

RPM **87**

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

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



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

Bad Love (5:08)

Earl St. Clair

Courtesy of the Universal Music Group.
Written by: Johnson, Embree, Spadafore, D. Alexander, K. Alexander
- 02

Something Unreal (5:36)

The Script

© 2019 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Barry, O'Donoghue, Sheehan
- 03

Nga Kano/In Colour (5:30)

Shapeshifter

Courtesy of the Universal Music Group.
Written by: Abrams, Apera, Robinson, Trevethink
- 04

Now Til Infinity (5:14)

GRiZ

© 2019 GRiZ.
Written by: Kwiecinski
- 05

Dear Future Self (Hands Up) (5:09)

Fall Out Boy feat. Wyclef Jean

Courtesy of the Universal Music Group.
Written by: Jean, Wentz, Stump, Trohman, Hurley, Noonie, Alina, Wallin, Siverstedt, Morelli
- 06

Back To Life (6:55)

DubVision x Afrojack

© 2019 Armada Music B.V.
Written by: Harvey, Feldman, Jayne, S.Leicher, V.Leicher, Thompson, van de Wall
- 07

Oxygen (6:15)

Excision, Wooli & Trivecta feat. Julianne Hope

© 2019 Exision Music.
Written by: Shamy, Boukis, Bueter, Vellulato, Abel, Puleo, Dobkin
- 08

Circles (3:32)

Post Malone

Courtesy of the Universal Music Group.
Written by: Post, Gunesberk, Bell, Walsh, Feeny



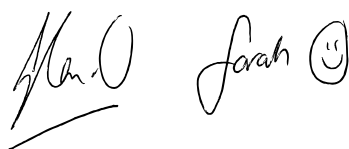
L-R: Dee Rowell, Glen Ostergaard and Aeshka Edwardson

RPM 87 is another kicker of a release! There's a good blend of modern and traditional RPM sounds – music that takes you on an emotional journey from start to finish. Glen does it every time! The workout is challenging but with plenty of opportunities to recover yourself and get your breath back.

- Track 1 is a great class opener. It's cool, cruisy, and has a modern sound. It's a great tune to get the class in the mood for the workout ahead. An opportunity for some pedal technique in this track too!
- Track 2 has a traditional sound with an obvious energy shift. The song is uplifting, building and exciting. Use your voice to create energy and excitement as you build through the work.
- Track 3 is emotive, where you want to just go with the feel of the track. It's a bring-back of an RPM classic but in New Zealand's native language – Māori. Use the builds and the highs of the track to express how the track makes you feel – Empowered and full.
- Track 4 contrasts to a fun and funky sound. The music is driving with a modern upbeat feel; it's a bit cool. It is smooth and has a cyclic flow to it. Make sure you use clear PRP cueing with the fast changes but also making sure coaching doesn't over-power the music.
- Track 5 is a traditional RPM sound where it's 'game on' straight away! There's many short/fast Attacks, so clear PRP coaching is required.
- In Track 6, space out your cues to create room for your coaching to land and the music to be heard. There's 3 identical blocks, so heaps of opportunity to get it out there.

- Track 7 has a climbing combination between Standing Attack and Standing Climb. Teach to the difference in feel between the two positions and what's happening with your body. Musically it's an uplifting track where there's plenty of space for silence and a conversational voice leading to the big full sound in the drops, where your big voice will come out.
- Track 8 is a lovely track to bring the workout to a close. Acknowledge the efforts in the workout and celebrate the ride.

Have fun teaching this release.



CREDITS

Program Director – Glen Ostergaard

Head of Training, RPM – Sarah Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Lily Roelofs

PRESENTERS

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

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, LES MILLS SPRINT and RPM.

Aeshka Edwardson (New Zealand) is an RPM and LES MILLS SPRINT Instructor. She is based in Wellington.



