE

3 Pace blocks, with Blocks 2 and 3 incorporating climbs and longer 45-second Racing phases.

	Music		Position	Resistance	Pace	PI
1	0:00 V1 / _ I don't wanna	4x8	Seated Recovery	B↻	1/2	E
	0:16 _ And I don't wanna	4x8	Ride Easy	↗	3/4	
	0:30 C / _ It's in the way	4x8	Racing (Forward)	R↻	1/1	M
	0:45 Instr / (Guitar)	2x8	Aero-Racing (Forward)	•	1/1	
2	0:52 V2 / _ I don't wanna	8x8	Ride Easy	↘	3/4	E
	1:20 C / _ It's in the way	4x8	Racing (Forward)	R↻	1/1	H
	1:35 Instr / (Guitar)	4x8	Aero-Racing (Forward)	•	1/1	
	1:49 (Low)	2x8	Ride Easy	C↻	1/2	E
	1:56 Rep / _ It's in the way	4x8	Standing Climb	•	1/2	M
	2:11 C / _ It's in the way	12x8	Racing (Forward)	↘ to R↻	1/1	H
3	2:54 V3 / _ I don't wanna	8x8	Ride Easy	↘	3/4	E
	3:22 C / _ It's in the way	4x8	Racing (Forward)	R↻	1/1	H
	3:37 Instr / (Guitar)	4x8	Aero-Racing (Forward)	•	1/1	
	3:51 (Low)	2x8	Ride Easy	C↻	1/2	E
	3:58 Rep / _ It's in the way	4x8	Standing Climb	•	1/2	M
	4:13 C / _ It's in the way	12x8	Racing (Forward)	↘ to R↻	1/1	H
				↘ to B↻		



02. LIKE AN AMERICAN 4:57mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

This block is short so keep the cues simple, only coaching the basics to find Intensity.

- *Base Resistance: Light connection to the wheel*
- *Racing Resistance: Pressure in the muscles with room to move*
- *Racing: **Chest up, upper body relaxed, shoulders down, slide forward***
- *Aero-Racing: Either on the drops or inside on the bars. **Chest up, abs braced***

2 LAYERS 1 & 2

Position / Resistance / Pace / Improve Execution / Manipulate Intensity

Because Block 1 was short, continue to use Layer 1 cues in the first half of this block. In the 45-second Racing phase, bring in Layer 2 cues where you can Improve Technique and work harder.

- *Slide your hips back into Ride Easy*
- *Racing Resistance: Firm pressure to allow us to ride on the beat*
- *To help the legs turn quicker, slide forward and dip the toes*
- *We are aiming for small quick circles*
- *Aero-Racing: Keep your chest lifted*
- *Heavy turn to find Climbing Resistance*
- *Standing Climb: **Chest up, butt back, little side to side***
- *We are going to roll over the top of the Climb*
- *Reduce to Racing Resistance, on Pace!*
- *Slide forward on the saddle, find that rhythm*

3 LAYERS 2 & 3

Educate / Motivate / Inspire

Repeat of Block 2. Use cues that will Educate your class how to ride better. Then use Layer 3 cues that will Motivate and Inspire to ride hard to the finish.

What can you do to help them get across the finish line feeling successful?

- *Heavy turn clockwise, last little Climb*
- *Standing Climb: Butt back in the saddle and lifted through the chest*
- *Let's bring it home!*
- *So come on! Come on!!*
- *Stay with me!*

TRACK TIP

If your bikes have drop bars like the Stages bikes in the Masterclass, you can use these for Aero-Racing. It's important here to reinforce "keep your chest lifted" due to the lower position of the torso.



03. HILLS

1/1 = 125rpm

TRACK FOCUS

- Match the energy of the music by being fun, uplifting and using lots of connection.
- Coach strength in the slower Standing Climb phases and cardio in the faster Standing Attacks and Racing phases.

