

RPM **92**

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 CONTINUED

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 chin in
- 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 lifted
- 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 CONTINUED

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 CONTINUED

PULLBACK CLIMB

Layer 1

- *Small shift back of your hips, upper body stays upright*
- *Abs braced*
- *Chest lifted*
- *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 lifted 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

Fireworks (5:09)

Purple Disco Machine feat. Moss Kena & The Knocks

© 2021 Sweat It Out.

Written by: Schmidt, Kena, Harris, Ruttner, Patterson, Saleem
- 02

Silver Lining (DubVision Remix) (5:09)

Andrew Rayel

© 2021 Armada Music B.V.

Written by: Henriques, Gjendemsjo, Hurum, Jacob, Johansen, Pieroth, Rayel
- 03

Wap Bam Boogie (5:30)

Sgt Slick & Babert

© 2021 Central Station Records.

Written by: Reilly, Inknown
- 04

Breaking Fire (5:03)

NOAM DEE

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Written by: Fairley
- 05

Higher Power (3:24)

Coldplay

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Written by: C. Martin, Berryman, Buckland, Champion, Carite, M. Martin, Vindver
- 06

Higher Power (2:10)

Coldplay

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Written by: C. Martin, Berryman, Buckland, Champion, Carite, M. Martin, Vindver
- 07

Run Away (6:18)

Ben Böhmer & Tinlicker feat. Felix Raphael

© 2020 Anjunadeep.

Written by: Böhmer-Bärtels, van Achthoven, Heyboer , Raphael
- 08

Little Star (Maor Levi Extended Mix) (6:30)

Elysian

© 2020 Anjunabeats.

Written by: Bluestone, Levi, A. Hewitt, E. Hewitt
- 09

Low Key In Love (3:15)

The Struts & Paris Jackson

Courtesy of the Universal Music Group.

Written by: Spiller, Slack, Schleiter, Long, Jackson
- 09

Loved By You (2:38)

Justin Bieber feat. Burna Boy

© Courtesy of the Universal Music Group.

Written by: Allen, Bellion, Bieber, Evigan, Moore, Ogulu



RELEASE SUMMARY



L-R: Mandi Jones, Glen Ostergaard, Otto Prodan

Our key focus for RPM 92 is “Riding the Resistance” – this carries on from the last round which focused on “Riding with Constant Pressure”.

We focus on great explanations of the various Resistances we use – what it should feel like, and what happens to the workout intensity when we use it correctly.

RPM 92 is another epic release with great Choreography, combining wonderful music and movement to create a complete experience. The ride is challenging yet fun.

There is a great blend of music genres: Pop, Rock, Dance, and Electronic. These house lots of lyrics and opportunities for us to connect to and inspire our participants to create an incredible journey.

We feel different emotions from each track – for example, the uplifting and connecting feel of Tracks 1 and 2, the cool Disco feel in Track 3, and then the flick of a switch to the high energy of Track 4.

This release is ‘easy to coach’, providing we consistently deliver the basics of PRP. If we do this effectively it opens us up to share both scripted and spontaneous Performance moments.

There are several fast transition tracks, so the importance of providing clear PRP cues will help our class find the right intensity, and feel success.

Have fun with this one.

CREDITS

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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 lives in Auckland and is a father to three children, an avid runner, cyclist, and lifter.

Mandi Jones (New Zealand) is an RPM, BODYATTACK™, and BODYPUMP Trainer/Presenter/Instructor, a LES MILLS TONE™ Trainer and a LES MILLS CORE™, LES MILLS SPRINT, LES MILLS THE TRIP™ Instructor. She lives in Wellington.

Otto Prodan (Brazil) is an RPM, LES MILLS CORE, LES MILLS THE TRIP, LES MILLS GRIT™, LES MILLS TONE and a BODYSTEP™ Instructor. He lives 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 allows, you may include Track 8 Ride Home/Stretch; alternatively, tell your class to do their own stretches once they have left the room.