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 87 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	26:37 without Track 08 30:09 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 = 125rpm

TRACK FOCUS

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

PROFILE

3 blocks with multiple accelerations onto the beat of the music. Blocks 2 & 3 include single leg drills between the 1/1 phases.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro	2x8	Seated Recovery	●	1/2
	0:13	V1 / I'm dangerous	4x8	Ride Easy	B⬆	3/4
	0:28	No fool around	4x8	Ride Easy	↗	3/4
	0:43	PC / I'm smooth	2x8	Ride Easy	↗	3/4+
	0:51	C / _Bad love	4x8	Racing	●	1/1
2	1:06	V2 / Crazy , I'm every	8x8	Ride Easy	↘	3/4
	1:36	PC / I'm smooth	2x8	Ride Easy	↗	3/4+
	1:45	C / _Bad love	8x8	Racing	R⬆	1/1
	2:16	Br / (Low)	1x8	Ride Easy	●	1/1-3/4
	2:20	V3 / I'm notorious	4x8	Ride Easy - L leg focus	●	3/4
	2:35	C / _I love	8x8	Racing	●	1/1
3	3:05	Br	½x8	Transition	●	1/1-3/4
	3:07	V4 / Crazy , I'm every	31x8	Repeat BLOCK 2 (With R leg focus)		

↘ to B⬆



01. BAD LOVE 5:08mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Clearly coach Position, Resistance and Pace to get participants moving safely with a good connection to the bike.

- *Base Resistance: A light pressure in the muscle enabling us to turn the pedals with ease.*
- *Ride Easy: **Shoulders down, chest lifted, hips back***
- *Light turn as we start to build Pace*
- *Find Racing Resistance, a deeper pressure in the muscles with room to give.*
- *Racing: Slide your hands wide, **relax your upper body, light brace through the belly, butt back***

2 LAYER 2

Improve Technique / Educate

With bodies feeling warmer, use this round to refine Technique for Position, Resistance and Pace using Layer 2 cues. Educate riders on how to pedal efficiently in the single-leg focus, before putting it into practice in the second Racing phase.

- *Find our cycle set position, hips are back, elbows in, chest up, light core engagement*
- *Gear change up; start to build the tempo*
- *Racing Resistance on, onto the beat*
- *Slowing down, hands to Ride Easy*
- *Left leg, push / pull. Easy push and pull focus on that left side*
- *We're going to balance it up, bring it back to the center*
- *Back on the beat*
- *Smoother, more connected to the pedal now*

3 LAYERS 2 & 3

Manipulate Intensity / Motivate / Connect

Final Block is a repeat of Block 2. Bring more energy to the workout to lift the intensity in an upbeat & energetic way. How can you use your face, body, and voice to generate excitement?

- *Last round in the warm-up, we're going to do that all again.*
- *Right foot, forward and back. Easy push and pull. Feel contact of the ball of the foot through the entire pedal circle.*

CONNECTION

Use lots of smiles, praise and encouragement. Because intensity is low, it's a great opportunity to look out and connect with everyone in the room.



02. PACE

1/1 = 137rpm

TRACK FOCUS

- Coach simple PRP and introduce Speed Coaching cues to help your class ride fast.
- Use your body, face, and voice to match and enhance the feel and emotion of the song.

PROFILE

3 Blocks with a total of 5x 30 second Racing phases and 2x 15 second Standing Climbs.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	2x8	Seated Recovery	B🕒	1/2	E
	0:07 V1 / I've been	4x8	Ride Easy	●	1/2	
	0:21 I've been	4x8	Ride Easy	↗	3/4	
	0:35 PC / I wanna feel	4x8	Ride Easy	↗	3/4+	M
	0:49 C / Yeah_Ooooh	8x8	Racing (Forward)	R🕒	1/1	H
2	1:17 V2 / I've been diggin'	8x8	Ride Easy	↘	3/4	E
	1:45 PC / I wanna feel	4x8	Ride Easy	↗	3/4+	M
	1:59 C / Yeah_Ooooh	8x8	Racing (Forward)	R🕒	1/1	H
	2:28 Rep / _I wanna	4x8	Ride Easy	C🕒	1/2	E
	2:42 V3 / I feel it in	4x8	Standing Climb	●	1/2	M
	2:56 C / Yeah_Ooooh	4x8	Racing (Forward)	↘ to R🕒	1/1	H
	3:10 Every bone I break	4x8	Aero Racing (Forward)	●	1/1	
3	3:24 Br	1/2x8	Transition	●	1/1-3/4	E
4	3:27 V4 / I've been diggin'	36x8	Repeat BLOCK 2			
				↘ to B🕒		