PROFILE

4 identical hills with a short, flat race at the end of each one. 45 seconds uphill and 15 seconds of fast flat.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	1x8	Seated Recovery	B↻	1/2	E
	0:04 V1 / _ I need a	4x8	Ride Easy	↗	1/2	
	0:19 _ Come on baby	4x8	Standing Climb	C↻	1/2	M
	0:35 PC / Lonely , rescue	4x8	Standing Climb	↗	1/2	
	0:50 C / Rescue me	4x8	Standing Attack	●	3/4	H
	1:05 Rescue me	4x8	Racing (Forward)	↘ to R↻	1/1	
2	1:21 V2 / _ I need a	4x8	Ride Easy	↗	1/2	E
	1:36 _ Come on baby	4x8	Standing Climb	C↻	1/2	H
	1:51 PC / Lonely , rescue	4x8	Standing Climb	↗	1/2	
	2:06 C / Rescue me	4x8	Standing Attack	●	3/4	
	2:22 Rescue me	4x8	Racing (Forward)	↘ to R↻	1/1	
3	2:37 Br	1½x8	Transition	↗	1/2	E
	2:43 V3 / _ I need a	4x8	Ride Easy	↗	1/2	
	2:58 _ Come on baby	4x8	Standing Climb	C↻	1/2	H
	3:13 PC / Lonely , rescue	4x8	Standing Climb	↗	1/2	
	3:29 C / Rescue me	4x8	Standing Attack	●	3/4	
	3:44 Rescue me	4x8	Racing (Forward)	↘ to R↻	1/1	
4	4:00 V5 / _ I need a	4x8	Ride Easy	↗	1/2	E
	4:15 _ Come on baby	4x8	Standing Climb	C↻	1/2	H
	4:30 PC / Lonely , rescue	4x8	Standing Climb	↗	1/2	
	4:46 C / Rescue me	4x8	Standing Attack	●	3/4	
	5:01 Rescue me	4x8	Racing (Forward)	↘ to R↻	1/1	
				↘ to B↻		



03. RESCUE ME 5:20mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Quickly set up Climbing Resistance as the climb comes in fast. Clearly coach Layer 1 PRP cues to establish correct riding Position, Resistance and Pace, especially as you change between each.

- Ride Easy: Hips back, **chest up, upper body relaxed**
- Let's find Climbing Resistance, heavy pressure in the muscles to stand on
- Standing Climb: **Chest up**, body weight side to side, **brace your abs**
- Standing Attack: Medium Pace, **hips forward**, knees up
- Reduce to Racing Resistance: Firm pressure into the muscles to ride on the rhythm
- Racing: **Hips forward, dip the toes down**

2 LAYER 2

Improve Execution / Manipulate Intensity

Identical to Block 1; use Layer 2 cues to help your class ride better and ride harder! What cues will you use to enhance your riders' workout?

- Find your climbing gear, Standing Climb
- Use your body weight by going side to side helping us push the pedals around
- Add Resistance – heavier, using more muscles
- We Attack, we accelerate!
- Hips forward – we use the quads, front of the legs to generate more power
- Sit, reduce to Racing Resistance, find the beat
- Hips forward; lock the core to stabilize the hips and generate more speed!

3 LAYER 2

Educate

Continue to use Layer 2 cues, this time focusing on the WHY, to the benefits of what we are doing.

- *We go heavy, we build strength, then when we go quicker we hit cardio training*
- *We get stronger and leaner! Feeling great*
- *How's your heart rate now?! This is the intensity.*

4 LAYER 3

Motivate / Inspire

Final block – motivate your class to the finish. What will you do to help them finish feeling successful?

- *Final block*
- *Come on baby, 'cause I need you!*
- *We are not lonely – we are together; we finish together*
- *How good does this feel?*
- *Come on, you've got this!*

PERFORMANCE

This track is about having fun! Create excitement and happiness, using your body language and facial expressions. What will you do to match the song's energy?

TRACK TIP

Because we have many Paces and Resistances be really clear with your coaching. As each block is the same, by the 4th one, less clarity will be needed. Instead, focus on the music and motivation towards the end.



04. MIXED TERRAIN

1/1 = 134rpm

TRACK FOCUS

- Use PRP to clearly coach the fast changes of choreography.
- Make sure your coaching doesn’t overpower the modern upbeat music so it can be felt and heard.