RPM 92 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 allows)
Total Time	24:15 without Track 08 27:30 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 allows)
Track 03 Hills	
Track 06 Speed Work	
Track 07 Mountain Climb	
Track 08 Ride Home/Stretch	

KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	Cts	Musical counts
HR	Heart rate	Instr	Instrumental
Intro	Introduction	Mins	Minutes
Outro	Last few bars of music	PC	Pre-chorus
QC	Quiet Chorus	Ref	Refrain (recurring phrase or number of song lines)
Synth	Synthesizer	Tempo	Normal pace of the music
V	Verse		

Pace

rpm	Revolutions per minute	1/4	Riding on the 1/4 beat
1/2	SLOW – Riding on the 1/2 beat	3/4	MEDIUM – Riding on the 3/4 beat
3/4+	BUILDING – Chasing and/or riding just under the beat	3/4++	Fast Pace
1/1+	A little faster than rpm	1/1	ON THE BEAT

Resistance

A	Attack Resistance	B	Base Resistance
C	Climbing Resistance	R	Racing Resistance
↗	Increase Resistance	●	Maintain Resistance
↘	Decrease Resistance		

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current music and training principles. If you are teaching older releases, be sure to mix with modern tracks and do not change the Choreography; teach the tracks as they were created, but apply more modern coaching language, terminology, and reworked sentence structure/language – use this for future releases as well please.

If you are using a Track 8 (Ride Home/Stretch) from Release 63 onwards, there is no need to 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 = 122rpm

TRACK FOCUS

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

TRACK PROFILE

5 easy accelerations onto the beat of the music to prepare the body for the work ahead.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05 Intro /	4x8	Seated Recovery	•	1/2	
	0:20 V1 / What you need	4x8	Ride Easy	B🔁	3/4	
	0:36 PC / If you're ever	4x8	Ride Easy	R🔁	3/4	
	0:52 C / _ If you're ever	8x8	Racing	•	1/1	
2	1:24 V2 / Got a place	4x8	Ride Easy	↘	3/4	
	1:40 PC / If you're ever	4x8	Ride Easy	R🔁	3/4	
	1:55 C / _ If you're ever	8x8	Racing	•	1/1	
3	2:27 Ref / Let me be	4x8	Seated Recovery	•	1/2	
	2:43 C / _ If you're ever	8x8	Racing	•	1/1	
4	3:14 Br /	1/2x8	Transition	•	1/1 – 3/4	
	3:16 V3 / Got a place	16x8	REPEAT BLOCK 2			
5	4:19 Ref / Let me be	12x8	REPEAT BLOCK 3			

↘ to B🔁



01. FIREWORKS 5:09mins

TECHNIQUE AND COACHING

BLOCKS 1 & 2

Coach the basics of Position, Resistance, and Pace using Layer 1 cues to get your class moving with great Technique.

- *Hinge forward from the hips, come down to Ride Easy*
- *Base gear on the dial, medium Pace*
- *Cycle set position, **push the hips back in the saddle, hands shoulder-width apart, relax the elbows and light brace through the belly***
- *We have got 5 easy flats to get the body warm*
- *We are going to move towards Racing Resistance, start to feel good pressure under foot, light engagement in the muscle with good control of the pedal stroke*
- *30 seconds on the first one! Let's race*
- *Rhythm on the Pace moves us into the workout*
- ***Relax through the upper body, and a little tighter ab brace to steady the hips***
- *Hips back, medium Pace*
- *Base gear feels light; it's leisurely – we can ride here all day*
- *We need Racing Resistance, it's a good pressure*
- *Just like before, muscle pressure and control of the pedal stroke*

BLOCKS 3 & 4

Use Layer 2 cues to build on Technique with a focus on description of Resistance – what it should feel like and what it will add.

- *Hold Resistance, push up, roll the shoulders*
- *Back to Ride Easy*
- *Let's use this easy race to bring each leg into the workout. Think about the right leg here; as you push through the ball of the foot you get great quad engagement*
- *Left side, pull back through the pedal*
- *Bring them together to get an equal push through*
- *Starting to feel that great warm-up feeling, a light sweat and heavier breathing*

BLOCK 5

Final block, use Layer 3 cues to create energy and motivation ready for the ride ahead. What will you do or say to Motivate your class?

