

RPM **91**

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

DECLARATION OF INTENT

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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 benefit's, 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 the 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 your 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 sliding 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

I NEED YOU (2:35)

Jon Batiste

© Courtesy of the Universal Music Group.
Written by: Person, Rowe, Batiste

02

I NEED YOU (2:32)

Jon Batiste

© Courtesy of the Universal Music Group.
Written by: Person, Rowe, Batiste

03

La La Light (4:53)

OLWIK & Willemijn May

© 2019 SOURCE / SpinninRecords.com.
Written by: Olvik, van der Neut

04

Up And Away (6:10)

Can't Stop Won't Stop feat. June

© 2012 Can't Stop Won't Stop.
Written by: Peterson

05

Going Further (4:50)

The Soul Snatchers feat. Jared Grant

© 2019 Social Beats.
Written by: Grant, van der Holst, den Heijer, van der Kolk

06

Love To Give (6:20)

Dimension & Culture Shock feat.
Billy Lockett

© 2020 Dimension.
Written by: Etheridge, Pountney, Lockett, Wilson, Saunders

07

Castles In The Sky (6:19)

i_o

© 2020 Armada Music B.V.
Written by: Chantzis, Vanspauwen, Theeuwen

08

Happy Where We Are (7:47)

Tritonal, Dylan Matthew & Au5

© 2020 Enhanced Recordings/Enhanced Music.
Written by: Cisneros, Reed, Douville, McEach, Matthew, Collins

Splash (2:50)

PUBLIC

© Courtesy of the Universal Music Group.
Written by: Shulz, Handelsman, Alvarado, Lapps



RELEASE SUMMARY



L-R: Tommi Wong, Nicky Birch, Mandi Jones, Jeremie Hogan, Glen Ostergaard, Gary Whiteman, Otto Prodan, Debbie Metcalf, Aeshka Edwardson

RPM 91 revolves around constant pressure, no matter the terrain. The objective of “riding constant pressure” is to improve muscular endurance and build cardiovascular fitness specific to cycling. It’s the accumulation of muscle pressure, and the time spent under tension that provides the workout intensity our riders come for.

Riding constant pressure eliminates free spinning with no Resistance, lack of control, or bouncing. So basically, it will help your class work harder with better Technique!

RPM 91 is an endurance-based workout with longer, more sustained efforts of riding, working with that constant muscle pressure.

Track 1 is a cruisy, funky number to get the class in the mood to ride. *I Need You* to connect your class to the workout and music.

Track 2 Pace we shift up a gear (or two) into the workout zone. Our goal is to lift intensity so we are open mouth breathing.

We are heading *Up And Away* in the Hills, where we connect our class to the slower Pace by using a challenging Climbing Resistance and coaching the concept of riding with constant pressure.

Track 4 contrasts the feel and energy of the previous track, so coach your class to *Go Further* than they think they can in the extended 1/1 phases.

Track 5 Intervals has 3 efforts with longer recoveries so we can work harder in each Block.

Our Speed Work track is an iconic song with a big focus on maintaining muscle pressure through the extended racing phases. Help your class feel success in the 90-second efforts by letting them know it's OK if they are slowing.

The final Mountain track is epic. Keep your class challenged through the varied Positions and Paces. Be sure to pre-cue the changes early so your riders are ready to react quickly to the Pace change.

We finish with a Ride Home and Stretch to regroup and roll out the legs. Celebrate the ride, the workout, and the journey as it's come to an end!

CREDIT'S

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EXPRESS FORMATS

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

RPM 91 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 permit's)
Total Time	27:18 without Track 08 30:08 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 permit's)
Track 03	Hills		
Track 06	Speed Work		
Track 07	Mountain Climb		
Track 08	Ride Home/Stretch		
Total Time	56:43	Total Time	33:02 with Track 08 30:12 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 Choreographygraphy; 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 = 116rpm

TRACK FOCUS

- Set our class up for success with the aim of warming up and learning good riding Technique.

