

RPM **89**

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.

GLOSSARY

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



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.



GLOSSARY

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.

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.



GLOSSARY

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’.

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

Free Woman (4:45)

Lady Gaga

Courtesy of the Universal Music Group.
Written by: Hedfors, Klahr, Germanotta, Tucker
- 02

High On You (deVOLVE Remix) (6:27)

Sigma & John Newman

Courtesy of the Universal Music Group.
Written by: Tempest, Tizzard, Newman, Parkhouse, Preston
- 03

Run to Paradise (6:22)

Jungle Of The Night

© 2020 Les Mills Music Licensing Ltd.
Written by: Gable, Carr
- 04

My Own Soul's Warning (4:33)

The Killers

© 2020 Island Records, a division of UMG Recordings, Inc.
Written by: Flowers
- 05

Parallel (6:20)

Metrik feat.Grafix

© 2020 Hospital Records Limited.
Written by: Jackson, Mundell
- 06

Reverie (Above & Beyond Extended Club Mix) (6:25)

Above & Beyond feat. Zoe Johnston

© 2020 Anjunabeats.
Written by: McGuinness, Grant, Johnston, Siljamäki
- 07

Who Am I (6:48)

ARTY & NK

© 2020 Armada Music B.V.
Written by: Konkin,Stoliarov
- 08

What's Love Got To Do With It (3:27)

Kygo & Tina Turner

© 2020 Kygo AS under exclusive license to Sony Music International Ltd.
Written by: Britten, Lyle
- 09

Sunny Day Walk (3:05)

Bobby Weaving

© 2020 Les Mills Music Licensing Ltd.
Written by: Arts



L-R: Glen Ostergaard, Caroline Demets,
Washington Chisaya, Nelly Nie, Cassiano Margoni

RPM 89 is another epic release with great music and Choreography. The workout is a complete experience.

Overall the ride is challenging yet fun, and it has a classic feel that you and your members will love.

There is a great mix of music genres: pop, rock, dance and electronic, with lots of lyrical opportunities.

The varied feel and emotion of each track will create many moments for you and your riders to connect to the incredible journey.

The release is an 'easy to coach' workout, so focus on delivering the basics of PRP, so we can have more time to share the share the performance with them.

With several fast transition tracks the focus on clear PRP cues will help your class feel successful, while finding the right intensity.

Track 1 is upbeat and engaging. We coach the basics of PRP and focus on setting participants up for the ride. Set the scene for the workout by being open, warm and uplifting, to match the feel of the song.

Track 2 is similar to a Mixed Terrain track with multiple short Racing phases and Climbs – focus on coaching the quick changes of PRP. It's a great song to use the lyrics to motivate your class.

Track 3 is a classic RPM tune. Your class will be singing along to this well-known number, so create the Pace to let them do this. The workout focus is strength endurance and has a small climb to start followed by two 2-minute blocks. Coach your class simply to create energy and flow through the many Position changes.

Track 4 has three blocks of mixed Pace with 1 short 20-second, 1 medium 40-second, and 1 long 60-second Racing blocks. This is a fast Paced 152rpm track where we chase down the beat of the music, so remember at this speed to avoid coaching 'on the beat', instead we cue to 'chase the beat'.

Track 5 has three 60-second intervals, with a short explosive Attack combo in each. Here you want to match to the energy of the song through the use of your voice, body and facials, be upbeat and driving.

Track 6 contrasts the dynamic, high energy of Track 5 with a europhic feel. Highlight the contrast in the music by using a conversational tone and saying less. Racing Resistance is held throughout the track, so clearly set it at the start and remind them to hold it at the end of each Block. There are 4 rounds: two short speed efforts that build into two longer ones where we train to ride fast.

Track 7 is big, bold and driving. Two long blocks of work, with the first effort focusing on heavy strength, and the second on longer strength endurance efforts. Challenge your class to finish the class working as hard as they can!

Celebrate the workout with a well known song to recover and stretch.

Enjoy teaching another awesome release!