- *We've got one more to roll us in*
- *We've got the music, the movement but most importantly, we are all here today!*
- *As we ride through this one, we are set for a great workout ahead!*

PERFORMANCE

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

TRACK TIP

In this track, it is important to create a good connection with our class. If we genuinely connect with them we begin to build trust and they will feel at ease for the rest of the workout.



02. PACE

1/1 = 131rpm

TRACK FOCUS

- Describe each Resistance and how they feel different to each other.

PROFILE

3 Blocks. Block 1 is a 45-second climb and a 30-second speed phase. Blocks 2 and 3 are a 45-second climb and 45-second speed phase.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00		1x8 Seated Recovery	B↶	1½	Green
	0:04	V1 / I had	4x8 Ride Easy	C↶	1½	
	0:18	I wipe off the	4x8 Standing Climb	•	1½	Yellow
	0:33	QC / Silver lining	4x8 Standing Climb	↗	1½	
	0:47	Instr / (B up)	4x8 Power Climb	↘ to R↶	1½ – ¾	
	1:02	(Heavy synth)	8x8 Racing (Forward)	•	1/1	Orange
2	1:31	Br / (Low)	1x8 Ride Easy	•	1½	Green
	1:35	V2 / I found some	4x8 Ride Easy Option: Seated Recovery	C↶	1½	
	1:50	I wipe off the	4x8 Standing Climb	•	1½	Yellow
	2:04	QC / Silver lining	4x8 Standing Climb	↗	1½	
	2:19	Instr / (B up)	4x8 Power Climb	↘ to R↶	1½ – ¾	
	2:34	(Heavy synth)	8x8 Racing (Forward)	•	1/1	Orange
	3:03		4x8 Aero-Racing (Forward)	•	1/1	
3	3:18	Br / (Low)	29x8 REPEAT BLOCK 2	↘ to B↶		



02. SILVER LINING 5:09mins

TECHNIQUE AND COACHING

BLOCK 1

Starting off with a climb means you need to coach the basics for climbing straight away: Position, Resistance and the climbing Pace. Use Layer 1 cues both here and in the Racing phase to follow. Be sure to describe Racing Resistance correctly.

- *Start off with good pressure in the muscles with a slow Pace, a couple of heavy turns to find a heavy pressure, Climbing Resistance*
- *An easy climb to begin*
- *We've got 3 rounds of work*
- *Standing Climb: **Chest lifted, butt back***
- *Heavy pressure enough to balance your bodyweight*
- *Maintain the Resistance, Power Climb, **chest lifted here***
- *Reduce back to your Racing Resistance*
- *30 seconds on the beat*
- *Racing: **Slide your hips forward, dip your toes, small fast circles***
- *First of 3 blocks*

BLOCK 2

A repeat of Block 1, just a longer Racing phase at the end. Use Layer 2 cues to help Improve Execution and to ride harder by using Manipulate Intensity cues.

- *Slowing legs, hold good pressure*
- *Sit up if you want to*
- *Back to that heavy muscle pressure, Climbing Resistance*
- *Little side to side and a light grip on the handlebars*
- *Option to hold or add a little more Resistance, starting to build that muscle pressure and lifting the heart rate*
- *Maintain Resistance, Power Climb, good pressure here*
- *Reduce to Racing Resistance, good pressure with room to move*
- *45 seconds – our first big working phase of the class today*
- *Focus on breathing in through the nose and exhaling through the mouth*
- *Focusing on strong core tension*
- *Aero-Racing: **chest lifted***

BLOCK 3

Final block — again a repeat of Block 2. Use Layer 3 cues to Motivate your class and coach any necessary shifts of intensity.

- *Last time*
- *Notice how as more pressure comes on, the heart rate goes up*
- *Last 45 seconds, hit the beat!*
- *I can feel my breathing getting heavier, that constant pressure in my muscles – we are training now!*
- *Right to the end now*

PERFORMANCE

This track is such an uplifting piece of music. Use the 4x8 pre-chorus builds to create anticipation, and then use the chorus drops to hit the Racing phases with energy.

TRACK TIP

In the 4x8 Power Climb position use the last 2x8 to coach riders into Racing Resistance, describing how it should feel. Allow riders the time to adjust slowly to avoid backing off too much Resistance and therefore riding fast with no control.



