

RPM 93

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

RELEASE FOCUS

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 benefits, avoids over-stressing the body and brings variety to the ride, which is an important factor in indoor cycling.

Some positions are used at specific Paces or Resistances as they are designed for Speed, Climbing and Power recovery. Others are used with all Paces and Resistance. Your goal is to ride both effectively and efficiently in each position and have your participants do the same.

BIKE SETUP

Before you begin the class use the ‘on-the-bike quick check’ to make sure you have a slight bend in your knee at the bottom of your pedal stroke.

SEAT HEIGHT

Bring your feet to 12 o’clock and 6 o’clock. Take out your bottom foot and place your heel over the pedal. With a straight leg and hips level, your heel should just touch the pedal – a good seat height for great force production. If your heel easily touches the pedal and the knee is bent, then the seat is too low. If you cannot reach the pedal without losing your hip alignment, then your seat is too high. Once you place your foot back in the pedal/cage, check you have a slight bend in your knee – the optimal angle is 25 degrees.

SEAT FORE AND AFT

With the pedals at 3 o’clock and 9 o’clock, position the saddle so the front knee is in line with the pedal axle or the top toe strap of the front pedal. If the knee is back of the pedal axle, the seat needs to be moved forward. If the knee is forward of the pedal axle, the seat needs to be moved back.

HANDLEBAR HEIGHT

The handlebar height should be slightly lower or level with the saddle. Beginners, or people with lower back problems, should have the handlebars slightly higher than the saddle.

HANDLEBAR FORWARD AND BACK

In Racing, you should have a 90-degree angle between your upper arm and your torso. If you feel like you need to slide forward in the saddle to create the 90-degree angle, move your handlebars a little closer.

RIDE EASY

Layer 1

- *Tip forward from the hips*
- *Sit back in the saddle*
- *Hands shoulder-width apart*
- *90-degree angle at your upper arm and torso*
- *Lengthen the back of the neck and tuck in chin*
- *Chest lifted*
- *Shoulders back*
- *Soft elbows*
- *Upper body relaxed*
- *Hips, knees, ankles in line*
- *Middle of kneecap in line with 2nd toe*
- *Eyes in front of the handlebars*



Layer 2

- *Shoulders away from ears*
- *Relaxed upper body to help with recovery*
- *Hands wide to help with your breathing*

This is the basic riding position and can also be used for recovery. It’s used with light to moderate Climbing Resistance either at the start of the track, to provide active recovery through the track, or when we start to build intensity at the beginning of work phases.



GLOSSARY CONTINUED

RACING

Layer 1

- Hinge forward from the hips
- Reach arms forward
- Slide the butt back
- 90-degree angle at your upper arm and torso
- Chest lifted
- Shoulders back and down
- Bend through your elbows
- Abs in and braced
- Lengthen the back of your neck and tuck in chin
- Eyes in front of the handlebars
- Hips, knees, ankles in line



Layer 2

- Reach long into the dippers – keep your elbows bent
- Slide back on the saddle; feel the glutes and hamstrings
- Belly strong; keep your upper body still
- Maintain good knee alignment, middle of kneecap in line with middle of foot

This is a riding position, not a cue to automatically go faster. However, generally we move to a period of increased intensity using slightly more Resistance and/or faster speed.

Don't overreach in this position because we don't want to compromise the lower back, the shoulders or the neck. This position gives us a wider Base of support and slightly changes the hip angle, allowing a change in recruitment of the gluteals and hamstrings; therefore, it puts you in the best position to work harder. Used in Tracks 1, 2, 4, 5 and 6.

RACING (FORWARD)

Layer 1

- Reach arms forward
- Slide forward
- 90-degree angle at your upper arm and torso
- Chest lifted
- Shoulders back and down
- Bend through your elbows
- Abs braced
- Lengthen the back of your neck and tuck 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.



GLOSSARY CONTINUED

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.

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.



GLOSSARY CONTINUED

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.'