02. SOMETHING UNREAL 5:36mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use simple Layer 1 cues to set up PRP.

- *Base Resistance, light connection to the wheel*
- *Gear change clockwise as we build our Pace*
- *Racing Resistance: Firm pressure in the muscles with room to move*
- *Racing: **Chest up, upper body relaxed, shoulders down, slide hips forward***

2 LAYER 2

Improve Technique / Manipulate Intensity

Coach your class how they can ride better in the Racing phase using Layer 2 cues. As it's the first time climbing, use Layer 1 cues to set up Climbing Resistance and Position. Then challenge your class to work harder in the second Racing phase. How could you challenge them? What will you say or how you move?

- *Slowing, Ride Easy, reduce your Pace and slide back on the saddle*
- *Reset that cycle set position, hips back, chest up*
- *Light gear clockwise, starting to build again*
- *Racing Resistance: Firm pressure in the muscles but plenty of give*
- *To help the legs turn quicker, slide forward and dip the toes*
- *We are aiming for small quick circles*
- *Slow right down, big turn clockwise*
- *Find Climbing Resistance, enough Resistance to balance your bodyweight*
- *Standing Climb: **Chest up, butt over the saddle***
- *We're going to roll over the climb and reduce to Racing Resistance*
- *Aero Racing: **Chest lifted, brace abs***

3 LAYERS 2 & 3

Improve Technique / Motivate / Inspire

Motivate your class with positive, inclusive and encouraging language helping them get across the line. Use Layer 2 cues in the climb to reinforce good Technique and how they can climb better.

- *This is going to feel great!*
- *Standing Climb: Nice and relaxed, upper body lifted*
- *Pull up on the handlebars and let your body shift side to side*
- *Let's bring this one home, guys!*
- *I wanna feel!*

PERFORMANCE

This track has heaps of great lyrics you can connect to – if that's your thing! Use the builds in the music to create excitement and energy.

TRACK TIP

In Aero Racing, cue to keep the chest lifted as there'll be a tendency to drop the chest in this position.



03. HILLS

1/1 = 130rpm

TRACK FOCUS

- Connect your class to the energy and feel of the music.
- Challenge intensity in the Attacks and Racing phases.

PROFILE

3 heavy hills with faster Attacks and Racing phases in the 2nd and 3rd rounds.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	B↻	1/2	E
	0:15	V1 / Me i a koe	4x8	Ride Easy	↗	1/2	
	0:30	Ki te pakanga	4x8	Power Climb	C↻	1/2	M
	0:44	PC / Ko ngā kano	4x8	Standing Climb	↗	1/2	
	0:59	C / I te wā o te	4x8	Standing Climb	↗	1/2	H
	1:14	I te mutunga	4x8	Standing Attack	●	1/2	
2	1:29	V2 / Ki te taea	4x8	Ride Easy	↘	1/2	E
	1:45	_Muna kore	4x8	Power Climb	C↻	1/2	M
	1:59	PC / Ko ngā kano	4x8	Standing Climb	↗	1/2	
	2:14	C / I te wā o te	4x8	Standing Climb	↗	1/2	H
	2:29	I te mutunga	4x8	Standing Attack	●	3/4	
	2:44	Instr / (Electric guitar)	8x8	Racing (Forward)	↘ to R↻	1/1	
3	3:14	Br	1x8	Transition	●	1/1-1/2	E
	3:17	V3 / Ki te taea	28x8	Repeat BLOCK 2	●		
4	5:02	Instr / (Low)	6x8	Standing Climb	C↻	1/2	H
	5:24	Outro	1x8	Standing Recovery	↘ to B↻	1/4	E



