

RPM **90**

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

Rain On Me (5:06)

Lady Gaga & Ariana Grande

Courtesy of the Universal Music Group.

Written by: Burden, Williams, Unknown, Wright
- 02

Pretty Shining People (Jack Wins Remix) (5:32)

George Ezra

© 2019 Sony Music Entertainment UK. Limited.

Written by: Barnett
- 03

Rocke Fuel (5:10)

DJ Shadow feat. De La Soul

© 2019 Mass Appeal/Reconstruction Productions, Inc.

Written by: Davis, Decarlo, Frashuer, Jolicoeur, Leka, Mercer
- 04

Another Hit Of Showmanship (5:41)

The Struts & Albert Hammond Jr

Courtesy of the Universal Music Group.

Written by:Levine, Davies, Elliott, Hammond, Slack, Spiller
- 05

Stop Movin' (5:23)

Red Lyte

© 2021 Les Mills Music Licensing Ltd.

Written by: Grahns, Irengård, Almén, Andreasson
- 06

Children (Edit Mix) (6:36)

Tinlicker & Robert Miles

© 2020 Tinted Records under exclusive license from Smilax Records, a trademark of Smilax Publishing Srl. Licensed courtesy of Central Station Records.

Written by: Concina
- 07

Grollo (Extended Mix) (8:02)

METAFO4R

© 2020 SpinninRecords.com.

Written by: van Doeselaar, Smulders, S. Leicher, V. Leicher
- 08

Who Am I (3:22)

NEEDTOBREATHE

© 2020 Elektra Records LLC.

Written by: Rhett, Reynolds, Cooley, Rinehart, Lutito
- 09

If You Want Me To Stay (3:07)

Ari Lennox & Anthony Ramos

Courtesy of the Universal Music Group.

Written by: Stewart



RELEASE SUMMARY



Glen Ostergaard and Khiran Huston

RPM 90 blends new and old school tunes to create an epic cardio training workout! Right from the beginning, when you push play, you will hook your class into the feel of this awesome ride.

Tracks 1 & 2 you need to be connecting, uplifting and have fun in these sing along tracks where we are matching to the energy and the feel of the songs and setting the scene. In Track 3 we dial down our excitement and focus on strength endurance to a slower Pace keeping the muscles under pressure throughout. There is more of a technical approach, while still allowing the coolness of the song to be felt. Track 4 we have fun again in a fast-Paced Mixed Terrain track, where we coach our class to “chase the beat”. Track 5 we are working hard through the 3 intervals, using the driving electro rock feel to Motivate us. The well-known melody in Track 6 will challenge your class to work harder in the surges above the beat of the music. While we have less muscle pressure, we still want to focus on that feeling of muscular connection through the whole pedal circle. Track 7 we bring it home using lots of Motivation and Inspiration cues to set the scene to help your riders feel success.

Challenge both regular riders and new, make sure you connect to everyone in the room not just your regulars.
Have fun!

Glen O *Sarah ☺*

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** – Tifaine Ellis

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.

Khiran Huston (New Zealand) is a LES MILLS SPRINT, LES MILLS TONE and LES MILLS THE TRIP Trainer/Presenter, a BODYPUMP Instructor/Presenter, an RPM Trainer and a LES MILLS GRIT Coach/Presenter. She is based in Auckland and has been a Les Mills Instructor for seven years.



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: without Track 08 30:14 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 01	Pack Ride
Track 02	Pace	Track 03	Hills
Track 03	Hills	Track 04	Mixed Terrain
Track 04	Mixed Terrain	Track 05	Intervals
Track 05	Intervals	Track 07	Mountain Climb
Track 06	Speed Work	Track 08	Ride Home/Stretch (If time permits)
Track 03	Hills		
Track 06	Speed Work		
Track 07	Mountain Climb		
Track 08	Ride Home/Stretch		
Total Time	56:38	Total Time	29:22 with Track 08 21:20 without 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)
		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 = 123rpm

- TRACK FOCUS**
Get your class into the RPM zone by connecting to both them and the music.