PROFILE

4 rounds with several accelerations onto the beat using Racing Resistance.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro / (Piano)	2x8	Seated Recovery	•	1/2
	0:13	V1 / _ We've got	5x8	Ride Easy	B↻	3/4
	0:34	Rap / Met you	3x8	Ride Easy	↗	3/4
	0:46	C / In this world	3x8	Racing	↗	1/1
2	0:58	V2 / _ We've got	5x8	Ride Easy	•	3/4
	1:19	Rap / Met you	3x8	Ride Easy	↗	3/4
	1:32	C / In this world	6x8	Racing	R↻	1/1
	1:56	V3 / _ We've got	5x8	Ride Easy	•	3/4
	2:17	Instr / (Trumpet)	4x8	Racing	↗	1/1
3	2:33	Br /	½x8	Transition	↘	1/1–3/4
	2:35	Instr / (Piano)	13x8	REPEAT BLOCK 1		
4	3:29	V4 / _ We've	23x8	REPEAT BLOCK 2	↘to B↻	



01. I NEED YOU 5:07mins

TECHNIQUE AND COACHING

BLOCK 1

Set up your class with the basics using Layer 1 cues. You want your class to be riding with great Technique straight away.

- *Light pressure in the muscles, Base Resistance*
- ***Hands are shoulder-width apart, drop the shoulders and lift the chest***
- *Gear change, reach out to Racing, on the beat*

BLOCK 2

Continue to focus on the basics, but this time with a focus on the coaching of Racing Resistance. Be descriptive in your coaching about what it should feel like.

- *Let's find our cycle set – hands are shoulder-width, elbows in, chest is lifted and a light core tension*
- *This is what we call Racing Resistance. You can feel some good pressure in the muscles, but it doesn't slow us down*

BLOCK 3

Take those basic cues a step further by using Layer 2 cues, teaching your class about the benefit of warming up the body before Intensity begins.

- *Slow down to a medium pace*
- *Reset your Cycle Set, chest up, hips back in the saddle and core tension on – Cycle Set is so important as it sets the Base for all our riding*
- *Breathing starting to lift. When we are in the warm-up phase, the breath is closed to open-mouth breathing*
- *Racing, find the beat, second time through we are really looking for that rhythm!*

BLOCK 4

Final block, a repeat of Block 2. Use Layer 3 cues to Motivate your class ready for the workout ahead. Use an energetic voice to create that motivation.

- *Building pressure through the Warm-up into Track 2, then 3*
- *Should be feeling warm now, ready to ride!*

TRACK TIP

To set our riders up for success it's important to cue & coach every change of Choreography using PRP: What Position are we in, what Resistance are we using, and what Pace are we riding at.

CONNECTION

Remember to watch out for everyone in the room, even the people in the back row, but especially your newer riders.



02. PACE

1/1 = 129rpm

TRACK FOCUS

- Use clear PRP to coach the fast transitions.
- Contrast your voice and body movements to match the energy of the music.

PROFILE

3 rounds of fast flat Races, with a couple of shorter Climbs to mix up the work.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	•	1/2	E
	0:07	V1 / _ Had to leave	8x8 Ride Easy	B↻	3/4	
	0:37	PC / Cause I ah	4x8 Ride Easy	↗	3/4+	M
	0:52	C / _ Driving on the	8x8 Racing (Forward)	R↻	1/1	H
2	1:22	V2 / _ Had to find	4x8 Ride Easy	↘	3/4	E
	1:37	This is time	4x8 Ride Easy	↗	3/4	
	1:52	PC / Cause I ah	4x8 Standing Climb	C↻	1/2	M
	2:06	C / _ Driving on the	12x8 Racing (Forward)	↘to R↻	1/1	H
	2:51	Light	4x8 Aero Racing (Forward)	•	1/1	
3	3:06	V3 / _ Had to find	28x8  BLOCK 2			
				↘to B↻		



02. LA LA LIGHT 4:53mins

TECHNIQUE AND COACHING

BLOCK 1

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

- *Take Ride Easy, heading back to our Base Resistance to find that light pressure*
- *Squeeze your elbows in and hips back, **brace your belly***
- *First time through Ride Easy, it's only 30 seconds*
- *Heading to find that muscle pressure of Racing Resistance*
- *Racing: **Slide your hips slightly forward**, find the rhythm and Resistance*
- *Feel the pressure in the muscles – the pedal is pushing back at you as you drive it round*

BLOCK 2

Continue to use Layer 1 cues in the first part of this block and climb. In the 60 second 1/1 phase, bring in Layer 2 cues where you can Improve execution and Manipulate Intensity.