03. NGA KANO / IN COLOUR 5:30mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use Layer 1 PRP cues to set up Climbing Resistance by using descriptive language

- 3 big blocks of "Maunga" (Maori for Mountain or peak), to find strength and endurance in the legs
- Ride Easy, Base Resistance, slow Pace, butt back, **chest lifted, upper body relaxed**
- Heavy turn clockwise, Power Climb, heavy underfoot. **Hips back on the saddle**
- One more turn makes Climbing Resistance, heavy enough to stand on
- Standing Climb: **Hips back, tighten the core**, light in the upper body
- Bigger turn to create more tension
- **Hips forward**, Standing Attack, **core engaged**

2 LAYER 2

Improve Technique / Manipulate Intensity

Use Layer 2 cues to challenge your class to work harder and with better Technique. This time there is a Racing phase after the Attack; pre-cue it early to let your class know what is coming up. Make sure you cue what Resistance is needed and what Pace to ride.

- 1 done, 2 more to go
- Heavy turn, feel the Resistance build in the legs
- Climbing Resistance, feel a challenging gear, Standing Climb
- How does it feel to be in control of your body, your fitness?
- Heavier turn, builds more tension
- Acceleration on the Attack, hips are forward, drive those legs!
- Coming up a quick 30-second race downhill
- Reduce to Racing Resistance, enough to keep you in control when riding fast
- Hips forward and small fast circles for efficient, quick pedal strokes

3 LAYER 3

Motivate / Inspire

Final block and a repeat of Block 2. Use Layer 3 cues that resonate with you to Motivate your class. What can you do to Inspire them to stay in the work right to the end? Again, is it what you say or how you simply move?

- *This is where you feel your muscles the most, this is where we need to just take it one step further!*

PERFORMANCE

This song brings great emotion and feel, go with the builds, the highs and the lows, and let the music speak. Use your voice to match. Empower your class to feel this song and the emotion it brings!

TRACK TIP

Because there are many Position, Resistance and Pace changes in this track be clear with your PRP cues by pre-cueing early. This will keep the intensity at the right level, making sure the workout isn't lost as they try to keep up with the changes.



04. MIXED TERRAIN

1/1 = 129rpm

TRACK FOCUS

- Create contrast from the emotive and uplifting Track 3 to this fun and energetic song.
- Coach the varied terrain with clarity using PRP at every choreography change.

PROFILE

3 rounds of mixed terrain to keep us on our toes; the fast flats are 30, 45 and 60 seconds each.

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	4x8	Seated Recovery	B↻	1/2	E
	0:15 V1 / Came with	4x8	Ride Easy	●	3/4	
	0:30 Rep / Rebel _	4x8	Ride Easy	R↻	3/4+	M
	0:45 Rep / Low distorted chant	8x8	Racing (Forward)	●	1/1	H
2	1:14 Instr / (Low strum)	4x8	Ride Easy	C↻	1/2	E
	1:29 Infinity_	4x8	Standing Climb	●	1/2	M
	1:44 V2 / Came with	4x8	Power Climb	●	1/2	
	1:59 Rep / Rebel _	2x8	Standing Climb	↗	1/2	H
	2:07 (Windup)	2x8	Standing Attack	●	3/4+	
	2:14 Rep / Low distorted chant	8x8	Racing (Forward)	↘ to R↻	1/1	
3	2:44 Rep / Low distorted chant	4x8	Aero Racing (Forward)	●	1/1	
	2:59 Instr / (Low strum)	4x8	Ride Easy	C↻	1/2	E
	3:14 Infinity_	4x8	Standing Climb	●	1/2	M
	3:29 V3 / Came with	4x8	Power Climb	●	1/2	
	3:44 Rep / Rebel _	2x8	Standing Climb	↗	1/2	H
	3:51 (Windup)	2x8	Standing Attack	●	3/4+	
	3:58 Rep / Low distorted chant	12x8	Racing (Forward)	↘ to R↻	1/1	
	4:43 Rep / Low distorted chant	4x8	Aero Racing (Forward)	●	1/1	
	4:58 Outro	4x8	Ride Easy	↘ to B↻	3/4	E