03. HILLS

1/1 = 62rpm

TRACK FOCUS

- Coach what Climbing Resistance and heavy pressure should feel like; be descriptive in coaching the feeling so it lands.
- Give options to add, sustain or reduce pressure whenever needed to stay on the beat. Coach clear timing of seated Power Climbs and Standing Climbs.

PROFILE

5 minutes of continuous climbing with 5x Standing Climb sections of approx 40 seconds each that provide opportunity to add or sustain pressure.

		Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / All the people	4x8	Seated Recovery	B⬆	1/1	
	0:15	Instr / (Beat)	10x8	Standing Climb	C⬆	1/1	
2	0:55	V1 / _ All the people	7x8	Power Climb	•	1/1	
	1:22	(Beat)	6x8	Standing Climb	↗	1/1	
	1:45	(Rap vocals)	4x8	Standing Climb	↗	1/1	
	2:01	(Low)	6x8	Power Climb	•	1/1	
	2:25	(Beat)	12x8	Standing Climb	↗	1/1	
3	3:11	_ All the people	35x8	⏮️ BLOCK 2 Option: To ↗ in Power Climb			
	↗ to B⬆						



03. WAP BAM BOOGIE 5:30mins

TECHNIQUE AND COACHING

BLOCK 1

Set up Position, Resistance and Pace using Layer 1 cues, with a focus on Resistance so they can deliver the correct riding Pace.

- *Ride Easy, find Climbing Resistance, enough gear to stand up on!*
- *1, 2, 1, 2 – here's your climbing Pace*
- *We've got 4 steady climbs ahead, each 40 seconds*
- *Standing Climb: **Chest lifted, butt back, abs braced***
- *Our goal is to add and sustain that heavy pressure*
- ***Hold pressure if you can, sit***

BLOCK 2

Use Layer 2 cues to help your class ride better and ride harder! Emphasize that they need to get the feeling of constant muscle pressure. What cues will you use to enhance your rider's workout?

- *Power Climb: **Slide your hips back in the saddle and lift your chest***
- *Push the pedals forward and down, big circles with your feet*
- *Push your butt back, grip the handlebars and lift your chest*
- *Feeling heavy pressure in your muscles, right? It feels firm and hard to push*
- *Light gear clockwise*
- *Relax your upper body and let your core and hips do the work, brace your abs tightly and push down from the hips*
- *When we sit, hold gear if you can; we only have 20 seconds here*
- *When we sit it's harder; we are isolating that heavy pressure*
- *Push and scrape, lift and drive, drive forward from the hip*
- *When we have pressure in the muscles it lifts the heart rate, drives the Intensity and creates the training effect!*
- *Are you feeling it now?*
- *20 seconds more*
- *When we sustain the pressure, we are building endurance, strength and fitness!*

BLOCK 3

Block 3 is a repeat of Block 2. Same focus of maintaining the pressure in the legs. This time, you want to Motivate your riders to maintain that Intensity till the end. What will you physically do or say to get them across the finish line?

- *Option here only if you need it, to reduce slightly*
- *Power Climb – this is our last block*
- *We are going to train under fatigue; don't tap out!*
- *If you want to improve we are going to add more gears – who wants to get better? Yeah, I thought so!*
- *We've got the Pace, the gears, but have you got the swag?!*
- *One more final climb – let's go big on this one!*
- *What day is it today? It's leg day and we are not skipping it!*
- *Commit to the climb, to this gear – let's do this to the end!*

PERFORMANCE

Match your energy and feel to this cool Discotheque song. It's not a track for you to be barking orders at your class! What will you do to create the feel to match the song?

TRACK TIP

The goal in this track is to create endurance and strength. We do that by holding pressure and Pace for over 5 minutes. Be sure to option the reduction of Resistance if they need to, but to put it back on shortly after.



04. MIXED TERRAIN

1/1 = 149rpm

TRACK FOCUS

- Coach the feel of Attack Resistance and reinforce how the Resistance slows the legs.