PROFILE

A true Mixed Terrain track! 5 busy blocks of work, moving through fast flat Racing phases, short Climbs, fast descents and recovery.

	Music			Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	●	1/2	E
	0:07	Instr / (Guitar)	4x8	Ride Easy	B↻	3/4	
	0:21	(Bass guitar)	2x8	Ride Easy	●	1/2	
	0:28	V1 / Tell me	4x8	Ride Easy	↗	3/4+	M
	0:43	Instr / (Trumpets)	5x8	Racing (Forward)	R↻	1/1	H
2	1:01	Instr / (Guitar)	2x8	Ride Easy	C↻	1/2	E
	1:08	V2 / Tell me	4x8	Standing Climb	●	1/2	M
	1:22	Instr / (Chant)	4x8	Racing (Forward)	↘ to R↻	1/1	H
	1:37	(Distorted)	4x8	Aero-Racing (Forward)	●	1/1+	
3	1:51	Br / (Low)	2½x8	Ride Easy	●	3/4 – 1/2	E
	2:01	V3 / Tell me	4x8	Ride Easy	↘	3/4	
	2:16	Instr / (Trumpets)	5x8	Racing (Forward)	R↻	1/1	H
4	2:34	Instr / (Guitar)	2x8	Ride Easy	C↻	1/2	E
	2:41	V4 / Tell me	4x8	Standing Climb	●	1/2	M
	2:55	Instr / (Chant)	4x8	Racing (Forward)	↘ to R↻	1/1	H
	3:10	(Distorted)	4x8	Aero-Racing (Forward)	●	1/1+	H
5	3:24	(Low)	4x8	Seated Recovery	●	1/2	E
	3:38	V5 / Tell me	4x8	Standing Climb	C↻	1/2	M
	3:53	(Low)	4x8	Standing Climb	●	1/2	
	4:07	(Chant)	4x8	Standing Climb	●	1/2	
	4:21	Instr / (Rhythm)	4x8	Racing (Forward)	↘ to R↻	1/1	H
	4:36	(Bass guitar)	4x8	Aero-Racing (Forward)	●	1/1+	
					↘ to B↻		



04. FEELIN 4:51mins

TECHNIQUE AND COACHING

1 & 2 LAYER 1

Position / Resistance / Pace

In these first two blocks, coach Layer 1 PRP cues to clearly teach what Position, Resistance and Pace are required.

- *Ride Easy, Medium Pace, light tension, Base Resistance*
- *This one comes fast with short recoveries – be on your game!*
- *Ride Easy: **Chest up, elbows soft***
- *Find Racing Resistance, good muscle tension, plenty of room to chase the rhythm*
- *Racing: **Relax your upper body, brace your abs**, hips forward, toes dipped*
- *Heavy turn clockwise, Climbing Resistance*
- *Standing Climb: **Chest up, butt back, brace your core***
- *Roll over, sit, accelerate, sit, reduce to Racing Resistance*
- *Aero-Racing: **Chest up, hips forward***

3 & 4 LAYER 2

Improve Execution / Manipulate Intensity

These two blocks are a repeat of Blocks 1 and 2. Your class knows what to do now, so in these two blocks focus on how they can ride better. Use Layer 2 cues to help them Improve their Execution and ride harder.

- *Let's do it all again. Same as before.*
- *As fast as you can go!*
- *Heavy turn, short climb. Keep your chest up.*
- *Racing Resistance: Firm pressure that allows us to stay on the beat!*

5 LAYER 3

Motivate / Inspire

This one is different from the others with a longer Climbing phase. Use the music to create excitement. Bring your class home in this track using Layer 3 cues to Motivate and Inspire them to finish strongly.

- *Halfway, 15 seconds!*

TRACK TIP

Use clear coaching to lead your class through the many quick choreography changes. Pre-cue the changes early, allowing enough time to cue the change and for the music to be heard.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Coach PRP clearly in the first block so your riders tap into the energizing music and push themselves physically without thinking too much about choreography changes in Blocks 2 and 3.
- Use effective Layer 2 coaching around Improving Execution to help your riders feel powerful in this Intervals track.