04. NOW TIL INFINITY 5:14mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

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

- *Shall we have some fun?*
- *First Block 30 seconds, then we get into some fun in the 2nd and 3rd Blocks*
- *Ride Easy: **Butt is back, chest is lifted***
- *Racing tension: Something that holds the legs in but doesn't hold you back*
- *Racing: **Relax your upper body, brace your abs**, hips forward, toes dip*

2 LAYERS 1 & 2

Position / Resistance / Improve Technique / Manipulate Intensity

Set up Climbing Resistance and Technique using Layer PRP cues. Be really clear as there are many changes between Position, Resistance and Pace.

Use Layer 2 cues to ride with better Technique and challenge your class to ride faster and harder.

- *Heavy turn clockwise, Climbing Resistance enough underfoot to take your body up*
- *Standing Climb: **Lift your chest, butt over the saddle, brace your abs***
- *Sit Power Climb: Hands wide, **butt back**, big large circles with the feet*
- *One turn clockwise; Standing Climb*
- *Attack: **Hips forward**, start to accelerate*
- *Off the back; 45 seconds Racing!*
- *Feel your hips inch forward, creating smaller circles!*
- *Aero Racing: **Chest up, brace abs***

3 LAYERS 2 & 3

Improve Execution / Motivate / Inspire

Repeat and enhance the Climbing cues you used in the previous block to Improve Execution. The final speed phase is 60 seconds, so Motivate everyone to finish feeling successful. What can you do and say to help them achieve this?

- *One more time, what do you think?*
- *Now you know this Position well, lift your chest a little higher to help you breathe*
- *Use your arms to grab onto the handlebars and get more strength through the body!*
- *This Racing phase is an extended effort*
- *You're looking amazing, stay there!*
- *These final 15 seconds are yours for the taking!*

PERFORMANCE

You've just gotta feel this track to bring the pure magic out. Create contrast from the previous song by engaging with the music. Be fun, uplifting and use lots of smiles and inclusive language.

SMARTSTART



05. INTERVALS

1/1 = 85rpm

TRACK FOCUS

- Coach transitions with clarity using simple PRP cues – deliver cues with energy to lift the intensity

PROFILE

3 rounds of Intervals, 1 short and 2 long with lots of Attacks!

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	2x8	Seated Recovery	B🔁	1/2	E
	0:05	Instr / (Upbeat)	4x8	Ride Easy	A🔁	1/1	
	0:17	C / Hands up	4x8	2x Attack Combo	●		H
				1x8 Standing Attack		1/1	
				1x8 Racing		1/1	
2	0:28	V1 / Turbulence	4x8	Ride Easy	↘	1/1	E
	0:39	Yeah, streets	4x8	Ride Easy	↗	1/1	
	0:51	C / Hands up	8x8	4x Attack Combo	A🔁		H
	1:13	_She w indin'	4x8	Racing	●	1/1+	
	1:24	Rep / Knock knock	1x8	Transition	↘	1/1	
	1:27	V2 / She said this	7x8	Ride Easy	●	1/1	E
	1:47	C / Hands up	8x8	4x Attack Combo	A🔁		H
				Remain Standing last 8cts			
	2:10	_She w indin'	5x8	Standing Recovery	●	1/2	E
	2:24	Haaaands	4x8	Standing Attack	●	1/1+	H
2:35	C / Hands up	4x8	Racing	●	1/1		
3	2:46	Br	½x8	Transition	●	1/1	E
	2:49	V1 / Turbulence	49x8	Repeat BLOCK 2			

↘ to B🔁



05. DEAR FUTURE SELF 5:09mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this round to set up PRP using clear Layer 1 Coaching to get your class moving successfully and so they know what is ahead of them. The transitions are quick, so use simple and clear cues without over-coaching.