PROFILE

Mixed Terrain, 3 rounds of fast paced flats, with some surprising Attacks on the slower beat of the music.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	3x8 Seated Recovery	•	1/2	Green
	0:10	Instr / (Horns)	6x8 Ride Easy	B↻	3/4	
	0:29	(B up)	4x8 Ride Easy	↗	3/4	Yellow
	0:42	Rep / _ Fire fire	4x8 Ride Easy	↗	3/4+	
	0:54	Instr / (Drop)	8x8 Racing (Forward)	R↻	3/4++	Orange
2	1:20	V1 / (Vocals)	4x8 Ride Easy	A↻	3/4	Green
	1:33	(Low horns + vocals)	8x8 4x COMBINATION			Yellow
			1x8 Standing Attack	•	1/2	
			1x8 Racing	•	1/2	
	1:59	(B up)	4x8 Power Climb	•	3/4 - 3/4+	Orange
	2:11	Instr / (Drop)	8x8 Racing (Forward)	↘ to R↻	3/4++	
	2:37	(Vocals)	10x8 Aero-Racing (Forward)	•	3/4++	
3	3:09	V2 / (Vocals)	34x8 REPEAT BLOCK 2			
				↘ to B↻		

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



04. BREAKING FIRE 5:03mins

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.

- Are we ready to train?!
- Ride Easy, medium Pace, base gear
- 3 epic rounds ahead
- Start to find Racing Resistance, good pressure with muscle engagement
- Start to build Pace
- We're Racing, first flat – 30 seconds
- Chase the beat
- **Hips forward, hands in the dips, belly braced**
- As fast as we can, it's OK if we slow but keep moving

BLOCK 2

Continue to use Layer 1 cues through the Attack Combination, then in the Racing phase challenge your class to find the next level of Intensity by using Layer 2 Manipulate Intensity and Educate cues.

- Hold Resistance
- Listen up, Attack Resistance
- Firm grip in the muscles, they are tight
- Stand, sit, stand, we're attacking
- When we stand, **hips forward**
- When we sit, **hips back**
- Hold here, we've excited the muscles – ready to go for the next Race?
- Racing Resistance, reduce
- 60 seconds on this breakaway!
- Hips forward and dip the toes
- We are still chasing
- Dip the toes to create small fast circles with the feet
- Aero-Racing: **Chest lifted**
- As we dip we can hold it longer, go faster

BLOCK 3

Repeat of Block 2. Time to Motivate your class to finish the track with the same Intensity that they started with.

- Slow, hold pressure, hold Resistance
- We've got one more
- Attack Resistance, stand, sit
- Hips back, hips forward
- Final 60!
- This is it, straight down the track on your breakaway as fast as you can!
- Your heart rate is driving and legs are burning
- We're in pursuit of the fire! The legs and lungs!
- I know it's challenging but we are better for it – we are fitter!

PERFORMANCE

This track is a massive energy shift from the cool and cruisy Track 3. This track is on FIRE! Use your voice and body to match the energy and feel of the song. How will you deliver the Pace of your cues? What will you do physically to bring out the feel of the song?

TRACK TIP

Remember: when we have a fast-paced track like this one, we don't cue to ride at 1/1 or on the beat. Instead, we cue to chase the beat.



05. INTERVALS

1/1 = 89rpm

TRACK FOCUS

- Channel the energy of the song through your voice, your body and your face.
- Emphasize what Attack Resistance should feel like.

PROFILE

5 intervals with multiple lengths of Attack phases.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00 3, 2, 1 _	4x8	Seated Recovery	B🔁	1½	Green
	0:14 V1 / Sometimes I	8x8	Ride Easy	•	1/1	
	0:35 _ Come on	4x8	Ride Easy	↗	1/1	
	0:46 _ Hold tight	4x8	Ride Easy	A🔁	1/1	Yellow
	0:57 C / That you've	8x8	2x COMBINATION			Orange
			2x8 Standing Attack	•	1/1	
			2x8 Racing	•	1/1	
	1:18 Br / (Beat)	2x8	Ride Easy	•	1/1	Green
2	1:24 V2 / _ This boy is	8x8	Ride Easy	↘	1/1	Green
	1:45 C / That you've	8x8	2x COMBINATION	A🔁	1/1	Orange
	2:06 I wanna know	1x8	Racing	•	1/1	
3	2:10 Rep / You've got	8x8	Ride Easy	↘	1/1	Green
	2:31 C / That you've	16x8	4x COMBINATION	A🔁	1/1	Orange
	3:14 Ohhhhhh	4x8	Ride Easy	•	1/1	
4	3:25 Br / (Beat)	17x8	🔁 BLOCK 2			
5	4:16 Rep / You've got	28x8	🔁 BLOCK 3			
				↘ to B🔁		



05. HIGHER POWER 5:34mins

TECHNIQUE AND COACHING

BLOCKS 1 & 2

Use the long build-up to 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 prescribe Intensity.