PRESENTERS

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

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Production Coordinator – Lily Roelofs

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 89 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	28:27 without Track 08 31:54 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	Track 01
Track 02	Track 03
Track 03	Track 04
Track 04	Track 05
Track 05	Track 07
Track 06	Track 08
Track 03	
Track 06	
Track 07	
Track 08	

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	LC	Light Climbing Resistance
↘	Decrease Resistance	HC	Heavy Climbing Resistance
●	Maintain 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 = 123rpm

TRACK FOCUS

- Connect your class to the workout with simple coaching
- Set the scene by being open, warm and uplifting, matching the feel of the song

PROFILE

Three easy accelerations onto the beat to prepare the body for the work ahead

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro	2x8 Seated Recovery	●	1/2	E
	0:12	V1 / I walk the	8x8 Ride Easy	B⬇	3/4	
	0:43	PC / I say that I	4x8 Ride Easy	↗	3/4	
	0:59	I'm not nothing	4x8 Ride Easy	↗	3/4+	
	1:14	Instr / (Rhythm)	4x8 Racing	R⬇	1/1	
2	1:30	V2 / This is my	8x8 Ride Easy	↘	3/4	
	2:01	PC / I say that I	4x8 Seated Recovery	●	1/2	
	2:17	I'm not nothing	4x8 Ride Easy	↗	3/4+	
	2:33	C / Women	8x8 Racing	R⬇	1/1	
3	3:04	Br / (Low)	1/2x8 Transition	●	1/1-3/4	
	3:06	V2 / This is my	24x8 Repeat BLOCK 2			
				↘ to B⬇		



01. FREE WOMAN 4:45 mins

TECHNIQUE AND COACHING

BLOCK 1

Coach the basics of Position, Resistance and Pace to get your class moving so they feel success straight away.

- *Ride Easy: **Hips back in the saddle, chest lifted***
- *Base Resistance on the wheel, light tension in the muscles connect us to the bike*
- *Light gear changes as we start to build our Pace*
- *Racing Resistance: good tension in the muscles with room to move*
- *Racing: Relax your body, **lift your chest***

BLOCK 2

Use Layer 2 cues to build on Block 1 Technique with a focus on describing Resistance. What it should feel like and what it will do.

- *Reset your cycle set, elbows in, chest up, light core tension*
- *Cycle set Position is our base riding Position, its smooth and efficient*
- *Building Pace*
- *Racing Resistance, good tension in the legs room to move*
- *Racing: Lift your chest and breath*

BLOCK 3

Use Layer 3 cues to lift the energy and motivation ready for the ride ahead. What will you do or say to Motivate your class for the ride ahead?

- *Light reduction*
- *One more round to go, then we are in the workout!*
- *30 seconds on the beat*
- *Really starting to warm up now!*
- *Are you ready to workout?!*

PERFORMANCE

This track is a fun, upbeat song. Match the songs energy by being warm and open with lot's of smiles and connection.

CONNECTION

It is important to gain good connection with your class in this track. If you connect with everyone in the class here, you will gain their trust and they will feel comfortable for the rest of the workout.



02. PACE

1/1 = 130rpm

TRACK FOCUS

- To clearly teach the fast transitions by coaching PRP each time so riders can find the right level of intensity

PROFILE

Three busy blocks with lots of short races to get the body warmer and short climbs to shock the legs into training

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro / (Synth)	4x8	Seated Recovery	●	1/2	E
	0:16	V1 / _You don't	8x8	Ride Easy	B⌚	3/4	
	0:45	Rep / Youuuuuuuu	4x8	Racing (Forward)	R⌚	1/1	M
	1:00	Ref / need	4x8	Standing Climb	C⌚	1/2	
	1:15	Instr / (Upbeat)	8x8	Racing (Forward)	↘ to R⌚	1/1	H
	1:45	(Low)	4x8	Standing Climb	C⌚	1/2	M
2	1:59	V2 / _I don't	4x8	Transition to Ride Easy	↘	1/2-3/4	E
	2:14	_All I need is	4x8	Ride Easy	●	3/4	
	2:29	Rep / Youuuuuuuu	4x8	Racing (Forward)	R⌚	1/1	H
	2:44	Ref / need	4x8	Standing Climb	C⌚	1/2	M
	2:58	Instr / (Upbeat)	8x8	Racing (Forward)	↘ to R⌚	1/1	H
	3:28	(Low)	4x8	Standing Climb	C⌚	1/2	M
	3:43	Instr / (Upbeat)	8x8	Racing (Forward)	↘ to R⌚	1/1	H
3	4:12	Br /	¼x8	Transition	●	1/1-3/4	E
	4:13	V3 / _I don't	36x8	Repeat BLOCK 2			
					↘ to B⌚		