PROFILE
Easy rolling ride through the various Paces with 5 accelerations on to the beat.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05 V1 / _I never	4¼x8	Seated Recovery	•	1/2	E
	0:22 _It's coming	4x8	Ride Easy	B↻	3/4	
	0:37 QC / I'd rather	4x8	Ride Easy	•	3/4+	
	0:53 Instr / Me	4x8	Racing	↗	1/1	
2	1:08 V2 / _Livin' in a	8x8	Ride Easy	↘	3/4	
	1:39 QC / I'd rather	4x8	Ride Easy	↗	3/4+	
	1:55 Instr / Me	4x8	Racing	R↻	1/1	
	2:11 Rep / _Rain on	6x8	Ride Easy	↗↗	1/2	
	2:34 C / I'd rather	8x8	Racing	↘to R↻	1/1	
3	3:06 Br	½x8	Transition	•	3/4	
	3:08 V3 / _Livin' in a	30x8	REPEAT BLOCK 2	↘to B↻		



01. RAIN ON ME 5:06mins

TECHNIQUE AND COACHING

BLOCK 1

Warm your class up by coaching PRP: Position, Resistance, and Pace to get a feel for the workout.

- Cycle set, **hands shoulder-width apart elbows in, chest up, light core tension**
- Little turn to find Base Resistance, easy road tension that brings us into the ride
- An easy 15 seconds on the beat
- Light gear change
- Racing: **Shoulders down, relaxed arms**

BLOCK 2

Focus on finding Racing Resistance. Remember to be descriptive in what it should feel like. In the slow 1/2 Pace, add Resistance to slow the legs right down. Then use the same cues you used for Racing Resistance as you back off to find the beat again. Using Layer 2 cues, teach your class how they can ride better.

- Reduce Resistance a tiny bit
- Reset your cycle set, hands shoulder-width, roll the elbows in, hips are back on the saddle, chest is lifted
- Light gear change, build towards Pace
- Gear change toward Racing Resistance, good tension in the legs
- Little quicker now, we are starting to get warmer too!
- Slow down, get some heavier tension in the muscles, start to activate more muscles

BLOCK 3

Repeat of block 2. This time create energy and excitement using Layer 3 Motivation cues.

- Light reduction back to medium Pace
- Take a breather and reset ourselves
- Light gear change as you build the Resistance one last time
- You should be feeling warmer now!
- Hold Resistance. Now add more this time, going heavier than we did the first time as we over gear to activate those big muscle groups in the legs
- 30 seconds let's reduce back to Racing Resistance

PERFORMANCE

Match the energy of the music: Upbeat and energetic.

TRACK TIP

This track is a poppy sing-along. If the moment takes you, groove along to the song. Creating a welcoming feeling, connecting your class to the workout.



02. PACE

1/1 = 129rpm

TRACK FOCUS

- Clearly coach and describe Racing Resistance and how important it is to our workout.

PROFILE

5 chances to ride the fast beat over 3 blocks.
Blocks 2 & 3 have longer Racing phases and short Climbs.

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro	2x8	Seated Recovery	B↻	1/2	E
	0:07	V1 / Me and Sam	6½x8	Ride Easy	R↻	1/2	
	0:31	_Why why	4x8	Ride Easy	•	3/4	
	0:46	QC / Hey pretty	4x8	Ride Easy	•	3/4+	M
	1:01	Rep / _We're alright	4x8	Racing (Forward)	•	1/1	H
2	1:16	Br / (Low)	½x8	Transition	•	1/1 - 3/4	E
	1:18	V2 / Took it in	5½x8	Ride Easy	↘	3/4	
	1:39	_Why why	4x8	Ride Easy	↗	3/4	
	1:53	QC / Hey pretty	4x8	Ride Easy	↗	3/4+	M
	2:09	Rep / _We're alright	4x8	Racing (Forward)	R↻	1/1	H
	2:23	Ref / Don't we all	8x8	Standing Climb	C↻	1/2	M
	2:53	Rep / _We're alright	8x8	Racing (Forward)	↘to R↻	1/1	H
3	3:23	Br / (Low)	34x8	REPEAT BLOCK 2			
					↘to B↻		



02. PRETTY SHINING PEOPLE 5:32mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to set up the basics of PRP. Coaching Racing Resistance in a similar way to how you set it up in track 1.