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

Take My Breath (3:39)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Max, Tesfaye, Balshe, Holter

02

Take My Breath (2:03)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Max, Tesfaye, Balshe, Holter

Hero (Nicky Romero Remix) (5:08)
Afrojack & David Guetta
© 2021 Wall Recordings.
Written by: van de Wall, Eriksen, Hermansen, Tedder, Scott, Goulding, Guetta

03

Electrical Storm (4:10)
U2
Courtesy of the Universal Music Group.
Written by: Clayton, Mullen, Evans, Hewson

04

Electrical Storm (1:59)
U2
Courtesy of the Universal Music Group.
Written by: Clayton, Mullen, Evans, Hewson

05

Now Nobody's Safe (4:52)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Hope (3:08)
Sigma & Carla Marie
Courtesy of the Universal Music Group.
Written by: Newman, Edwards, Lenzie, Fitton, Williams

06

Hope (1:33)
Sigma & Carla Marie
Courtesy of the Universal Music Group.
Written by: Newman, Edwards, Lenzie, Fitton, Williams

07

Alive (5:35)
POD People
© 2022 Les Mills Music Licensing Ltd.
Written by: Evigan, Hunt, Lindqvist, George

Wild And Broken (7:00)
Seven Lions, Trivecta & Blanke feat. RBBTS
© 2021 Ophelia Records LLC.
Written by: Montalvo, Dobkin, Orchison, Burkhard, Kalstrup

08

Don't Go Yet (2:45)
Camila Cabello
© 2021 Epic Records, a division of Sony Music Entertainment.
Written by: Frederic, Cabello, Sabath, Harris

OUTRO

Firestone (4:32)
Kygo feat. Conrad Sewell
© 2016 2016 Kygo under exclusive license to Sony Music Entertainment International Ltd / Ultra, LLC.
Written by: Sewell, Tienus



RPM 93



Glen Ostergaard

PRESENTER

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 weight lifter.

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Juliet Mora

RPM 93™ is an amazing journey of musical Rhythm and Resistance.

Our goal from start to finish is to ride with constant muscular pressure, on the pedals, to ensure a safe, efficient ride and to develop cardiovascular fitness, and strength endurance.

The Warm-Up, *Take Your Breath*, allows us to find our cycle Set Position, Base Resistance, and light muscle pressure to get warm!

The Pace track is big, heroic, emotive and driving, with 3 Speed Blocks to push us into the working zone.

Track 3 has us climbing into an *Electrical Storm!* This is an amazing piece of music. The slow Pace and heavy Resistance allows us to build our Strength Endurance. It's time under tension here that will improve our fitness.

The calm before the storm is our Mixed Terrain, and this continues our ride with short Racing and Climbing phases.

Intervals – there's pure inspiration in this track, where we find *Hope* and our top-end fitness. Pressure is strong and with short bursts of effort, we peak the heart rate!

Coming back to earth with this smooth melodic feel, we roll into the aerobic zone with a restorative feel in Speed Work.

Contrasts aplenty with a mountain of rhythm, intensity, and emotion – we climb together – or not – so see you at the top!

This is one of my favorite classes of all-time, enjoy!

Glen.



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 93 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	26:32 without Track 08 29:17 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
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 = 121rpm

TRACK FOCUS

- Focus on Coaching the basics of PRP: Position, Resistance and Pace to get your class moving well and confidently.
- Be warm and welcoming in your Coaching to help connect with your participants and get them into the workout. Start to build excitement and energy towards the end of the track to get them ready for the workout ahead.

TRACK PROFILE

5 short and easy accelerations onto the beat to lift the heart rate and warm the body

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05 Intro / (Clap)	4x8	Seated Recovery	•	½	E
	0:21 Instr / (Synth melody)	4x8	Ride Easy	B↗	½	
	0:36 V1 / _ in your eyes	4x8	Ride Easy	•	¾	
	0:52 to feel alive	4x8	Ride Easy	↗	¾	
	1:07 PC / It's like a dream	4x8	Ride Easy	↗	¾+	
	1:24 C / Take my breath	4x8	Racing	R↗	1/1	
2	1:40 V2 / _ to you tight	4x8	Ride Easy	↘	¾	
	1:56 PC / It's like a dream	4½x8	Ride Easy	↗	¾+	
	2:13 C / Take my breath	4x8	Racing	R↗	1/1	
	2:30 Br / (Low synth)	1x8	Transition		1/1–½	
	2:33 Oh, oh-oooh	8x8	Ride Easy	C↗	½	
	3:05 C / Take my breath	8x8	Racing	R↗	1/1	
3	3:37 Br / (Low)	1x8	Transition	•	1/1–½	
	3:41 V3 / _ to you tight	29x8	REPEAT BLOCK 2	↘ to B↗		



01. TAKE MY BREATH 5:42mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues by Coaching PRP: Position, Resistance and Pace to get your class moving successfully and comfortably.