02. HIGH ON YOU 6:27 mins

TECHNIQUE AND COACHING

BLOCK 1

Clearly coach PRP using basic Layer 1 cues. Pre cue the transitions early enough to coach the changes, with a big focus on the different Resistances. Use the speed cues to help your class achieve that faster leg speed.

- Ride Easy: **Chest up, butt back, hands shoulder width apart**
- Changes come at us fast, so be ready!
- Racing Resistance, good gear that has room to move onto the beat
- Racing: **Hips forward, chest up**
- Climbing Resistance, big enough to stand and heavy underfoot
- Standing Climb: **Lift your chest, butt over the saddle**
- When we sit, reduce to Racing Resistance
- Back onto the beat, 1, 2, 1, 2
- Tip your toes so you go a little quicker
- Another Climb, heavy gear enough to stand

BLOCK 2

A repeat of Block 1 with an extra Racing phase at the end. Use Layer 2 cues that will help your class ride better and work harder.

A focus could be to coach riders to ride fast with control in the race efforts. Fatigue will start to set in so reinforce PRP and include the speed cues. Build their confidence as they start to tire.

- Take a seat, reduce Resistance, medium Pace
- Round 2, just like 1, but an extra 30 seconds on the end
- Climbing: A little side-to-side to use your bodyweight
- It's starting to get tough now, this one kind of bites!
- We slide forward, we dip the toes that's how we go quicker!
- Try to relax your upper body, but keep it as still as you can. Brace your abs
- That's the shock we're after and that's what gets our heart rate up even higher
- If your legs are starting to slow, just do your best

BLOCK 3

Final block, a repeat of Block 2. Now your job is to keep your class at the right intensity, especially as they begin to fatigue. Use Layer 3 cues to Motivate and Inspire your class to ride fast and strong right to the end!

- Round 3! We've done it once, we've done it with control, now this round let's get some good speed!
- You need to feel it!
- Use each Climb as a launchpad that propels you into going faster
- Wow! Did you feel the difference? You get speed on the way down, it gets you ahead!

PERFORMANCE

Such a catchy fun track, so allow yourself to relax, be yourself and enjoy the feel of the music. Sing along to the lyrics and pretty soon your riders will be singing along with you.

CONNECTION

The music is fun so there are plenty of opportunities to look at your riders and connect either through lyrics, coaching or by simply acknowledging and praising their efforts.

TRACK TIP

There are many changes within this track! Be on your game throughout, pre-cueing the changes early. Keep referring to the profile of the track. This will help keep your riders in the workout.



03. HILLS

1/1 = 71 rpm

TRACK FOCUS

- Coach your class to build Resistance to peak the heart rate
- Engage with the lyrics to bring out the fun

PROFILE

1 short block to find the climb, then 2 longer endurance blocks encouraging your class to maintain their Resistance throughout

		Music		Position	Resistance	Pace	PI
1	0:00	Intro / (Guitar)	4x8	Seated Recovery	B👤	1/2	E
	0:15	V1 / _Baby	4x8	Ride Easy	↗	1/1	
	0:28	Jenny	4x8	Ride Easy	↗	1/1	M
	0:42	Instr / (Guitar)	4x8	Standing Climb	C👤	1/1	H
2	0:55	V2 / Johnny	8x8	Ride Easy	↘	1/1	E
	1:22	PC / _That's right	5x8	Power Climb	C👤	1/1	M
	1:39	C / _You don't	8x8	Standing Climb	↗	1/1	H
	2:06	Instr / (Guitar)	4x8	Standing Attack	●	1/1	
	2:20	V3 / _Jesus says	5x8	Power Climb	●	1/1	
	2:37	Instr / (Guitar)	6x8	Standing Climb	↗	1/1	
	2:57	Rep / _You don't	4x8	Power Climb	●	1/1	
	3:10	_You don't	4x8	Standing Climb	●	1/1	
	3:24	_You don't	4x8	Standing Attack	●	1/1	
3	3:37	V4 / Johnny	48x8	Repeat BLOCK 2			
					↘ to B👤		