PROFILE

3 identical 1-minute intervals.

	Music			Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B↻	1/2	E
	0:11	Instr / (B up)	4x8	Ride Easy	●	1/1	
	0:22	(Synth)	8x8	Power Climb	C↻	1/2	M
	0:44	(Bleeps)	8x8	Power Climb	↗	1/2	
	1:06	(Windup)	4x8	Standing Climb	↗	1/2	
	1:17	(Synth B up)	4x8	Standing Climb Accelerate on last 2x8	↘ to A↻	3/4	
	1:28	(Drop)	8x8	Standing Attack	●	1/1	H
	1:50	(Drop)	8x8	Racing	●	1/1	
	2:12	(Drop & melody)	8x8	4x Attack Combo 1x8 Standing Attack 1x8 Racing	● ●	1/1 1/1	
2	2:34	(Low)	8x8	Seated Recovery	↘	1/2	E
	2:57	(Windup)	4x8	Ride Easy	↗	1/1	
	3:08	(B up)	4x8	Ride Easy	A↻	1/1	
	3:18	(Drop)	8x8	Standing Attack	●	1/1	H
	3:40	(Drop & bleep)	8x8	Racing	●	1/1	
	4:03	(Drop & eerie)	8x8	4x Attack Combo 1x8 Standing Attack 1x8 Racing	● ●	1/1 1/1	
3	4:24	(Low)	9x8	Seated Recovery	↘	1/2	E
	4:49	(Windup)	4x8	Ride Easy	↗	1/1	
	5:00	(B up)	4x8	Ride Easy	A↻	1/1	M
	5:11	(Drop)	8x8	Standing Attack	●	1/1	H
	5:33	(Drop & bleep)	8x8	Racing	●	1/1	
	5:55	(Drop & eerie)	8x8	4x Attack Combo 1x8 Standing Attack 1x8 Racing	● ●	1/1 1/1	
	6:18	Outro	8x8	Ride Easy	↘ to B↻	3/4 – 1/2	E



05. SOLAR SYSTEM 6:41mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this block to help your riders understand what Attack Resistance feels like. Help them find heavy Climbing Resistance first to over-gear their legs so they know how much Resistance they need to reduce to get a 'demanding' Attack Resistance. Be clear with the choreography, providing clear Layer 1 cues for PRP. Doing this will give you freedom to use more variety in your coaching language and space to educate, connect and motivate in Blocks 2 and 3.

- Find a heavy Climbing gear that slows your legs to the rhythm: 1, 2, 1, 2
- Power Climb: **Hips back in the saddle** and drive big circles with your pedals
- Grip your bars and pull them towards you; brace your belly
- Feel the pressure grip deeper in your muscles
- Reduce slightly to find a demanding gear that leaves you just enough room to chase the beat
- Standing Attack: **Hips come forward, chest is lifted, abs braced**
- Racing: **Hips back on the saddle, abs braced, chest lifted**
- Coming up, same gear and 4 short Attacks
- Attack, 4, 3, 2, 1; sit – Racing

2 LAYER 2

Improve Execution / Manipulate Intensity

Coach your riders to perform better by using Layer 2 cues that help them Improve Execution.

- Find the same demanding Attack gear; this time we're going to fight the beat!
- Lift your chest, bring your hips towards the bars and drive your knees up
- Feel the pressure in the front of your legs; that's where your power is
- Push down firmly through the pedals and drive your knees up with force
- Four, short, sharp Attacks
- Launch yourself out of the saddle!

3 LAYER 3

Motivate / Inspire

Motivate your riders to push through the intensity and go to the edge of their limits. Create space in your coaching to let the mesmerizing and energizing music motivate them.

- *Hook into the rhythm and lift your knees up, up, up*
- *When we push through the struggle, there is NO better feeling*
- *Together let's explode through the 4 final Attacks!*

CONNECTION

This track is intense! To help balance the physical intensity of the track, find moments to smile, praise and encourage your riders. Connect them to the energy of the music and the energy of the other riders in the room to help them push to the edge of their limits!