- 5 rounds, easy one first
- Start with good pressure in your muscles
- Hips back in the seat, lock the core into position
- Good changes of Resistance to find strong muscle pressure that's Attack Resistance
- First time through we are just going to learn the moves; it's rounds 2, 3, 4 and 5 where the workout starts!
- It feels like you're pushing through mud or wet cement
- Standing Attack: **Lean forward, chest lifted**
- Racing: **Butt back, abs braced**
- Round 2, here comes our big working set we are going to go back-to-back with a little bit of respite between the intervals
- These longer efforts are going to build our heart rate capacity, our lung capacity, our training capacity
- Strong Attack Resistance
- Lean into the handlebars, use your quads
- If you need some more Resistance to make it strong, add some more

BLOCK 3

Use Layer 2 cues to refine the Technique. How can you coach your class to ride better or work harder?

- Take Ride Easy, reduce Resistance, maintain the beat just with less Resistance to allow a short recovery
- This round, we attack 4 times in a row!
- Strong Attack Resistance
- Big energetic Push and Pull!
- This is where it gets a little sticky – stay in Racing

BLOCKS 4 & 5

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

- *Just think we are building our aerobic capacity. The bigger the base, the more calories we will burn and the fitter we will be!*
- Four sets – are you ready?! Let's go!
- Let's peak our heart rate
- Hold the pressure to the end

PERFORMANCE

Use short, simple cues to deliver and match the feel of this Alternative Pop track.

TRACK TIP

Set your class up for success by pre-cueing the changes early on.

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06. SPEED WORK

1/1 = 122rpm

TRACK FOCUS

- Coach your class in these long Speed Work phases to sustain their top Pace for as long as they can.

PROFILE

2x 60-second efforts and 1x 90-second effort where we try to sustain that 1/1 Pace for as long as we can.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	•	1/2	
	0:08	V1 / _ Out the keys	4x8 Ride Easy	B1	1/2	
	0:23	_ Look at our	4x8 Ride Easy	•	3/4+	
	0:43	Instr / (Beat)	16x8 Racing (Forward)	•	1/1	
2	1:46	Rep / _ Runaway	4x8 Seated Recovery	•	1/2	
	2:02	(Low fade-out)	2x8 Ride Easy	•	1/2	
	2:10	V2 / _ Out the keys	8x8 Ride Easy	•	3/4	
	2:42	C / _ Runaway	16x8 Racing (Forward)	•	1/1	
3	3:44	Rep / _ Runaway	30x8 REPEAT BLOCK 2			
	5:44	Outro /	8x8 Aero-Racing (Forward)	•	1/1	



06. RUN AWAY 6:18mins

TECHNIQUE AND COACHING

BLOCK 1

Use clear Layer 1 cues to set up Racing Resistance and coach speed Technique to enable riders to move fast with control. Be clear about what Pace your class should be riding at.

- Base Resistance – light pressure that connects body and bike
- Building to a medium Pace
- 2x 60 seconds efforts and one longer one for 90 seconds
- Racing pressure on the dial, good pressure but doesn't slow you down
- Racing: **Hips forward, abs are braced and dip the toes**, hands wide on the handlebars
- 30 seconds
- Bend the elbows, drop the shoulders away from the ears and **lift your chest** so you can breathe

BLOCK 2

Teach your class how they can ride better by using Layer 2 Improve Technique cues.