- *Reduce Resistance and find Medium Pace*
- *Light gear*
- *First time out of the seat, find Heavy Resistance, Standing Climb*
- *Little side to side, **chest lifted, belly braced***
- *Accelerate, sit, reduce to Racing Resistance*
- *How about 60 seconds?!*
- *Slide those hips forward and dip your toes slightly*
- *Make sure there is good muscle pressure, so you feel the pedal pushing back at you as you drive it round and round*
- *We are definitely open mouth breathing here!*
- *Aero-Racing; **chest up***

BLOCK 3

Final block, a repeat of Block 2. Use Layer 3 cues to Motivate and Inspire your class to work harder towards the end. What will you do or say to get them there?

- *60 seconds, here it is!*
- *Time under tension, duration of effort builds the Intensity!*
- *Heading into that last 15 seconds!*
- *I don't know about you but my legs are super warm, my heart rate is up and I'm in the training zone now!*

PERFORMANCE

Use the highs and the lows of music to create contrast and excitement.

TRACK TIP

In Aero-Racing, it's important to reinforce “keep your chest lifted” due to the lower position of the torso.



03. HILLS

1/1 = 52rpm

TRACK FOCUS

- Match the musical energy of this track. Refrain from being aggressive and try using cooler, calmer vocals.
- Connect your class to the slower Climbing RPM by using a challenging Climbing Resistance.

PROFILE

3 blocks of slow, steady and controlled Hill Climbing. The first shorter 60-second climb establishes Climbing Resistance, then the last two 90-second climbs push the intensity.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / (Horns)	2x8	Seated Recovery	B↶	E
	0:09	V1 / Alright_ Kick	4x8	Ride Easy	C↶	
	0:28	Don't know	4x8	Ride Easy	↗	
	0:46	_ Up, up and	2x8	Power Climb	↗	M
	0:55	Away	2x8	Standing Climb	↗	
2	1:04	V2 / _ Up and	10x8	Ride Easy Note: Master Class did Power Climb, please follow notes	•	
	1:51	QC / _ Up, up and	2x8	Power Climb	↗	
	2:00	C / Away	2x8	Standing Climb	↗	
	2:09	V3 / _ Hello nurse	8x8	4x CLIMBING COMBO 1x8 Power Climb 1x8 Standing Climb	• • •	H
	2:46	QC / _ Up, up and	2x8	Power Climb	•	
	2:55	C / Away	8x8	Standing Climb	↗	
	3:32	V3 / _ Up and	32x8	REPEAT BLOCK 2 Option: To reduce if needed when sitting into Ride Easy		
3	6:00	Outro / (Trumpets)	2x8	Power Climb	• ↘to B↶	



03. UP AND AWAY 6:10mins

TECHNIQUE AND COACHING

BLOCK 1

Clearly coach Layer 1 PRP cues to establish the correct riding Position, Resistance and Pace, especially as this track is slightly slower than usual.

- *Heavy turn, straight into that Resistance*
- *Ride Easy: **Elbows in, chest up and belly braced***
- *In this track, you've got to feel that pressure straight away!*
- *Reach out to Power Climb, hips back in the saddle*
- *Heavy gear, heavy pressure, Standing Climb*
- ***Chest lifted, belly braced***

BLOCK 2

Bring in Layer 2 coaching cues that will enhance the workout. How your participants can ride better or harder and why. Use clear PRP cueing in the quick changes of the Climbing Combo.

- *Maintain Resistance*
- *Building that heavy muscle tension, building strength, density and fitness*
- *Hips back in the seat, brace hard through your core, drive hard through the pedal, big circles*
- *How about we go deeper? Add more Resistance!*
- *Here comes the workout, hold pressure*
- *Sit Power Climb, Standing Climb, Maintain, drop and hold!*

BLOCK 3

Block 3 is a repeat of Block 2 with an extra Power Climb at the end. Motivate using Layer 3 cues to finish. What can you do to help your class feel successful at the end?