- Ride Easy: **Hips back, chest lifted, elbows soft**
- **Find the rhythm**
- Attack Resistance: A demanding gear with just enough room to find the beat
- 2 jumps – ready?
- Standing Attack: **Lean in, lift your chest, grip the bar**
- Racing: **Hips back, brace abs**
- Stand 4,3,2,1, race 4,3,2,1

2 LAYERS 1 & 2

Position / Improve Execution

Because Block 1 was short, continue to use Layer 1 Coaching. There are lots of quick transitions so it's important to make your riders feel successful by profiling the Choreography clearly. Once they are moving successfully, use Layer 2 cues to teach them how to ride better and Improve Execution.

- Reduce your Resistance and find the rhythm
- Round number 2 of 3!
- Here's how it's going to roll, 4 Attacks one race x 2!
- **Hips forward, hips back**
- **Brace your belly**
- Hold the gear, accelerate
- Drive the hips back, brace the core
- Hips come forward, lift your knees up, hips go back, drive the pedal forward
- Think about pushing away from your bars, drive your knees towards your hips
- Sit, feel your hamstrings and your quads now!

3 LAYERS 2 & 3

Manipulate Intensity / Motivate / Inspire

This is a repeat of what we did in Block 2, let your riders know this so they know exactly what's ahead of them! Bring in Layer 2 Manipulate Intensity cues to challenge your class in this final Block. Use Layer 3 cues to Motivate and Inspire them to work hard right until the end, role-modeling the intensity yourself.

- One more round to go
- Think about short, sharp Attacks
- Come on, everything you've got now!
- 10 seconds; drive it home.

CONNECTION

The music in this track is super fun and upbeat! Once you've coached the basics, hook into the music and connect your riders to the fun feel of this track! Use lots of inclusive language to keep your class together in the workout.



06. SPEED WORK

1/1 = 132rpm

TRACK FOCUS

- Match the uplifting music with your voice and body to bring the track alive, inspiring your class to ride the rhythm.

PROFILE

Long building phases into 3 x 45-second efforts riding on the rhythm

	Music		Position	Resistance	Pace	PI		
1	0:00	Intro	4x8	Seated Recovery	B🔼	1/2	E	
	0:15	Instr / (Upbeat)	4x8	Ride Easy	●	3/4		
	0:29	Instr / (Piano)	2x8	Ride Easy	●	1/2		
	0:36	V1 / I come alive	4x8	Ride Easy	R🔼	1/2		
	0:52	The sound of	4x8	Ride Easy	●	3/4	M	
	1:06	Rep / Back to life	8x8	Ride Easy	●	3/4+		
	1:35	Instr / (Heavy synth)	8x8	Racing (Forward)	●	1/1		H
	2:05	Rep / La, la, la	4x8	Aero Racing (Forward)	●	1/1		
2	2:19	Br / Back to life	1x8	Ride Easy	↘	1/1-3/4	E	
	2:23	V2 / You were my	4x8	Ride Easy	●	3/4	E	
	2:37	The sound of	4x8	Ride Easy	↗	3/4		
	2:52	Rep / Back to life	8x8	Ride Easy	↗	3/4+	M	
	3:22	(B up)	4x8	Ride Easy	●	3/4++	H	
	3:36	Instr / (Heavy synth)	8x8	Racing (Forward)	R🔼	1/1		
	4:06	Rep / La, la, la	4x8	Aero Racing (Forward)	●	1/1		
	3	4:20	Br / Life	33x8	Repeat BLOCK 2			E
6:21		Outro	8x8	Ride Easy	↘ to B🔼	3/4		



06. BACK TO LIFE 6:55mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Use this Block to introduce Speed Work and set up the basics so your class can ride successfully. Use simple Layer 1 cues to coach Racing Resistance and how it should feel before coaching the Speed Coaching cues to get them through the 45-second Speed Work.