- Hold Resistance, slowing to half Pace
- Reset your posture, lift your chest, shoulder roll
- One down, two to go
- Now we are going to focus on stabilizing our body
- When your hips and your shoulders are stable, your muscles do all the work
- So it's easier to hold the beat and we become more efficient
- Check you've got that Racing Resistance, good pressure under foot
- Racing: 60 seconds on the beat
- To stabilize the hips we need a deep ab brace
- Let the muscles do all the work
- We are pushing down with the quads, making it easier to hold the beat

BLOCK 3

Final block, which is a repeat of Block 3. Because of this, your class will be clear on what to do. Now's your chance to Motivate and Inspire them to success. How will you do this?

- Hold Resistance, slowing, half Pace
- I'm saving the best for last
- Now we are ready for the extended set – we've got the pressure, the Pace and we are efficient, so now just find a rhythm to make you feel good
- Saving the best for last
- 90 seconds now!
- Starting to feel the effect of the race, the heart is pumping
- If you're slowing, it's OK. Do your best and keep going as fast as you can
- It's a deep connection between the body the movement, the melody and the mind
- 30 seconds more, Aero-Racing: **Lift your chest**
- When the legs can't move, just move with your heart

PERFORMANCE

This track has longer endurance phases, up to 60 to 90 seconds of riding at 1/1 Pace! So, with that in mind be sure to tell your class it is OK if they are starting to slow down. Remind them that it is the intention behind riding fast that counts.

TRACK TIP

Your class will need you to help them through this challenging track. Make sure you connect with everyone in the room – the front row riders, the middle of the class and finally the back of the room too! Remember to make that authentic eye contact with each rider.



07. MOUNTAIN CLIMB

1/1 = 65rpm

TRACK FOCUS

- Coach the different feelings of Resistance & Pace between the 1/1 & 1/2 climbs.

PROFILE

Just over 6 minutes of continuous climbing with 3x big Standing Climb phases – Blocks 1 and 3 are 60 seconds, and Block 2 is 90 seconds.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B↺	1/2	Green
	0:15	(Low rhythm)	4x8 Ride Easy	•	1/1	
	0:29	(Beat)	4x8 Ride Easy	↗	1/1	
	0:44		4x8 Ride Easy	↗	1/1	
	0:59	(Drop)	4x8 Standing Climb	C↺	1/1	Yellow
	1:14	(Rhythm)	4x8 Standing Climb	↗	1/1	
	1:28		4x8 Standing Climb	↗	1/1	Orange
	1:43		4x8 Standing Climb	↗	1/1	
2	1:58	Instr / (Low)	4x8 Standing Recovery	•	1/2	Green
	2:13	V1 / _ Universe comes	8x8 Ride Easy	↘	1/1	
	2:42	It's real	8x8 Power Climb	↗	1/1	
	2:57		4x8 Power Climb	↗	1/1	
	3:12	You _	2x8 Power Climb	H↺C↺	1/2	Yellow
	3:19	Instr / (Synth)	8x8 Standing Climb	H↺C↺	1/2	Orange
	3:49	(Drop)	8x8 Standing Climb	↘C↺	1/1	
	4:18	(Dubstep)	8x8 Standing Climb	H↺C↺	1/2	
3	4:48	V2 / _ Let us	10x8 Ride Easy	↘	1/1	Yellow
	5:25	(Drop)	8x8 Standing Climb	C↺	1/1	Orange
	5:54	(Low)	8x8 Standing Attack	↗	1/1	
				↘ to B↺		



07. LITTLE STAR 6:30mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long seated phase to establish Climbing Resistance. Coach PRP using Layer 1 cues to set your class up with great climbing Technique before the standing phase. Then a 60-second climb.

- *We are going to gradually add to find a Climbing Resistance*
- *Sit right back in the seat*
- *Draw belly in, brace hard through your core which will connect your hips onto the saddle; that'll give you more grip as you push the pedal*
- *First time out of the saddle is 1minute*
- *We are gradually going to build intensity by taking small bites of Resistance*
- *Heavy turn*
- *Standing Climb: **Soft elbows, lifted chest, braced core***
- *Find a rhythm, little side to side through your upper body*
- *One bite at a time, little gear*
- *Here is your base – Climbing Resistance*

BLOCK 2

Use Layer 2 cues to help your class ride better, educating them on what they are feeling and the different climbing Paces. Remember to set up the heavy Climbing Resistance early on so your class is prepared for the change in Pace. Increase Intensity by challenging them to ride harder in the climbing combination to finish the block.