- *Building pressure over time builds your overall fitness*
- *We are getting fitter with every pedal rotation*
- *Little more if you can!*
- *Last 25 seconds, heavy pressure on!*
- *Almost there, hold on!*
- *Down, hold 5, 4, 3, 2, 1 !*

PERFORMANCE

This track has a funk pop feel so it's not suited to being loud or overpowering. It's definitely not a track to get aggressive to. Try a more nurturing approach that allows everyone the opportunity to challenge themselves while enjoying the cool beats.



04. MIXED TERRAIN

1/1 = 140rpm

TRACK FOCUS

- Create contrast from the vibe of Track 3 by taking an uplifting, energetic approach.
- Use clear cueing of PRP to coach the many Positions and Paces.

PROFILE

3 busy blocks with multiple Racing phases. Watch out for 1-minute Racing/Aero phases at the end of blocks 2 and 3.

		Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8	Ride Easy	B🕒	3/4	E
	0:14	C / Never stop	4x8	Racing (Forward)	R🕒	1/1	M
2	0:27	Br /	½x8	Transition	•	3/4	E
	0:29	V1 / _ Wake in	8x8	Ride Easy	↘	3/4	
	0:57	C / Never stop	4x8	Racing (Forward)	R🕒	1/1	H
	1:11	V2 / _ It makes	8½x8	Ride Easy	↘	3/4	E
	1:40	C / Never stop	8x8	Racing (Forward)	R🕒	1/1	H
	2:07	Instr / (Trumpet)	8x8	Aero-Racing (Forward)	•	1/1	
3	2:36	Br /	37x8	🔄 BLOCK 2			

↘to B🕒



04. GOING FURTHER 4:50mins

TECHNIQUE AND COACHING

BLOCK 1

Very short block; coach Layer 1 PRP cues just to get moving at Pace.

- *After that Track 3, I think we need to roll out the legs*
- *Racing Resistance, let's race!*

BLOCK 2

Continue to use Layer 1 cues, using the Speed Coaching cues to help them ride fast. Then bring in Layer 2 cues to ride with better Technique and challenge your class to ride faster and harder.

- *Base gear, ride Easy and Medium Pace*
- *We need to reset Cycle Set, **hands-shoulder width apart, light brace of the belly, chest lifted***
- *4 Racing phases ahead*
- *To Race we need good Racing Resistance, good pressure in the legs and control of the pedal stroke*
- *Racing: **Hips forward and dip your toes***
- *What's constant ahead, Pressure and Pace. But what changes are ahead? 60 seconds aerobic endurance!*
- *Find that Racing Resistance*
- *Hips forward gives you a strong position so we can hit the beat!*
- *Pushing the duration to push your fitness!*
- *Aero-Racing: **Keep your chest lifted***
- *A subtle dip of the toes pushes the pedal forward*

BLOCK 3

The final block is a repeat of the last one. This time, Motivate everyone to finish feeling successful. What can you do and say to help them achieve this?

- *In order for us to resist fatigue we need to be consistent with our effort*
- *The energy in the room can not slow us down!*
- *There it is!*
- *60 on the flat, we're in the breakaway – let's go team!*
- *I can feel the constant pressure, bring it to the end!*
- *Aero-Racing, a subtle shift in position improves our movement economy so we can hold the duration!*

PERFORMANCE

How can you bring out the most in this song?
How will you contrast your energy from Track 3?

TRACK TIP

Because we have longer phases riding at 1/1, use the Speed Coaching cues to help them succeed. Remember the big one of "if you're starting to slow down, it's OK, just keep going and do your best."

SMARTSTART



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Allow the music to be heard by using direct and short cues.
- Coach your class to feel the longer Attack and Racing phases by finding correct Attack Resistance.