- Find Ride Easy, **hips back in the seat**
- Slow beat, Base Resistance, light muscle pressure, light connection to the wheel
- Rolling, Medium Pace
- **Hands are relaxed on the handlebars, elbows are in and down, chest is up, hips are back in the saddle**
- Base Resistance is our safety net, where we can ride smoothly, efficiently and safely
- Always riding at Base Resistance, at the least
- Stay nice and relaxed, and connected to the bike
- One more gear heading towards good pressure in Racing Resistance
- 15 seconds onto the beat in Racing

BLOCK 2

Use Layer 2 cues to build on PRP and Improve Execution. Between our Racing phases we bring in a heavy gear at a ½ beat to warm up the body fast. This is a great opportunity to describe why and how the body should feel with descriptive Layer 2 cues to Manipulate Intensity and get your class working a little harder in this Pack Ride.

- Reset back to Cycle Set Position. Hands are shoulder-width apart, **chest up, butt back**
- Our Cycle Set is our home base. We ride here all the time for safe and efficient riding
- Gear change towards our Racing Resistance, good muscle pressure, reach out
- Racing, nice smooth pedal circles
- Something a little bit different for the warm-up, slightly heavier than Racing Resistance, **push your butt** to the back of the seat and find the definite ½ beat
- Heavier Resistance in the warm-up is going to grab more muscle; start to warm ourselves up a lot faster. Recruiting more muscle fibers and getting our heart rate up, that's what the warm-up is about
- Start to build the Pace, reduce to Racing Resistance, out onto the beat
- We're away again!
- On the beat – 1, 2, 1, 2

BLOCK 3

Last Block of the Pack Ride and final chance to warm the body, ready for the ride ahead. Use Layer 2 cues to Improve Execution as your class rides the Heavy Resistance again explaining the why to Manipulate Intensity. Then focus on Layer 3 cues to connect, engage and create energy within your class to get them into the zone.

- Back to the Slow Pace, reconnect us back to what we are doing – riding the rhythm with the correct Resistance
- We're going to get super warm now! And get stuck into the workout today
- Gear change clockwise, good muscle pressure, Racing Resistance
- Starting to breathe a little heavier now; open-mouth breathing is happening
- Slow, slightly heavier than Racing Resistance sit back in the saddle, a nice firm Push and Pull going on
- Really recruiting those muscles fibers fast now, starting to accelerate the heart rate to get warm quickly
- Push, pull, push, pull, push
- Last 30 seconds!
- 30 seconds on the beat! It's like magic!

PERFORMANCE

This is a super cool, smooth song to get your class warm and ready to ride hard. Try to match the vibe of the song with your voice and body language to bring the cool beats alive.

TRACK TIP

Be warm and open with your Coaching to help everyone in your class feel welcome and excited to ride today. This will help you get the most out of them throughout the class and set everyone up for a great workout ahead!



02. PACE

1/1 = 130rpm

TRACK FOCUS

- Clearly coach what each Position, Resistance and Pace should look and feel like by using simple Layer 1 and 2 cues early on.