- *Back to Base Resistance, Medium Pace*
- *Let your legs slow, 1,2,1,2*
- *Let's find Racing Resistance, a good turn clockwise until you feel a firm pressure in your muscles, but enough to find the rhythm*
- *It should feel challenging but you know you can accelerate onto the beat*
- *3 identical rounds, 45 seconds to bring us back to life*
- *When the beat drops, we're going to slide wide, hips come forward, 45 seconds on the rhythm*
- *Let that rhythm fill your body*
- *Racing: **Hips come forward, small dip of the toe, upper body relaxed***
- *Last 15 seconds, Aero Racing: **Lift your chest and brace your core here***

2 LAYER 2

Improve Execution

This Block is identical to the first, so it's a great opportunity to teach your class how they can ride better. Do this by using Layer 2 Improve Execution cues.

- *Small gear back, Medium Pace, recover*
- *A bit of a struggle right now, but the struggle is good. Its telling you that you're doing it right and ultimately that struggle makes you stronger and fitter.*
- *With that in mind how does 2 more times sound?*
- *One gear to Racing gear*
- *Racing Resistance: Pressure in the legs but room to move*
- *For fast legs, couple of things you can do. Hips forward, toes down to get small fast circles*
- *It'll help if you relax your upper body too!*
- *Aero race, down on the dips. Keep that chest lifted.*

3 LAYER 3

Motivate / Inspire / Connect

By now your class should know exactly what to do and how to ride fast so use this block to Motivate, Inspire and Connect with your class to finish this track feeling successful. Use Layer 3 cues to do this in a way that is authentic to you!

- *This is the stuff that brings you back to life*
- *Another gear under the rhythm, feel this*
- *One more together! 45 seconds here we go!*
- *Doesn't matter how it looks, it's how it feels inside!*

PERFORMANCE

Pre cue the changes early, so when the music drops, the music can fill the room and be felt. Give space for it to be heard, consciously layering your cues. Use your voice in a way that'll match the feeling of the song while not overpowering it.

TRACK TIP

When in Aero Racing, especially if your bikes have the drop handlebars, make sure you cue to "keep the chest lifted". There will be a tendency to drop the chest as riders fatigue.



07. MOUNTAIN CLIMB

1/1 = 74rpm

TRACK FOCUS

- Coach the difference in feel of the varied Climbing Positions by focusing on changes in muscle recruitment
- Match your voice and body to the energy and feel of the music

PROFILE

3 heavy climbs – 1 short and 2 long.

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	B↶	1/2	E
	0:13	V1 / Wake up sweatin'	4x8	Ride Easy	↗	1/1	
	0:26	_Hope I, wish I	4x8	Ride Easy	↗	1/1	
	0:38	C / Swimmin' in the	4x8	Standing Climb	C↶	1/1	M
	0:52	_Do you feel	4x8	Standing Attack	↗	1/1	H
	1:04	Instr / (Dramatic synth drop)	8x8	4x CLIMBING COMBO	↗		
				1x8 Standing Attack		1/1	
			1x8 Standing Climb		1/1		
			Last 8cts stay in Standing Attack				
2	1:30	Rep / _like I'm oxygen	2x8	Standing Recovery	●	1/4	E
	1:36	V2 / So good when	8x8	Ride Easy	↘	1/1	
	2:02	C / Swimmin' in the	4x8	Standing Climb	C↶	1/1	M
	2:15	_And do you fear	4x8	Standing Attack	↗	1/1	H
	2:28	Rep / _like I'm oxygen	4x8	Standing Recovery	●	1/4	E
	2:40	_And do you fear	4x8	Standing Climb	↗	1/1-1/1+	M
	2:53	Instr / (Dramatic synth drop)	8x8	4x CLIMBING COMBO			H
	3:19	Instr / (Staggered synth)	4x8	Power Climb	●	1/1	
	3:32	Instr / (Drop + synth)	4x8	Standing Attack	●	1/1 or 1/1+	
3	3:45	Rep / _like I'm oxygen	42x8	Repeat BLOCK 2			

↘ to B↶



07. OXYGEN 6:15mins

TECHNIQUE AND COACHING

1 LAYER 1

Position / Resistance / Pace

Coach PRP using Layer 1 cues to set your class up with great Climbing Technique and Climbing Resistance.