PROFILE

3 Intervals to find maximum intensity holding for 20 seconds in each position. First block 60 seconds; Blocks 2 and 3 are 40 seconds.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	8x8 Seated Recovery Shake arms, Shoulder Roll	•	1/2	E
	0:22	Instr / (Synth)	8x8 Ride Easy	B↻	1/1	
	0:44	V1 / I'd walk the	8x8 Ride Easy	↗	1/1	
	1:06	C / Cause I've	8x8 Racing	A↻	1/1	M
	1:28	Instr / (Drumb & Bass)	8x8 Standing Attack	↗	1/1	H
	1:50	V2 / I'd walk the	8x8 Racing	•	1/1	
	2:12	C / Cause I've	8x8 Standing Attack	•	1/1	
2	2:34	Instr / (Low)	8x8 Seated Recovery	↘	1/2	E
	2:56	Everything	8x8 Ride Easy	↗	1/1	
	3:18	QC / Cause I've	8x8 Racing	A↻	1/1	M
	3:40	Instr / (Drum n Bass)	8x8 Standing Attack	↗	1/1	H
	4:03	C / Cause I've	8x8 Standing Attack	•	1/1	
3	4:25	Outro / (Low)	40x8 BLOCK 2	↘to B↻		



05. LOVE TO GIVE 6:20mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long intro to set your class up with PRP, with a big focus on finding Attack Resistance. Be descriptive as to how it should feel. Coach the first interval with the basic Layer 1 cues to enable them to feel the work.

- *Ride Easy, Base Resistance, find the rhythm: 1-2-1-2*
- *A time to reset, **chest up, butt back, abs braced***
- *Start to turn clockwise, working towards Attack Resistance*
- *A firm tight grip in the muscles that demands a little push on the pedal*
- *Your Ride Easy just became forceful; muscles are starting to pull towards the beat*
- *First interval 60 seconds – we've got one more turn to take that strong pressure that our muscles love*
- *Attack: **Hips forward, chest up, abs braced***
- *Racing: **Hips back, chest lifted***
- *Straight away you feel the effect on the heart rate*
- *Attack: From seated we want a quad dominated drive*

BLOCK 2

Challenge your class to work harder using Layer 2. Manipulate Intensity and Improve Execution cues. Give them the tools to find their full potential!

- *Sit up, shake, roll and recover*
- *This time its 40 seconds of Standing Attack, with more pressure to demand max effort*
- *We are going to go from strong to invincibly strong*
- *It's that heavy grip, that contraction, that's forcing us to the beat*
- *The stimulus to help us max out, one more gear!*
- *Straight away knees pull towards the bars*
- *That pressure is driving up the heart rate*
- *A sensation that burns gives us the best athletic conditioning!*

BLOCK 3

Your class will be feeling fatigued now; they will need your help. Be the physical role model and work hard with them right to the end to Inspire them to finish. Use time references so they can gauge their Intensity!

- *We are not alone today – look around!*
- *We can do this together!*
- *We are in this together!*

PERFORMANCE

Allow the music to come out more by only coaching what is needed. Keep your cues direct and short.

TRACK TIP

Emphasize that the recovery periods in this track are LONGER. This enables us to hit our training intervals harder – getting more bang for our buck!



06. SPEED WORK

1/1 = 135rpm

TRACK FOCUS

- Coach the extended Racing phases so everyone will feel success by giving them the knowledge that it is OK to slow but to keep going.
- Allow space for the music to be heard by cueing only the necessities.

PROFILE

2x Speed Endurance blocks: 90 seconds each.

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:03	Intro / Tell me why	4x8	Seated Recovery	•	1/2	E
	0:18	(Beat)	4x8	Ride Easy	B↻	3/4	
	0:31	Instr / (Upbeat)	8x8	Ride Easy	↗	3/4	
2	1:00	Instr / (Low)	4x8	Seated Recovery	•	1/2	
	1:15	V1 / _ Do you ever	8x8	Ride Easy	•	1/2	
	1:43	Why	4x8	Ride Easy	R↻	3/4	
	1:57	Why	4x8	Ride Easy	•	¾+	M
	2:11	Instr / (Drop)	8x8	Racing (Forward)	•	1/1	H
	2:39	C / Why	8x8	Racing (Forward)	•	1/1	
	3:08	Instr / (Low)	8x8	Aero Racing (Forward)	•	1/1	
3	3:37	Instr / (Low)	44x8	⏮️ REPEAT BLOCK 2			

➡️ to B↻

↗ to B↻



06. CASTLES IN THE SKY 6:19mins

TECHNIQUE AND COACHING

BLOCK 1

Short block to recover. Coach Layer 1 PRP to allow the heart rate to drop slightly.