- *Tip from the hip to Ride Easy*
- *Racing Resistance: Find a Resistance that'll slow the legs down to the slow Pace*
- *Let's roll up to a Medium Pace with this gear*
- *Start to build Pace, you can feel that really good Racing Resistance in the legs*
- *Feels like light muscle pressure with lots of room to move*
- *Racing, on the beat: **Hips forward, belly strong***

BLOCK 2

Build on the Layer 1 cues by teaching your class how they can ride better using Layer 2 cues. First time climbing in the workout, use your basic Layer 1 cues here. Teach your class how they can ride fast on the beat by using Manipulate Intensity cues.

- *We want to hook into that Racing Resistance really well in this set*
- *Hold Pace, add a small gear*
- *Importance of Racing Resistance is it sets us up for all the Resistance in this class today*
- *Are you ready to go fast – 15 seconds!*
- *Up ahead we have a climb, find Climbing Resistance*
- *Standing Climb: **Chest up, butt back**, a little more side to side*
- *Accelerate, sit reduce to Racing Resistance*
- *We are here for a little longer this time!*

BLOCK 3

An exact repeat of block 2. Continue to use the Layer 2 Manipulate Intensity cues but now Motivate your class to stay on the fast beat with good Racing Resistance. What will you say to take them to the next level?

- *That wasn't so bad was it? One more block of work!*
- *We're not going to over think today!*
- *Let's focus in on riding the music and enjoying every single second!*
- *Here comes the climb, strong Climbing Resistance*
- *Are you ready for one more kick?!*
- *We love this feeling, the rhythm, the Resistance, the music!*

PERFORMANCE

Shift your vocal delivery from track 1 and then create vocal contrast within the track. Try being more direct and to the point, lifting the energy in your voice when you hit the 1/1 Pace phases.

TRACK TIP

To keep your class in the intensity, pre-cue the changes early. This will help the participants be ready for the change rather than a few steps behind.



03. HILLS

1/1 = 55rpm

TRACK FOCUS

- Emphasize how Climbing Resistance should feel and what should be happening with our body position to optimize intensity.

PROFILE

3 rounds of continuous Climbing: 1 short and 2 long.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro	4x8 Seated Recovery	B⬆	1/2	E
	0:17	_Ready set	4x8 Ride Easy	↗	1/1	
	0:35	V1 / Green light	4x8 Ride Easy	↗	1/1	
	0:52	_Ready set	4x8 Standing Climb	C⬆	1/1	M
2	1:10	Br /	1x8 Transition to Ride Easy	•	1/1	E
	1:14	V2 / It was time	8x8 Ride Easy	•opt↘	1/1	
	1:49	_Ready set	4x8 Standing Climb	↗	1/1	M
	2:06	_Ready set	4x8 Standing Climb	↗	1/1	H
	2:24	Instr /	4x8 Power Climb	•	1/1	
	2:41	_Ready set	6x8 Standing Climb	↗	1/1	
3	3:07	Br /	27x8 BLOCK 2			

↘to B⬆



03. ROCKET FUEL 5:10mins

TECHNIQUE AND COACHING

LAYER 1

Use this shorter block to set up Layer 1 PRP cues to establish correct riding Position, Resistance and Pace.