PROFILE

3 Blocks of Pace incorporating fast flats and climbs. Blocks 2 and 3 have longer 45-second Racing phases.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	V1 / _ little girl	2x8 Seated Recovery	B⬆	½	E
	0:09	She’s heard it	2x8 Ride Easy	•	½	
	0:16	She dreams of	4x8 Standing Climb	C⬆	½	M
	0:31	PC / When streams	4x8 Standing Climb	• or ↗	½	
	0:46	C / Tonight when	4x8 Power Climb Accelerate on last 2x8	•	½ – ¾+	
	1:01	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to R⬆	1/1	H
2	1:30	Br / (Low)	1x8 Transition to Ride Easy	•	1/1–½	E
	1:34	V2 / Old man trying	4x8 Ride Easy Option: Seated Recovery	•	½	
	1:49	She says I’m	4x8 Standing Climb	C⬆	½	M
	2:04	PC / When streams	4x8 Standing Climb	• or ↗	½	
	2:18	C / Tonight when	4x8 Power Climb Accelerate on last 2x8	•	½ – ¾+	
	2:33	Instr / (Upbeat)	12x8 Racing (Forward)	↘ to R⬆	1/1	H
3	3:18	Ref / Youuu	29x8  BLOCK 2	↘ to B⬆		



02. HERO 5:08mins

TECHNIQUE AND COACHING

BLOCK 1

A shorter first Block and also the first Standing Climb for the ride and it happens almost straight away! To help your class with the fast transitions, use simple Layer 1 PRP cues to get everyone riding successfully and safely.

- **Hands on top of the handlebars**, Ride Easy
- Climbing Resistance, Heavy Climbing Resistance
- Standing Climb
- **Chest lifted and core braced**
- Heavy pressure under foot, lift your body off the saddle, nice light grip
- 3 rounds today
- Here's the key – sit down, hold Resistance, Power Climb
- We're going to slide forward and accelerate to the beat
- 30 seconds of Racing! Reduce Resistance, good pressure, Racing Resistance, let's go!
- Here's your first interval for today
- 1, 2, 1, 2 – there's your beat; there's your rhythm!

BLOCK 2

Almost a repeat of Block 1, however we race for an extra 15 seconds. This time use Layer 2 cues in your Coaching to Manipulate Intensity and Execution in your riders. Bring emphasis to the fact that we hold Resistance when we sit to Power Climb to feel the gear in our muscles and ensure we have the right Racing Resistance in our racing phase.

- Slowing, Ride Easy, Recover
- Definitely starting to work harder now
- 2 and 3 Blocks – let's go to the next level!
- Add Climbing Resistance, Standing Climb
- Upper body relaxed, **chest lifted**, butt just touching top of the seat
- Here we go! We've got 45 seconds of Racing
- This is going to be a little more demanding!
- Maintaining Resistance, **sit back in the seat**, hold Power Climb
- Push and Pull, breathing heavy, **slide forward**, accelerate!
- Reduce to Racing Resistance, speed up, go!
- **Hips forward, brace core, dip toes, relax the arms**
- You've got 15 more seconds!
- I've got your back!

BLOCK 3

Last Block and a repeat of Block 2. A great opportunity to use Layer 3 cues to Motivate and Inspire your class to ride with intensity to the end of the track. How should they be feeling? How are YOU feeling?

- Oh yeah! Sit up and rest
- One more round. This is the one. This is the defining difference today
- **Hands on top of the handlebars**, heavy Resistance, heavy pressure
- Standing Climb, let's go!
- We're all about the music today!
- Same round, 45 seconds. Let's push hard for this one!
- Sit back and hold Resistance, **slide back in saddle**
- Glutes and quads, Push and Pull
- **Slide forward and accelerate** just a little, reduce to Racing Resistance
- Hit it!
- **Relax the arms, drop the elbows, lift the chest, slide your hips forward slightly and dip your toes**
- **Belly in, brace core, sucking your hips into the saddle**
- Last 15 seconds!
- Stay strong, stay with me! Together we'll do this!

PERFORMANCE

Let this amazing and uplifting piece of music shine through by matching the highs and lows with your voice and Coaching.

TRACK TIP

Clearly coach the HOLD of Resistance when we sit to Power Climb and then pre-cue what Racing Resistance should feel like early on. This will help your riders ensure they aren't taking too much Resistance off in the Racing phase.



03. HILLS

1/1 = 99rpm

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 ensure your participants stay on the beat. Coach clear timing of the Power Climb and Standing Climbs.