PERFORMANCE

Show your love for riding hard to the rhythm of this amazing piece of music, by committing to role-modeling honest, demanding Attack Resistance.

Space your coaching carefully so you're not talking over the cool instrumentals and use the musical builds to bring contrast and energy to your voice and body. Let the music explosively launch you out of the saddle in the Attacks!

TRACK TIP

In the first block, we find heavy Resistance. This improves our power output by initially over-gearing the Resistance. This helps to establish the foundation for demanding Attack Resistance.



06. SPEED WORK

1/1 = 129rpm

TRACK FOCUS

- Coach with a focus on feeling the music to feel the freedom of riding fast.
- Emphasize that Racing Resistance should be enough to match the Pace, then challenge with an opportunity to ride faster than the beat.

PROFILE

Three 60-second efforts with a chance to ride faster than the beat.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro / _ Paradise	4x8	Seated Recovery	B👤	1/2	E
	0:16	V1 / Demons I can	4x8	Ride Easy	●	1/2	
	0:31	QC / Hope	4x8	Ride Easy	↗	3/4	
	0:46	Hooope , I can	4x8	Ride Easy	↗	3/4+	M
	1:01	Instr / (Synth)	8x8	Racing (Forward)	R👤	1/1	H
	1:31	Hooope	8x8	Aero-Racing (Forward)	●	1/1+	
2	2:01	V2 / _ Oh, searching	4x8	Ride Easy	↘	3/4	E
	2:16	Demons I can	4x8	Ride Easy	↗	3/4	
	2:30	QC / Hope when I	4x8	Seated Recovery	●	1/2	
	2:45	Hope I can	4x8	Ride Easy	↗	3/4+	M
	3:00	Instr / (Synth)	8x8	Racing (Forward)	R👤	1/1	H
	3:30	Hooope	8x8	Aero-Racing (Forward)	●	1/1+	
3	4:00	V3 / _ Oh, searching	4x8	Ride Easy	↘	3/4	E
	4:15	Demons I can	4x8	Ride Easy	↗	3/4	
	4:30	QC / Hope when I	4x8	Seated Recovery	●	1/2	
	4:45	Hope I can	4x8	Ride Easy	↗	3/4+	M
	5:00	Instr / (Synth)	8x8	Racing (Forward)	R👤	1/1	H
	5:30	Hooope	8x8	Aero-Racing (Forward)	●	1/1+	
				↘ to B👤			



06. HOPE 6:04mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Coach using simple Layer 1 PRP cues focusing on finding enough Resistance that allows us to match the Pace. Encourage your class to go faster than the beat in the Aero-Racing phase.

- *In this first round, 1-minute, our aim is to match the Resistance to the Pace*
- *Turn the dial to feel a firm pressure in your legs – that's Racing Resistance*
- *Now Racing, aim for the beat of the music*
- *Racing: **Hips forward, toes down, brace the abs and lift your chest***
- *Do you feel it? There's Resistance in the wheel and there's rhythm in the legs.*
- *Here's the game-changer in this track: try to accelerate beyond the beat – aim to go faster*
- *Aero-Racing: Come down on the drops or inside the bars. **Keep your chest lifted and abs braced***

2 LAYER 2

Improve Execution

How can you help your riders ride better, faster or harder? Use Layer 2 cues to help them do just that. Perhaps a bigger Racing gear for experienced riders or a second attempt at going faster than the beat for all riders.

- *Let's build to the same Racing Resistance again. If you went faster than the beat in the first round try a bigger Racing gear this time.*
- *Squeeze the hands, stronger in your arms, tighter in the belly; holding the body steady helps the legs go faster*
- *Now kick your toes forward – start the pedal stroke earlier!*

3 LAYERS 2 & 3

Educate / Motivate

Round 3 is a repeat of rounds 1 and 2. Repetition builds confidence and with that the ability to go fast. Use Layer 2 cues to Educate and then Layer 3 cues to Motivate your class to finish this track feeling successful.