- *Tip from the hip, add a gear and find the climbing beat*
- **Push your butt back in the seat, upper body nice and relaxed**
- *First climb is short, we need to find a very good Climbing Resistance as this is going to set us up for blocks 2/3*
- *Standing Climb: easy shift side to side, **chest lifted** tall, **abs braced***

BLOCK 2

Let your class know these next two blocks are longer and more Intense. Use Layer 2 Improve Execution cues to help your class ride better with more intensity!

- *Try and hold the gear or just take the edge off*
- *We are here for about 30 seconds*
- *Focus on a good climbing position*
- *Chest lifted so you can breathe*
- *Hips back to make the legs long so that we can push this challenging Resistance and get stronger in the legs*
- *If you can try to add another gear and come with me!*
- *As you shift side to side, keep the core braced and hips even and square*
- *You can feel that tension building in your legs should feel challenging!*
- *Hold Resistance! Heart rate should be going up here!*
- *We are here for about 20 more seconds!*

BLOCK 3

Commend your class for their effort in the last block, then invite them to do it again! Finish this track with lots of Motivational cues. Inspire your class by the way you are riding and working hard.

- *Sit hold the gear or take the edge off, hold the beat though!*
- *You should have that tension on your wheel that holds you accountable to the beat*
- *Hold the gear! Heart rate shoots up, that's what we want!*
- *We like a challenge, yes?*
- *We're going to keep riding right until the last beat!*

PERFORMANCE

This track is cool, calm, and collected. Match the feel of the song, using your voice and body. How can you tap into its feel?

TRACK TIP

Really focus on Pace and Resistance. If they are not using enough Resistance their Pace will be too fast! What are some cues you can use to describe Climbing Resistance?



04. MIXED TERRAIN

1/1 = 145rpm

TRACK FOCUS

- Cue the many changes in this busy track by using clear and simple PRP cues.
- Match the soulful, fun feel of this track by being uplifting and energetic.

PROFILE

5 rounds of varied terrain with fast transitions between each.

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro	4x8	Seated Recovery	•	1/2	E
	0:14	V1 / _I don't feel	8x8	Ride Easy	B🕒	3/4	
	0:40	_I'm sick	4x8	Ride Easy	↗	3/4+	M
	0:54	C / Need is another	8x8	Racing (Forward)	R🕒	3/4++	H
	1:20	Instr /	2x8	Aero Racing (Forward)	•	3/4++	
2	1:27	V2 / _These words	4x8	Ride Easy	↘	3/4	E
	1:40	_Still got	4x8	Ride Easy	•	3/4+	M
	1:53	C / Need is another	8x8	Racing (Forward)	R🕒	3/4++	H
	2:20	Ref / _Ohhh ohhh	4x8	Aero Racing (Forward)	•	3/4++	
3	2:33	V3 / _I'm sick	5x8	Standing Climb	C🕒	1/2	M
	2:50	C / Need is another	8x8	Racing (Forward)	↘to R🕒	3/4++	
	3:16	Rep / Alright	4x8	Aero Racing (Forward)	•	3/4++	
4	3:29	Br / (Low)	1x8	Transition	↗	1/1-3/4	E
	3:32	V4 / _These words	20x8	REPEAT BLOCK 2			
5	4:39	V5 / _I'm sick	17x8	REPEAT BLOCK 3			

↘ to B🕒



04. ANOTHER HIT OF SHOWMANSHIP 5:41mins

TECHNIQUE AND COACHING

BLOCK 1

Set up the Pace changes by coaching Layer 1 PRP. Use good descriptive Resistance cues to coach Racing Resistance.

- *Tip from the hips take Ride Easy*
- *Find Cycle Set, hand shoulder-width, elbows in, **chest up**, sit back in the saddle and **brace your core***
- *Light Resistance that connects us to the road*
- *Light gear clockwise as we build Pace and towards Racing Resistance*
- *Racing Resistance: Good tension in the legs like the road is pushing back at us, allowing us to ride quick*
- *Racing: **Elbows in, chest up, butt forward, slightly dip the toes***
- *Aero Racing: **Keep your chest up***

BLOCK 2

Extend on the first blocks' coaching by using Layer 2 cues with a focus now on Speed. What are the Speed cues you will use?