- *First 60 seconds of Recovery*
- *Find a light pressure – something that you can ride all day with*
- *Find your Cycle Set, **hands shoulder-width apart, soft elbows, chest lifted, abs braced, hips back***

BLOCK 2

Continue to build on those Layer 1 cues as you set up Racing Resistance. Lead your class into the Racing phase, teaching them how to ride fast using the Speed Coaching cues. Bring in Layer 2 cues that will enhance the workout; help them ride better, faster or harder.

- *Slow, push away from the bars, Shoulder Roll and shake off*
- *Ride Easy*
- *Two extended sets – 90 seconds each on the beat, or as close as you can*
- *Duration is going to build the intensity*
- *Add good pressure, hook into the medium Pace, feel it in the muscles but it doesn't slow you down*
- *Racing: **Hips forward on the saddle, toes down**, small circles*
- *Try to hold onto the beat*
- *Relax your upper body, keep it still, muscle efficiency*
- *Legs are starting to slow down; stay as close to the beat as you can! Just do your best*
- *Aero-Racing: **Keep your chest lifted***

BLOCK 3

Final block is a repeat of Block 2. Because of this, your class will be clear on what to do, so use this opportunity for the music to be heard more. Now's your chance to Motivate and Inspire your riders to achieve success.

- *Back off your Resistance – recover*
- *We're going to do that again – 90 seconds*
- *But now we know that duration builds Intensity and Intensity builds fitness*
- *This time, if you can't catch the beat it's OK, just do your best*
- *Let's find that good pressure now, Racing Resistance*
- *Pressure doesn't break us, it makes us!*
- *Should be harder to breathe now!*
- *60 seconds left – try to hold onto that beat*
- *Duration, Intensity, fitness*
- *Stay as close to the beat as you can now*
- *Nothing beats this feeling, pure energy!*
- *Stay with us now, stay in the work!*

PERFORMANCE

This track is an iconic song. Allow the music to be heard by talking less. Only say what you need to say and give space between your cues.

TRACK TIP

To help people feel success in these long 1/1 phases, coach the 90 second extended effort as: First 30 seconds on Pace, the next 30 seconds trying to hold Pace and last 30 seconds staying as close as possible to the Pace.



07. MOUNTAIN CLIMB

1/1 = 75rpm

TRACK FOCUS

- Coach the varied Paces clearly so your class gets the most out of this track.
- Coach your class to feel and sustain the Climbing Resistance.
- Motivate your riders to challenge themselves in this final track.

PROFILE

We have 3 Mountain Climbs: we build to find heavy Climbing pressure, then climb using varied Paces for 90 seconds each.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B↶	1/2	E
	0:15	V1 / _ Everything	8x8 Ride Easy	C↶	1/2	
	0:40	_ Will we	8x8 Power Climb	↗	1/2	M
	1:06	Instr / (B up)	8x8 Standing Climb	↗	1/1	
	1:32	(Drop)	8x8 4x CLIMBING COMBO			H
			1x8 Power Climb	•	1/2	
			1x8 Standing Attack	•	1/1	
2	1:57	(Distorted)	8x8 Standing Attack	•	1/1	
	2:23	V2 / _ Focus on	4x8 Standing Recovery	•	1/4	E
	2:38	Burning	4x8 Ride Easy	↘	1/2	
	2:49	_ Will we	8x8 Power Climb	↗	1/2	M
	3:14	Rep / We are _	8x8 Standing Climb	↗	1/2	
	3:40	Instr / (B up)	8x8 Standing Climb	↗	1/1	H
	4:05	(Drop)	8x8 4x CLIMBING COMBO			
3	4:31	(Distorted)	8x8 Standing Attack	•	1/1	
	4:57	V3 / _ Focus on	48x8 BLOCK 2			
	7:31	Outro (Low)	4x8 Seated Recovery	↘	1/2	E
				↘to B		



07. HAPPY WHERE WE ARE 7:47mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long seated phase to coach the set-up of Climbing Resistance, the building of muscle pressure. Use Layer 1 cues to set up your class using great Climbing Technique. Be clear with the Climbing combination: the changing of Paces and maintaining that Climbing pressure.