- *The more times you go fast... the faster you can go! Repetition gets results... Shall we do it one more time?*
- *Enjoy feeling the freedom of riding fast*
- *One to go – no expectations; just let the freedom and feel of the music guide you to your fastest Pace yet*

PERFORMANCE

Bring the element of "Hope" (the name of the track) to the last round to create a positive feel about what we are doing and help encourage riders to go faster than the beat. "Hope is feeling positive about the future, a want to achieve."

CONNECTION

Use inclusive language throughout the track, encouraging the accelerations more so than demanding the accelerations. Use cues like: "We can...", "Aim to go faster..." "Just give it a try" or "Let me help you go faster".



07. MOUNTAIN CLIMB

1/1 = 64rpm

TRACK FOCUS

- Coach your class to hold Climbing Resistance for the entire track so that they don't go too big, or too light with their gears and can feel successful by the end of the climb.
- Be clear and concise in your coaching of Blocks 2 and 3, with the option to ride ahead of the beat in the Standing Attacks.

PROFILE

4 big peaks! The first and last are heavy Climbs to get us stronger. Blocks 2 and 3 are Power accelerations to push our heart rate high!

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Ride Easy	B👆	1/1	E
	0:15	Instr / (Windup)	4x8	Ride Easy	↗	1/1	
	0:30	(Low)	2x8	Ride Easy	C👆	1/2	
	0:37	(Low synth)	4x8	Power Climb	●	1/1	M
	0:52	V1 / _ I'm ready	8x8	Power Climb	↗	1/1	
	1:22	PC / In the night	4x8	Standing Climb (Easy)	↗	1/1	H
	1:37	Instr / (Staggered synth)	4x8	Standing Climb	↗	1/1	
	1:52	PC / In the night	4x8	Standing Climb	↗	1/1	
	2:07	Instr / (Heavy synth)	4x8	Standing Climb	↗	1/1	
	2:22	Again	4x8	Power Climb	●	1/1	
2:37	Again	4x8	Standing Attack	●	1/1		
2	2:52	PC / In the night	4x8	Standing Recovery	●	1/2	E
	3:07	Instr / (Drop)	16x8	4x Climbing Combo 2x8 Standing Attack 2x8 Power Climb	●	1/1+ or 1/1 1/1	H
3	4:07	PC / In the night	4x8	Standing Recovery	●	1/2	E
	4:22	Instr / (Drop)	16x8	4x Climbing Combo 2x8 Standing Attack 2x8 Power Climb	●	1/1+ or 1/1 1/1	H
4	5:22	Ref / All that you	4x8	Standing Recovery	●	1/2	E
	5:37	(Heavy synth)	12x8	Standing Climb	●	1/1	H
	6:22	(Heavy & clap)	4x8	Power Climb	●	1/1	

↘ to B👆



07. SEE THE END 6:43mins

TECHNIQUE AND COACHING

1 LAYERS 1 & 2

Position / Resistance / Pace / Improve Execution

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 technique is important.

- *Ride Easy, find the heavy beat – 1, 2, 1, 2*
- **Hips are back, chest lifted, core is tight**
- *Next gear takes us to Climbing Resistance – heavy gear that grips the muscles*
- *Slow legs, hands wide, Power Climb – 1, 2, 1, 2*
- *Four mountain peaks to take us to the end today. Heavy Climbs to get us stronger, Power accelerations to push our heart rate high*
- *Easy Standing Climb: **Hips back over seat, chest lifted***
- *Really feel it now – add a gear!*
- *There are two more gears for the entire mountain – take one of those gears now!*
- *Be brave today! One more gear ahead of us, 4 big mountain peaks!*
- *Standing Climb – 45 seconds!*
- *Sit, Power Climb: **Hips back, brace your core, drive pedal forward***
- *15 seconds, Standing Attack: **Lean in a little, and lift your chest.** Be proud today!*
- *Up ahead, super-short recovery*

2 LAYERS 1 & 2

Position / Pace / Improve Execution

This block is physically hard! Use clear Layer 1 cues to coach PRP so that your riders know exactly what the choreography is. Coach the option of the acceleration in the Standing Attack so all of your class can feel successful no matter what fitness level they're at. Once your class is moving well, use Layer 2 cues to improve their technique through the 1 minute of hard work!