- *Reset cycle set*
- *Building tempo*
- *2nd time around slightly longer effort this time!*
- *To help you go quick we slide our hips forward, dip your toes slightly and bRace through your core*

BLOCK 3

Quick transition into the climb so pre-cue the change early here. Then again as you transition back to Racing. Use Layer 2 Manipulate Intensity cues to challenge your class to work harder!

- *Coming up to a climb, heavy turn Climbing Resistance*
- *It's not a heavy climb just enough Resistance to lift you off the saddle*
- *Lean in, accelerate!*
- *Accelerate, reduce to Racing Resistance*
- *This is the hard one because you are coming off the top of the climb*
- *Chase the beat, let's ride fast!*
- *Aero Racing: Keep your chest lifted*

BLOCK 4

This is a repeat of Block 2, what will you coach this time knowing they know what to do now? How about Educating your class on why we ride fast?

- *We've done three, there's two to come!*
- *As fast as you can go, OK?*
- *Riding fast to hit the heart rate*
- *You and me – all the way!*
- *Climb coming*

BLOCK 5

Motivate / Inspire

Final block, a repeat of block 3. Use Layer 3 cues here to Motivate them to the end.

- *Heavy turn, stand up*
- *Last phase gang*
- *30 seconds and we are done*
- *Hold the speed if you can!*

PERFORMANCE

This track is an RPM anthem: A classic, fast Paced, and energetic sing-along. Be careful not to talk too much as the song is busy, don't overfill it with too much chatter. Allow the music time to be heard.

TRACK TIP

Because this is a fast-Paced track, cue your class to "chase the beat" rather than cueing on the beat.

SMARTSTART



05. INTERVALS

1/1 = 83rpm

TRACK FOCUS

- Bring out the fun of this song, create a fun and energetic atmosphere.
- Challenge your class to find peak Intensity in this track.

PROFILE

3 longer rounds of Intervals between 50-60 seconds.

	Music		Sequence/Exercise	Resistance	Pace	PI		
1	0:00	Intro / _I would	2x8	Seated Recovery	B👤	1/2	E	
	0:06	Instr / (Guitar)	4x8	Ride Easy	•	1/1		
	0:18	Rep / I would stop	4x8	Ride Easy	•	1/1		
	0:29	I would stop	4x8	Ride Easy	•	1/1		
	0:41	Br / (Guitar)	1x8	Ride Easy	•	1/1		
	0:44	I would stop	4x8	Ride Easy	A👤	1/2	M	
	0:55	Bup / I would stop	4x8	Racing	•	1/1		
	1:07	Instr / (Guitar)	4x8	Standing Attack	↗	1/1		H
	1:19	I would stop	4x8	Racing	•	1/1		
	1:30	Instr / (Guitar)	4x8	Standing Attack	•	1/1		
	1:42	I would stop	4x8	Racing	•	1/1		
2	1:53	Br / (Guitar)	2x8	Ride Easy	↘	1/1	E	
	1:59	Instr / (Low)	6x8	Seated Recovery	•	1/1		
	2:16	I would stop	4x8	Ride Easy	A👤	1/1		
	2:28	Bup / I would stop	4x8	Racing	•	1/1	M	
	2:40	Instr / (Guitar)	4x8	Standing Attack	↗	1/1		H
	2:51	I would stop	4x8	Racing	•	1/1		
	3:03	Instr / (Guitar)	4x8	Standing Attack	•	1/1		
	3:15	I would stop	4x8	Racing	•	1/1		
	3:26	I would stop	4x8	Standing Attack	•	1/1		
3	3:38	Br / (Guitar)	36x8	🔁 BLOCK 2				
↘ to B👤								



05. STOP MOVIN' 5:23mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long build up to work towards a solid Attack Resistance. Coach your class through the choreo changes by using basic Layer 1 cues focusing on Pace and Resistance.