03. RUN TO PARADISE 6:22 mins

TECHNIQUE AND COACHING

BLOCK 1

Use this short block to set up Position, Resistance and Pace using Layer 1 cues.

- Set Pace, find the beat
- Ride Easy: **Hips back, chest up**
- Find Heavy Resistance,
- Standing Climb: **Chest up, butt over the saddle**
- Keep your weight on the pedals

BLOCK 2

Continue to build on Layer 1 cues. Then use Layer 2 cues to educate your class how and why to climb with better technique. Encourage them to build Resistance every time they stand and to maintain every time they sit. Challenge your class to work harder by using Manipulate Intensity cues.

- Up ahead, 2 minutes where we find out first heart rate peak
- **Hips back, chest up.** Good cycle set!
- Bring back the Climbing Resistance
- Power Climb: **Hips back**, pulling the bar towards yourself, that's your anchor point.
- Standing Climb: Move your hips back and make your chest tall
- Use your body side-to-side, helping you to push the pedals down
- New move, lean in Attack: **Hips towards the bars**, push the handlebars away, pushing the bike down, to make you taller!
- Power Climb: Same gear, same Pace
- Drive the pedals forward and down
- Scrape the floor, pull to find the hamstrings
- 1, 2, 1. Push that beat!
- Remember big pedal strokes
- Anchor point, saddle, big pedals, firm grip on the bars
- Strength endurance yeah?!
- 30 seconds up, Standing Climb
- Attack: You should be feeling everything in front of the body now, quads, hips, chest and arms

BLOCK 3

Block 3 is a repeat of Block 2. Same focus of building Resistance every time you stand and maintaining as you sit. This time you want to Motivate your class to maintain that intensity till the end. What will you physically do or say to get them across the line?

- Same as the last one, can we make it steeper?
- Best achievers are the best believers, I believe you can, today and every day!
- This is paradise, to be here with you!
- Now feel that guitar! You are the rockstar!
- Kick the knees up
- Only one more gear. How big can you go?
- Hold your head up!
- Come together, ride together, let the music guide you!
- Endurance, I need you to resist now!
- Wherever you are in the world, RPM has no borders.
- We are UNITED in fitness!
- Final pressure, Attack the hill

PERFORMANCE

Everyone will know this rock anthem. Use this well known song to create energy in the room, how will you connect to the song? The lyrics, the instrumentals or simply by the pure physical nature of the workout?

TRACK TIP

Be careful to not talk too much, instead let the music do the work for you. Only say what you need to say to get the point across.



04. MIXED TERRAIN

1/1 = 152 rpm

TRACK FOCUS

- Coach your class to chase the beat of the music in this fast Paced track

PROFILE

Three blocks of mixed Pace: 1 short 20 seconds, 1 medium 40 seconds and 1 long 60 seconds fast Racing blocks

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	7x8	Seated Recovery	B👤	1/2	E
	0:21	PC / _I tried	7x8	Ride Easy	R👤	1/2	
	0:45	Are	4x8	Ride Easy	●	3/4	
	0:58	Instr / (Upbeat)	7x8	Racing (Forward)	●	3/4++	H
2	1:20	V2 / Could see	7x8	Ride Easy	↘	3/4	E
	1:42	PC / I tried going	7x8	Ride Easy	↗	3/4+	M
	2:04	C / Could fly	8x8	Racing (Forward)	R👤	3/4++	H
	2:29	Instr /	7x8	Aero Racing (Forward)	●	3/4++	
3	2:52	PC / I tried going	7x8	Ride Easy	↘	3/4	E
	3:14	C / Could fly	8x8	Racing (Forward)	R👤	3/4++	H
	3:39	Instr / (Upbeat)	8x8	Aero Racing (Forward)	●	3/4++	
	4:04	(Guitar)	7x8	Aero Racing (Forward)	●	3/4++	

↘ to B👤



04. MY OWN SOULS WARNING 4:33 mins

TECHNIQUE AND COACHING

BLOCK 1

Set up the basics using Layer 1 PRP cues, working towards the first Racing phase.