- Ride Easy: **Hips back in the seat, relax the upper body**
- Climbing Resistance: Heavy turn clockwise, to make us stand up out of the saddle
- Standing Climb: **Chest lifted, butt back, shoulders relaxed, side to side**
- Standing Attack: **Hips slightly forward**
- Stay forward to the breather

2 LAYER 2

Improve Technique / Educate / Manipulate Intensity

Use Layer 2 cues to help your class ride better, Educating them on what they are feeling and the many different Climbing Positions. Increase intensity by challenging them to ride harder in the Climbing combination and the 30 seconds to finish the Block.

- The rhythm is key, the beat is crucial in the climb
- When we stand up it's a heavy turn, strong Climbing Resistance
- The beat stays steady but the Resistance increases
- The intensity comes from changing the body Position
- Attack / Climb – four times
- I want you to feel it as you come forward into the upper part of your legs – your quads
- Back into the glutes and hips
- Stay in Attack!
- Power Climb: Butt right back in the seat, big circles with your legs, big push forward

3 LAYER 3

Motivate / Inspire

In this final Block, Motivate your class to push themselves harder than what they would normally. Inspire them by physically role modeling that top-end Intensity.

- Last effort for the day, let's make it the hardest one!
- Feel the muscles, the quads engage
- Lift up nice and tall, glutes and hips
- When I say go, we're going to stand up and give everything we can for 20 seconds!

TRACK TIP

This track has repeated shifts between Standing Attack and Standing Climb.

In the Standing Attack, we shift the hips and trunk forward. This forward position requires slightly more core activation to maintain our center of gravity as we eliminate the side to side movement. As we bring our body weight over the pedal axel, we focus on driving the push phase of the pedal circle with the quads and glutes. Use cues like, "Brace the abs to steady the hips", or "drive down through the feet and drive the knees up towards the bars".

The Standing Climb uses more side-to-side movement which allows for a stronger press through each pedal stroke. We use cues like, "chest lifted, core braced, and shift your body side-to-side".



08. RIDE HOME / STRETCH

1/1 = 120rpm

TRACK FOCUS

- Celebrate the ride with the class while moving the legs with less Resistance to recover and stretching the riding muscles.

PROFILE

Flat, easy road with just over Base Resistance. An opportunity to loosen the legs out and stretch the muscles.

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B🔒	1/2	E
	0:16	Instr / (Beat)	4x8	Ride Easy	●	3/4	
	0:32	V1 / _We couldn't	8x8	Ride Easy	●	3/4	
	1:04	C / _Seasons	8x8	Racing	↗	1/1	
2	1:36	V2 / Let go	8x8	Ride Easy	↘	3/4	
	2:08	C / _Seasons	8x8	Racing	↗	1/1	
3	2:40	V3 / _Maybe you don't	4x8	Standing Calf Stretch on bike L R Use last 8cts to transition off the bike	↗		
	2:56	C / _Seasons	2x8	Standing Quadricep Stretch R			
	3:04	_Run away	2x8	Standing Gluteal Stretch R			
	3:12	C / Dare you to do	2x8	Standing Quadricep Stretch L			
	3:20	C / _Run away	2x8	Standing Gluteal Stretch L			



08. CIRCLES 3:32mins

TECHNIQUE AND COACHING

1 & 2 LAYERS 1 & 2

Position / Resistance / Pace

Congratulate your class while focusing on riding with low Intensity allowing the heart rate and breathing rate to come down.

- *Resistance is light, easy turnover of the legs and just recover*
- *Easy work here*
- *RPM 87. It's fun, uplifting but yet such a challenging ride.*
- *How do you feel? I feel great!*

3 LAYER 2

Educate

Stretch on the bike for a calf release, then a quick transition off the bike. Lead your class through each of the stretches

- *Calf stretch: Good turn clockwise, standing up. Back heel drops down.*
- *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*



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

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.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

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.