- *Butt back in the saddle, core on, lift your chest up, strong cycle set for our interval training today!*
- *Let the legs slow right down slow Pace*
- *Find attack Resistance strong tension in the legs here it pushes back at you*
- *Stand / sit – 60 seconds first big effort!*
- *Standing Attack: **Hips forward, chest up***
- *Racing: **Butt back in the seat, brace your core***
- *Now I am starting to feel my heart rate lifting*
- *Peak power = interval training*

BLOCK 2

Challenge your class to work harder. Use Layer 2 Improve Execution and Manipulate Intensity cues so that your riders have great technique to work harder!

- *Reduce Resistance, sit up and recover*
- *Here comes the 2nd block, time to set the Resistance*
- *Find the beat, Attack Resistance feels like strong muscle tension, the muscles around your legs are working really hard*
- *Feel that Resistance kicking back at you!*
- *When we stand up a short burst of energy to peak the heart rate*
- *In the standing position using your body weight to your advantage*
- *In seated we are using the big muscles the glutes, hamstrings, so bum back in the saddle – all the big driving muscles*
- *Body weight slightly forward give you a mechanical advantage body weight over the pedal*
- *Finish the effort, big drive*

BLOCK 3

Your class will be feeling it now, they will need your help to finish. So, inspire them by being the physical role model and working hard with them right to the end. Use time references to help them get to the end.

- *Here it comes, last set*
- *One more time around the block*
- *This is the one that counts*
- *Resistance on, firm muscle tension*
- *Let's move this one guys!*
- *This is the big one*
- *30 seconds to go!*
- *Almost there you can do this!*
- *Right to the end, push your heart, your power, increase your fitness!*

PERFORMANCE

Match the feel of the track by using short and sharp cues. How will you challenge your class to work hard in a fun & engaging way?

TRACK TIP

Time references are a great way to help people stay focused and in the right work intensity. By giving a quick cue of "40 seconds left" will help them gauge their intensity to prevent them from giving up too early. Remember 8x8 in track 5's is 20 seconds.



06. SPEED WORK

1/1 = 128rpm

TRACK FOCUS

- Cue the Pace changes clearly, so your class knows exactly what to do.
- Allow space for the music to be heard by cueing only the necessities and using a softer vocal delivery.

PROFILE

1 shorter pre-racing combo then 2 identical long accelerations over and on the beat.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B🔊	1/2	E
	0:15	Instr / (Beat)	8x8 Ride Easy	•	3/4	
	0:45	(Melody)	12x8 3x PRE-Racing COMBO			M
			1x8 Ride Easy	•	3/4+	
			3x8 Ride Easy	•	3/4	
2	1:30	Br /	2x8 Transition to Seated Recovery	•	1/2	E
	1:38	Instr / (Piano)	4x8 Seated Recovery	•	1/2	
	1:53	(Melody)	4x8 Ride Easy	↗	1/2	
	2:08		4x8 Ride Easy	↗	3/4	
	2:23	(Synth build)	8x8 Ride Easy	•	3/4+	M
	2:53	(Drop melody)	16x8 4x Racing COMBO			H
			1x8 Racing (Forward)	R🔊	1/1+	
			3x8 Racing (Forward)	•	1/1	
3	3:53	Br /	38x8 BLOCK 2			
	6:15	Outro	4x8 Racing (Forward)	•	1/1	H
				↘ to B🔊		



06. CHILDREN 6:36mins

TECHNIQUE AND COACHING

BLOCK 1

Use this first block as an introduction to the feeling of surging on and off but with less Intensity. Use Layer 1 cues to get them moving with good riding Technique.