Use the speed coaching cues to help them ride fast.

- *Ride Easy:* **Lift your chest, elbows in**
- *Racing Resistance:* *Find a heavy Resistance that will slow your legs down but also allows you to accelerate*
- *Racing:* **Hips forward, chest up, dip toes, abs braced**

BLOCK 2

This block is longer in duration, challenge your class to ride at their top Pace by using Layer 2 Manipulate Intensity cues. Also assess what cues would help your class to ride with better technique.

- *Ride Easy:* *Allow recovery*
- *40-second block coming*
- *Building Pace, a little quicker*
- *Find your Racing Resistance again*
- *Racing:* *Hips forward to allow your legs to go quicker*
- *Chasing the beat*
- *Abs braced to allow your hips to stay stable in the saddle*
- *Aero Racing:* **Chest up**

BLOCK 3

Final block, this one will challenge both you and your class! 60 seconds of riding fast will test their fitness. Make sure you make everyone feel success by saying if they're slowing it's ok, but to not give up!

- *Final block, the last one is 1-minute long*
- *Find your Racing Resistance again*
- *Chase the beat*
- *If your starting to slow, it's ok, just keep moving!*
- *Final 20 seconds, here's the challenge as fast as you can!*

TRACK TIP

Because this track is above 140rpm we don't cue to ride on the beat. Instead we say cues like "chase the beat".



05. INTERVALS

1/1 = 87 rpm

TRACK FOCUS

- Match to the energy of the song through the use of your voice, body and facials: upbeat and driving!
- Emphasize what Attack Resistance should feel like

PROFILE

Three 60 seconds intervals, with a short explosive Attack combo in each

	Music		Position	Resistance	Pace	PI
1	0:00 Intro	8x8	Seated Recovery	B🔒	1/2	E
	0:22 (Synth)	8x8	Ride Easy	↗	1/1	
	0:44 QC / Are electric	4x8	Ride Easy	A🔒	1/1	
	0:55 Are electric	4x8	Ride Easy	●	1/1	M
	1:06 Instr / (Upbeat)	8x8	Standing Attack	↗	1/1	H
	1:28 C / Are electric	8x8	Racing	●	1/1	
	1:50 Instr / (Synth)	8x8	4x ATTACK COMBO 1x8 Standing Attack 1x8 Racing	●	1/1	
2	2:12 V2 / _And we fall	4x8	Seated Recovery	↘	1/2	E
	2:23 Faaaaaaalll	4x8	Ride Easy	●	1/1	
	2:34 Instr / (Synth)	4x8	Ride Easy	↗	1/1	
	2:45 (Synth Buup)	4x8	Ride Easy	A🔒	1/1	M
	2:57 (Upbeat)	8x8	Standing Attack	●	1/1	H
	3:19 C / Are electric	8x8	Racing	●	1/1	
	3:41 Instr / (Synth)	8x8	4x ATTACK COMBO	●	1/1	
3	4:03 V3 / _And we fall	40x8	Repeat BLOCK 2	↘ to B🔒		



05. PARALLEL 6:20 mins

TECHNIQUE AND COACHING

BLOCK 1

Coach your class to find Attack Resistance, explaining what it should feel like.