- *As you sit back into Ride Easy, take the edge off just a little bit – find the beat for 30 seconds, letting the legs float through this part of the climb*
- *Hips are back in the saddle, drawing the belly in and pushing the hips onto the saddle*
- *Heavy clockwise turn, Power Climb*
- *Very soon we are going to find a heavy Climbing Resistance; we are going to stand up and ride to the slow beat, working on muscular strength*
- *Slow right down, big turn, Climbing Resistance*
- *Slow Standing Climb*
- *Now you need to grip the handlebars*
- *If this is easy, add more Resistance. I want you to feel all the muscles in your legs*
- *Side to side, pull up on the handlebars*
- *We're going to back off, back to our Climbing Resistance and back onto the fast beat*
- *How does that feel?*
- *Side to side, use your body weight*
- *We get to do it one more time*
- *Heading into heavy pressure, slow right down*
- *It's like you just hit the base of the steepest climb that you can imagine*
- *Engagement of all the muscles*
- *Firm grip on the handlebars, use your core, your powerhouse*



07. LITTLE STAR 6:30mins

BLOCK 3

Final block of work, let your class know it is only a short 60-second block to the end. Use this shorter block to Motivate your class to push themselves harder than what they would normally ride. Inspire them by physically role-modeling your top-end Intensity.

- *Reduce back to Ride Easy, somewhere near your normal Climbing Resistance*
- *It's a game-changer!*
- *We've got 1 minute of steady climbing to the end, like what we started with*
- *On the beat!*
- *Gear change, let's go!*
- *It's almost like a breath of fresh air*
- *Last gear, lean into the Attack!*
- *Stay lifted, last 15 seconds*
- *Let's finish it together!*

PERFORMANCE

Use the music to create energy and excitement. Through the highs and lows of the song create contrast, lift and energy.

TRACK TIP

Set your class up early in the slow heavy Standing Climb phases so they understand what is coming up and feel the correct Intensity straight away.



08. RIDE HOME / STRETCH

1/1 = 109rpm

TRACK FOCUS

- Reconnect with your class and reflect on the completed workout.
- Coach the benefits of rolling out the legs and stretching out the muscles.

PROFILE

Easy Ride Home to recover, reflecting on the workout completed.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	•	1/2	
	0:09	V1 / This girl	8x8 Ride Easy	B⬆	3/4	
	0:44		4x8 Ride Easy or Racing	↗	1/1	
2	1:02	Br / (Low)	1x8 Transition to Ride Easy	•	3/4	
	1:06	V2 / This guy	4x8 Ride Easy	•	3/4	
	1:24	PC / Low key	4x8 Ride Easy	↗	3/4	
	1:41	C / I'm in love	4x8 Racing	↗	1/1	
3	1:59	Instr / (Guitar)	4x8 Transition off bike, shake out legs			
	2:17	V3 / I hope I did	2x8 Standing Quadricep Stretch L			
	2:26	Never know	2x8 Standing Gluteal StretchL			
	2:34	PC / Low key	4x8 Standing Quadricep Stretch R			
	2:52	C / I'm in love	2x8 Standing Gluteal Stretch R			
	3:01	I'm in love	2x8 Bike-Supported Upper Back Stretch			



08. LOW KEY IN LOVE 3:15mins

TECHNIQUE AND COACHING

BLOCKS 1 & 2

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

- *Give yourselves a big clap, we did it!*
- *Ride Home baby!*
- *Let's take that leisurely Pace with Base Resistance*
- *How good do you feel right now?*
- *A little more Resistance and roll just a little quicker*
- *There was some epic work in today's workout*
- *Little more if you need it, into Racing*
- *You may want to close your eyes in this part, take it internal*

BLOCK 3

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

- *Take it off the bike for a couple of stretches*
- *Quad, bring some length, lots of power came from here today!*
- *Squeeze the butt, hips forward*
- *Bring the foot in front and feel the glutes*
- *Stand up nice and tall; grab the handlebars*



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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, 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.

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