- Ride easy: **hips back on the saddle, belly braced, chest up**
- Up ahead we have three blocks where we accelerate then fall back on the beat
- First one, is a Pre-Race combo – we are going to find a building Pace, then fall back onto medium Pace
- Little acceleration, building Pace, then fall back
- **Upper body is relaxed, hips are back**
- It should feel natural

BLOCK 2

We introduce intensity now through Pace and duration. Use Layer 2 Manipulate Intensity cues to ensure they are finding it. Teach your class the connection between the music's melody and their riding Pace.

- Slow, push up off the handlebars, take a seated recovery
- Block 2, we are going to tip from the hip
- Small gear, Ride Easy, slow Pace
- We are going to establish the connection between the melody and the leg speed
- Race combo we are going to jump over the rhythm, go fast for 4 seconds then back on the beat
- It's the power in our legs that keep us over the rhythm and the Resistance which pulls us back to the beat
- We are going to slide forward and dip our toes
- Over the beat, back on rhythm
- Did you feel the Resistance pull you back?

BLOCK 3

Repeat of Block 2, because of this your class will be clear on what to do. Reiterate that connection between their Pace and the music's rhythm. Motivate and Inspire them to achieve success. Will it be with what you say or how you move?

- This time we establish the connection between the melody, Pace, the workout and your energy
- We are going to use the power of this iconic melody
- We are going to feel the ripples through our legs
- A little speed endurance in our legs and its going to feel real good!
- Energy now, pull back – its your energy that you each bring to the workout
- Final kick, one more time
- We're going to stay on the beat for a little longer, stay on the rhythm right to the very last note.
- The melody, the Pace and the workout!

PERFORMANCE

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



07. MOUNTAIN CLIMB

1/1 = 66rpm

TRACK FOCUS

- Be descriptive coaching Resistance to ensure riders are riding at the correct Intensity.
- Motivate your class to work hard in this final track.

PROFILE

3 climbs; one short then 2 long Strength endurance blocks.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B⬆	1/2	E
	0:14	Instr /Beat)	4x8 Ride Easy	↗	1/1	
	0:29	(Melody)	4x8 Ride Easy	↗	1/1	
	0:44	(Beat bup)	4x8 Ride Easy	C⬆	1/1	M
	0:58	(Rhythm)	8x8 Standing Climb	↗	1/1	H
2	1:26	Instr / (Low)	10x8 Ride Easy	↘	1/1	E
	2:03	(Synth)	10x8 Power Climb	C⬆	1/1	M
	2:39	(Heavy synth)	8x8 Standing Climb	↗	1/1	H
	3:08	(Heavy synth)	8x8 Standing Attack	↗	1/1	
	3:37	(Low)	4x8 Power Climb	•	1/1	
	3:51	(Heavy synth)	4x8 Standing Climb	•	1/1	
	4:05	(Heavy synth)	4x8 Standing Attack	•	1/1	
3	4:20	Instr / (Low)	48x8 BLOCK 2			
	7:13	(Low bup)	4x8 Power Climb	•	1/1	H
	7:29	Outro / (Low)	8x8 Racing (Forward)	↘ to R⬆ ↘ to B⬆	1/1 ++	



07. GROLLOW 8:02mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long-seated phase to find Climbing Resistance, then the first short 30 seconds Standing Climb to set up your class using Layer 1 cues with great Climbing Technique.

- Set our base climbing Resistance
- Strong cycle set, strong core, hand position, **chest up**
- First and foremost, find a heavy Climbing Resistance
- Next time you hit that dial, its going to force you out of the seat for 30 seconds of Standing Climb
- We're on the easy part of the climb to start
- Standing Climb: **Chest up, butt back, side to side**

BLOCK 2

Start to build energy and Intensity in the long-seated phase, then hit it hard once Standing. Use Layer 2 Improve Execution and Manipulate Intensity cues to help your class work hard.