Use Layer 1 PRP cues to allow your class to find the prescribed intensity

- *Attack Resistance, it's strong tension in your legs, drag on wheel*
- *Should be hard to push on the pedal, but still allow us to ride on the beat*
- *Ride Easy: **Chest up, brace abs***
- *Elbows down, soft and bent, hips and shoulders square to the front*
- *Chest up, chin down, stay on the same Pace*
- *Standing Attack: **Lean forward, brace your abs***
- *Racing: **Hips are back in the saddle***
- *4x short Attacks!*
- *Jump Attack, sit Race!*

BLOCK 2

A repeat of Block 1, this time use Layer 2 cues to refine the Technique. How can you coach your class to ride better or work harder?

- *Attack Resistance, a demanding gear with muscle tightness, breathing fast and heavy*
- *Standing Attack: Upper body upright, light on the bar*
- *Knees up towards to bars, like a high knee run*
- *Racing: Power through your quadriceps, forward and down*
- *Push back sinking to the saddle, feel solid on the bike*
- *Drive the pedal forward and down*
- *4x Attacks, make it little more aggressive, launch from the seat*
- *Racing, solid on the saddle*

BLOCK 3

Set an inspirational objective to motivate people put in their best efforts. What will you do or say here to help them feel success?

- *Attack Resistance, a dynamic gear, with just enough room to go*
- *Where shall we go? What should we be aiming for?*
- *Let's aim for our best interval output, best effort yet!*
- *Here is your best Attack Resistance, match with perfect rhythm, let's push our heart rate out of the roof*
- *This is where we get shape in the legs, and strong in the heart*
- *Your personal best, can you give it more?*

PERFORMANCE

Use short, simple cues to deliver and match to the feel of this drum and bass sound.

TRACK TIP

To bring the most out in this track think Intensity / Technique / Inspire

- **Intensity:** True power training, hard work, challenging, high energy!
- **Technique:** Riding with perfect Technique. Attacks should be aggressive, Racing should be steady and powerful.
- **Inspire:** Athletic spirit. Work as hard as you can to motivate and inspire your class to do the same.

CONNECTION

Connect with your class in the recovery phase through the use of eye contact and perhaps names. In the work phases connect to your class through intensity, by the way you move.



06. SPEED WORK

1/1 = 132 rpm

TRACK FOCUS

- Create contrast from track 5, by coaching your riders back to a steady state by using a conversational tone
- Clearly set up Racing Resistance as we will be maintaining it throughout the track. Remind them to hold Resistance at the end of each race

PROFILE

Four Blocks: Two short speed efforts that build into two longer 60second ones where we train to ride fast for longer

		Music		Position		Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery		B⬇	1/2	E
	0:15	Instr / (Beat)	4x8	Ride Easy		●	3/4	
	0:29	(Synth)	4x8	Ride Easy		↗	3/4	
	0:44	(Synth B up)	4x8	Ride Easy		↗	3/4+	
	0:58	(Low)	4x8	Seated Recovery		●	1/2	
	1:13	V1 / Used to bring	4x8	Ride Easy		R⬇	1/2	
	1:27	Once in a	4x8	Ride Easy		●	3/4	
	1:42	Instr / (Beat)	4x8	Racing (Forward)		●	1/1	M
2	1:56	V2 / Some days	8x8	Ride Easy		●	3/4	E
	2:26	Instr / (Upbeat)	8x8	Racing (Forward)		●	1/1	H
3	2:55	Instr / (Low)	4x8	Seated Recovery		●	1/2	E
	3:09	Rep / Live in me	8x8	Ride Easy		●	1/2	M
	3:38	Instr / (B up)	2x8	Ride Easy		●	3/4+	
	3:46	(Synth)	8x8	Racing (Forward)		●	1/1	H
	4:15	C / Live in me	8x8	Aero Racing (Forward)		●	1/1	
4	4:44	Rep / Live in me	4x8	Seated Recovery		●	1/2	E
	4:58	Live in me	4x8	Ride Easy		●	3/4	H
	5:13	Instr / (Upbeat)	8x8	Racing (Forward)		●	1/1	
	5:42	C / Live in me	8x8	Aero Racing (Forward)		●	1/1	

↘ to B⬆



06. REVERIE 6:25 mins

TECHNIQUE AND COACHING

BLOCKS 1 & 2

Start by coaching riders to recover.