- *Peak number 2 – 4x Power accelerations! 1 minute in total*
- *It's going to be challenging, but we embrace the change today!*
- *Accelerate, Standing Attack – hips forward*
- *Sit, Power Climb – on the beat – 1, 2, 1, 2*

- *Standing Attack – if you don't want to accelerate, on the beat for you. Great work!*
- *Drop it down, Power Climb*
- *Two more!*
- *Standing Attack: Drive knees up, use your quads*
- *Sit, Power Climb, on the beat*
- *One more!*

3 LAYER 2

Manipulate Intensity

This block of work is identical to Block 2 so let your class know we are repeating what we just did. Get them moving successfully again but use this block to Manipulate Intensity. Dee did this by using time cues, showing physical intensity in her riding, and feeling cues to hook in to what it should look and feel like.

- *Well done! Peak number 3, we do it again*
- *Let's go – hips forward, accelerate!*
- *Sit, on the beat*
- *You guys got this now! One down, three to come*
- *Final two!*
- *Feel the heart rate! Feel the muscles!*
- *One more! You've got this!*

4 LAYER 3

Motivate / Inspire

Last block of work is back to pure strength training. Use Layer 3 cues to Motivate and Inspire your class here and bring everyone back together as a team and take it home to the top of the mountain!

- *We started together, we finish this together! 1 minute!*
- *Final peak. Are you in?*
- *You've overcome every challenge we've thrown at you. What's one more?*
- *Final 30 seconds. Hold on!*
- *Final 15 – we're going to drive it home in the seat*
- *Power Climb, lock it down*
- *One more! You've got this!*

CONNECTION

This song is quite uplifting and has a euphoric feeling to it. Even though physically this is a tough Mountain Climb, match the feel of the song by using language that is Motivating and Inspiring to connect your class with the workout and music.



08. RIDE HOME/STRETCH

1/1 = 104rpm

TRACK FOCUS

- Bring the ride home and celebrate the ride together using inclusive and positive language.

PROFILE

Easy flat road to recover and flush out the legs with stretches off the bike.

	Music		Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	B↶	1/2
	0:09	V1 / Think about it	8x8	Ride Easy	↗	3/4
	0:46	C / _ Bring me a	8x8	Ride Easy	↗	3/4+
	1:23	Rep / _ Bring me	4x8	Racing	↗	1/1
2	1:41	V2 / _ Worlds are	4½x8	Ride Easy	↘	3/4
	2:02	_ Things look	4x8	Ride Easy	↗	3/4+
	2:21	C / _ Bring me a	2x8	Seated Recovery	●	1/2
	2:30	_ Bring me a	2x8	Transition off the bike		
	2:39	Rep / _ Bring me a	4x8	Standing Quadricep Stretch R L		
	2:58	_ Bring me a	4x8	Standing Gluteal Stretch L R		
	3:16	Rep / _ Bring me a	4x8	Standing Hamstring Stretch L R		
	3:34	Outro / _ Bring me a	2x8	Bike supported Lower and Upper Back Stretch		



08. HIGHER LOVE 3:47mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

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

- *Light Resistance to flush out the legs and recover*
- *Let's ride the rhythm one more time*

2 LAYER 2

Educate

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

- *Let's Stretch the muscles responsible for our ride today*
- *Quad stretch: Pick up one foot, heel to your butt, knee to knee. Lengthen through the front of your leg*
- *Cross one leg over, lift your chest and bend your supporting knee to release the glutes*
- *Hamstring Stretch – one foot in front, lengthen the back of your leg*

CONNECTION

Celebrate the ride and the fact you rode hard together, to great music and while having fun! Ask your riders how they are feeling and praise and thank them for their hard work.

PERFORMANCE

It's hard not to dance a little to this song! If the great rhythm makes you feel like clapping or busting out a little Shoulder Roll, then 'go for it!' If you feel it, show it.



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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.