- As you sit back down in the saddle take the edge off the Resistance, just a little!
- Reset your cycle set
- Light turn, reach out to power climb, **hips back in the saddle**, push and pull finding that rhythm in the seat
- When we stand up, we have 2 big efforts with a fast downhill to finish
- Light gear change, heavy Resistance in the legs to lift our hips off the saddle
- Light hands, soft elbows lifted chest, butt touching the top of the saddle
- Here comes the big kick, one more gear change, lift of intensity, lean forward into the attack
- Slightly bring your body weight forward – it's more of a push than a pull
- Body weight forward of the pedal stroke
- Seated, very difficult here, but we're not here for long
- 30 seconds incline, bring your hips forward, lift your chest
- 15 more seconds let's get it!
- Getting vertical metres very, very quickly

BLOCK 3

A repeat of Block 2, however with an extra 45 seconds at the end. Motivate and Inspire your class to keep going in this final challenging block to finish feeling satisfied with their efforts. Use Layer 3 cues to help them get there.

- Sit down edge back the Resistance and try to maintain the rhythm
- Here it comes, this is it! Final climb, final vertical challenge to the top
- Light gear before you stand, lift!
- Find that rhythm, feel that efficiency
- It's just you and me now, all the way to the top!
- Breathing is heavy – 80-90% of our intensity here
- It's going to be uncomfortable for about 15 seconds, sit hold
- Almost done, sit hold Resistance
- 15 seconds over the summit then a fast downhill to the end
- Reduce to Racing Resistance
- Work on your descending skills, getting down the mountain quick
- Its where the Race can be won or lost!

PERFORMANCE

Match the highs and lows within the song using your voice and body language, creating a contrasting journey in this final track.

TRACK TIP

If you coach Resistance using descriptive language your riders will understand if they are using enough or not. Remember our goal is to get our class to ride to their full potential and it begins with how much Resistance they are using!



08. RIDE HOME / STRETCH

1/1 = 105rpm

TRACK FOCUS

- Bring the heart rate down and roll the legs.
- Celebrate the journey and the workout completed.

PROFILE

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

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B👤	1/2	E
	0:10	V1 / White lies	8x8 Ride Easy	↗	3/4	
	0:46	On this road	4x8 Ride Easy	↗	3/4	
	1:04	C / _Who am I	4x8 Racing	↗	1/1	
2	1:24	V2 / _Last night	8x8 Ride Easy	↘	3/4	E
	2:00	_Who am I	4x8 Racing	↗	1/1	
3	2:18	V3 / I push you	4½x8 Sit up, shake roll and chest stretch. Transition off bike, shake out legs			
	2:39	QC / _Who am I	4x8 Standing Quadricep Stretch R, L			
	2:57	C / _Who am I	4x8 Standing Gluteal Stretch L, R			
	3:16	Outro /	1x8 Bike supported Lower Back Stretch			



08. WHO AM I 3:22mins

TECHNIQUE AND COACHING

BLOCK 1 & 2

Celebrate the hard work with your class while riding with a light Resistance and easy Pace to loosen up the legs.

- *Back it off to Base Resistance*
- *Tip from the hip, Ride Easy, Medium Pace*
- *Take some time to cool ourselves down*
- *We're going to speed up and get some energy back into the legs*
- *Slow the legs, back down a gear, Ride Easy*
- *We're just going to run the legs one more time*
- *Take this time to celebrate your workout*
- *Feeling that rhythm through your legs, starting to feel good now*

BLOCK 3

A quick transition off the bike, then lead your class through a series of short stretches.

- *Take a postural stretch together, slow the legs*
- *Off the bike, find somewhere to stand*
- *Quad stretch, knees together*
- *Glute stretch, bring the foot onto the opposite thigh, lift your chest*

CONNECTION

Get connection with the entire class, especially the new riders. Congratulate them on their efforts in the workout today.



WE ARE ONE GLOBAL FAMILY

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

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.

While honouring 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 United.

OUR DECLARATION OF INTENT

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, colour 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.

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