Clearly coach Layer 1 PRP with a focus on setting up Racing Resistance. Block 1 is a short race so keep cues short. Try not to overpower the music.

Block 2, continue to use Layer 1 PRP cues, with a focus on testing Racing gear for a little longer in the 30-second effort. Coach speed cues.

- Ride Easy, light Resistance: **Relax the upper body, chest up**
- Round 1 just 15 seconds, round 2 we double it
- Racing Resistance: *That good tension with room to move*
- Testing it out, move to a medium Pace. *How does that feel for you?*
- Racing: **Chest up, hips forward, relax the upper body**
- Ride Easy, slide back and hold Resistance
- Let's go again
- Racing: **Hips forward and dip your toes**
- Grab the beat, **brace your abs** so you have control

BLOCK 3

Coach to ride the beat for longer by using the speed cues and Layer 2 coaching.

- Next up we've got a whole 60 seconds
- Now you know you can, let's do it for a bit longer
- 30 seconds twice, get to 30 then the rest is a bonus
- Lift chest to re-engage your core
- Keep everything relaxed so you can go faster
- 1, 2, 1, 2, 1, 2
- Fast circles with your legs
- If your legs are slowing, that's ok, just do your best

BLOCK 4

Layer 3 coaching to Inspire. Use the music to drive the intensity. Use a little imagery to hook into how the ride feels. Help your class hang on to the end by using time cues.

- *Hold Resistance and recover*
- *We've got one more, 1-minute*
- *Time to catch the breeze, fly!*
- *You've done it once already, you can do it again.*
- *Only 15 seconds*
- *Amazing riding team!*

PERFORMANCE

Immerse yourself and the class into the amazing feel of this track by letting the music take over the room. Just give the coaching that is needed without fighting the music.

CONNECTION

Beautiful music that requires a conversational tone. Perfect for connecting to individuals in the room. Great opportunity to use intrinsic motivators allowing riders to just find their own space and enjoy the music.



07. MOUNTAIN CLIMB

1/1 = 64 rpm

TRACK FOCUS

- Teach the track in two halves, first half short, heavy strength, second half with a strength endurance focus

PROFILE

2 long blocks of work, first with shorter climbing efforts, second with longer climbing endurance efforts

	Music		Position	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	B↻	1/2	E
	0:14	Instr / (Distorted synth)	4x8	Ride Easy	↗	1/1	
	0:30	(B up)	4x8	Ride Easy	↗	1/1	
	0:44	(Heavy)	4x8	Standing Climb	C↻	1/1	H
	0:59	(Heavy)	4x8	Standing Climb	↗	1/1	
	1:14	(Low build)	4x8	Power Climb	●	1/1	
	1:29	(Heavy)	8x8	Standing Climb	↗	1/1	
	1:59	(Low)	4x8	Power Climb	●	1/1	
	2:14	(Heavy)	8x8	Standing Climb	↗	1/1	
2	2:44	Br / (Low)	2x8	Transition to Ride Easy	↘	1/1	E
	2:52	V1 / _I don't want	8x8	Ride Easy	●	1/1	
	3:22	_I don't want	8x8	Power Climb	↗	1/1	
	3:52	Instr / (Low B up)	4x8	Power Climb	C↻	1/1	M
	4:07	(Melody B up)	4x8	Standing Climb (Easy)	↗	1/1	
	4:22	(Heavy)	8x8	Standing Climb	↗	1/1	H
	4:52	(Windup)	4x8	Standing Attack	●	1/1	
	5:07	(Low B up)	4x8	Power Climb	●	1/1	
	5:22	(Melody B up)	4x8	Standing Climb (Easy)	●	1/1	
	5:37	(Heavy)	8x8	Standing Climb	↗	1/1	
	6:07	(Windup)	4x8	Standing Attack	●	1/1	
	6:22	Outro / (Low)	4x8	Power Climb	●	1/1	

↘ to B↻



07. WHO AM I 6:48 mins

TECHNIQUE AND COACHING

BLOCK 1

Use the short seated phase to establish Climbing Resistance. Coach PRP using Layer 1 cues to set your class into the climb. This block has 3 short standing and seated phases, teach with a focus of strength. Use Layer 2 cues to help your class ride better and to work harder.