- *The last thing we do should be the hardest thing we do, yes?*
- *Heavy pressure on the dial, that kind of pressure that slows the legs down. You feel the grip, the pull*
- *We've got 3 Climbs coming up*
- *We are going to first build pressure then climb for 90 seconds*
- *Power Climb: Hands are wide, **chest up, hips back***
- *The work today is a little different: we're going to be holding the heavy pressure and changing the Position and Pace. Your muscles need to react quickly!*
- *Standing Climb: Side to side, **chest lifted***
- *Intensity is going to be coming fast and hard!*
- *Combo coming up; sit – slow, stand – fast*
- *Sit slow – **hips back**, Standing Attack, **hips forward***

BLOCK 2

Use Layer 2 cues that will help your class ride this second block better: with improved riding Technique, heavier Resistance and working harder overall! What will you say to get your class there?

- *Stay up, slow down, recover*
- *Sit, Ride Easy – take the edge off*
- *Let's build again, big gear, reach out*
- *When we hold that heavy pressure our muscles react quickly building those type 2 muscle fibers*
- *90 seconds on the beat – let's go*
- *This time we're going to hit it harder*
- *So push your pedal forward, down and around*
- *Combo coming – slow / fast!*
- *Sit – Attack!*
- *Use your arms and your legs!*
- *30 seconds Attack – over the beat if you can!*
- *This is reactive training, power, fast reaction – shocking your muscles*

BLOCK 3

Final block, a repeat of Block 2. Because of that, your class will know what to do, so it's your chance to Motivate your class to success. How will you do it?

- *We have one more!*
- *You have got what it takes, but it will take all of what you have*
- *90 seconds – ready?*
- *Pressure, endurance, power, speed, rpm!*
- *It will take all we've got!*
- *30 seconds, Attack*
- *It's not about how we start, it's about how we finish!*

TRACK TIP

The challenge in this track comes from the varied Paces. We maintain that heavy pressure while changing Pace; the legs will have to react quickly to adapt to the change. Be sure to pre-cue these changes early so your riders will be ready.



08. RIDE HOME / STRETCH

1/1 = 105rpm

TRACK FOCUS

- Celebrate the ride and workout together using inclusive and positive language.
- Lead your class through the roll out and stretches talking to the benefit of both at the end of the workout.

PROFILE

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

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B⬆	1/2	E
	0:09	V1 / Get to know	8x8 Ride Easy	↗	3/4	
	0:45	C / What you want	8x8 Racing	•	1/1	
2	1:21	V2 / Can I show	8x8 RideEasy	•	3/4	
	1:56	QC / What you want	4x8 Seated Recovery	↗	1/2	
			Shoulder Roll, Chest stretch			
			Transition off bike			
	2:14	Rep / I just want to	2x8 Standing Quadricep Stretch L			
	2:23	I just want to	2x8 Standing Gluteal Stretch L			
	2:32	C / What you want	2x8 Standing Quadricep Stretch R			
	2:41	Lonely girls	2x8 Standing Gluteal Stretch R			
			Bike-supported Upper and Lower Back Stretch			



08. SPLASH 2:50mins

TECHNIQUE AND COACHING

BLOCK 1

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

- *Back off Resistance, back to light pressure, Base Resistance*
- *One of the most important parts of the workout is this last couple of minutes – a chance to roll out the legs and reconnect with each other*
- *Stay in the pressure, but light pressure now though, every revolution counts*
- *Allowing that heart rate to drift downwards*
- *A chance to put a little back in to what we took out*

BLOCK 2

Lead your class through the series of stretches.

- *Let the legs slow down, add some Resistance*
- *Take your time to dismount*
- *Quad Stretch, knee to knee*
- *Same leg, Hip Release*
- *That was a big day in the saddle – well done!*



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We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate

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