- *Let's finish it off!*
- *Heavy turn clockwise*
- *We have three heavy short sharp efforts back to back, then two long endurance efforts to finish*
- *Heavy Climbing Resistance*
- *Standing Climb: **Chest up, butt back**, big side to side*
- *Heavy Resistance which feels like its slowing you down*
- *Power Climb: **Hips are back in the saddle, core is braced***
- *Standing Climb: Gentle side-to-side to work the upper body too*
- *Final 15 seconds in the saddle, Resistance is heavy work is hard*
- *Last 30 seconds! Stand up and go.*
- *As the Resistance gets harder and heavier, I start to use my upper body more, brace harder into my core, pull up on the bars and push down through the pedals*

BLOCK 2

The final block of the entire workout and it's a long one! So make sure your class takes advantage of the longer recovery before they begin the work again. Longer strength endurance blocks again, in and out of the saddle. Keep on using Layer 2 cues to enhance the workout but bring in Layer 3 cues to Motivate your class

- *Reset your cycle set and recover*
- *Two big endurance phases to come.*
- *Establish our heavy Climbing Resistance*
- *Power Climb: Slide back in the saddle, lift chest and drop elbows.*
- *Focus on pushing forward in the pedal stroke*
- *45 seconds – hit it hard!*
- *Starting to pull up on the handlebars a little more, using your upper body more*
- *Lean into the Attack, slight change of muscle recruitment, upper part of our legs is working harder.*
- *Last phase, this is the hard one, strength endurance*
- *Let's bring it home now.*
- *Today we break all the boundaries, no borders.*
- *One RPM riding team, together we will do it RPM UNITED!*

PERFORMANCE

This track is a banger! Use the highs and lows within the music to create drama, energy and excitement. When the beat drops, don't say anything for at least 8 counts to let the music kick. In the low seated phases, use a gritty voice to match the challenging intensity. In the standing phases use a more uplifting voice. Recovery it's all about being conversational.

TRACK TIP

Coach the option to maintain or reduce Resistance if needed in the Power Climbs.

CONNECTION

Connection is big in this track. Because it's the final one, your class will need you to help them get through to the end.



08. RIDE HOME / STRETCH

1/1 = 105rpm

TRACK FOCUS

- Celebrate with your class on the workout done
- Focus on reducing the heart rate and recovery

PROFILE

Light, easy spin to recover followed by some lower body stretches

	Music		Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	B ↺	1/2
	0:09	V1 / You must	6½x8	Ride Easy	↗	3/4
	0:38	QC / _What's love	8x8	Ride Easy	↗	3/4+
	1:15	C / _What's love	4x8	Racing	●	1/1
2	1:34	V2 / It may seem	6½x8	Ride Easy	●	3/4
	2:03	QC / _What's love	2x8	Seated Recovery	●	1/2
				Shake arms, Shoulder Roll		
	2:12	_What's love	2½x8	Transition off bike		
	2:26	Rep / _What's love	4x8	Standing Quadricep Stretch R		
	2:44	C / _What's love	4x8	Standing Quadricep Stretch L		
	3:03	Instr / (Synth)	4x8	Standing Gluteal Stretch L, R		
	3:21	Outro	1x8	Bike supported Lower Back Stretch		
				Shake and congratulate!		



08. WHAT'S LOVE GOT TO DO WITH IT 3:27 mins

TECHNIQUE AND COACHING

BLOCK 1

Coach your class to find at least Base Resistance, the roll legs to recover and reduce the heart rate safely.

- *Well done! We made it!*
- *Reduce Resistance, little shake of the arms*
- *Light Resistance and medium Pace*
- *Let's recover*

BLOCK 2

Coach your class how to stretch, what muscle group is being stretched and where it should be felt.

- *Last little riding phase, then we will dismount off the bike and have a quick stretch*
- *Quad stretch, knee-to-knee*
- *Glutes, hip release, chest up, shoulders down*
- *Little stretch for the back to finish*



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

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

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

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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