PROFILE

4 slow and steady climbing inclines with surge phases in Blocks 2, 3 and 4

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Instr / (Guitar)	2x8	Seated Recovery	B↱	½	E
	0:10	V1 / _ The sea, it	4x8	Ride Easy	•	½	
	0:30	In rainy days	3x8	Ride Easy	↗↗	½	
	0:44	Instr / (Heavy guitar)	4x8	Standing Climb	C↱	½	H
2	1:03	Instr / (Low guitar)	5x8	Ride Easy	•	½	E
	1:28	PC / Let's see colours	2x8	Ride Easy	↗	½	M
	1:37	C / You're in my	4x8	Standing Climb	↗	½	H
	1:57	Instr / (Guitar chords)	4x8	4x COMBINATION	•	¾	
				½x8 Standing Attack	•	½	
3	2:16	Br / (Low)	2x8	Standing Recovery	•	¼	E
	2:26	Ref / It's hot as	4x8	Ride Easy	↘	½	H
	2:45	PC / Hey! Hey!	4x8	Standing Climb	C↱	½	
	3:04	Instr / (Guitar chords)	4x8	4x COMBINATION	•	¼	
				½x8 Standing Attack	•	½	
				½x8 Standing Climb			
	3:24	/ (Guitar solo)	6x8	Power Climb	•	½	
3:53	(Guitar)	4x8	Standing Attack	↗	½		
4	4:08	Br / (Low)	24x8	REPEAT BLOCK 3			↘ to B↱



03. ELECTRICAL STORM 6:09mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Focus on setting up the correct PRP straight away by using Layer 1 cues. This will ensure that your class gets riding correctly with the right feel of the slower beat with a focus on heavy muscle pressure through Resistance. When the surges hit in Block 2, use short, sharp cues so they know exactly what they are doing.

- *This is all about slow and steady climbing*
- *Slow and steady, we're going to build it in 4 phases, 4 inclines, 4 switchbacks*
- *Heavy turn clockwise, stay seated, find the beat*
- *The slower tempo with a heavier Resistance helps to build muscle strength and muscle endurance*
- *Gear change, Standing Climb*
- *Here's your beat, side to side*
- *Hold Resistance, sit back in saddle, Ride Easy*
- ***Ride Easy: slide back in the seat, draw your elbows in, keep chest lifted, draw down and brace your core, sit strong in the seat***
- *More Resistance now – a Heavy Climbing Resistance*
- *Second switchback, here we go!*
- *Standing Climb: butt touching top of seat, lifting chest, drawing belly in, soft elbows side to side*
- *Here's the key today – little surge forward and pull back*
- *Like this, little surge forward, slow*

BLOCK 3

Block 3 brings the endurance with an extra 45 seconds of climbing after the surges! A great opportunity to use Layer 2 cues here to Improve Execution and Manipulate Intensity in your riders, especially when they start to fatigue towards the end of the Block. Again, the focus is on heavy muscle pressure in the legs throughout with short bursts of intensity in the surges. What Layer 2 cues will you use to help your riders stay in the game until the recovery?

- *Standing Recovery*
- *Here comes the ones that matter!*
- *Sit down to Ride Easy, reduce just a little bit of Resistance*
- ***Push your hips back in the seat now, let's find that strong seated climbing position***
- ***Firm grip on handlebars, soft elbows, draw belly in, lift chest***
- *Here we go team! Gear change, heavy Standing Climb*
- *As it starts to get heavier and deeper in the muscles, engage more of your upper body strength and core*
- *4 surges – lean in, slow, 2 more, slow, last one, slow*
- *Here's the key: sit down, hold Resistance, Power Climb*
- *I'm breathing really hard here! As we get deeper and deeper into this climb it gets harder for me to talk*
- *Stay strong, stay grounded*
- *Let's finish off this peak! Little gear, Standing Climb, lean into the Attack*
- *Pull up on the handlebars, push down on the pedals*



03. ELECTRICAL STORM 6:09mins

TECHNIQUE AND COACHING

BLOCK 4

A repeat of Block 3 and the last Block of the track! It's all about Motivating and Inspiring to get everyone to the top of the hills, so use Layer 3 cues to do this. Make sure to show just how physically hard you're working as well so your class knows that you're right there with them.

- *Ok, as you sit, option to back off a little, find the beat*
- *One more to go!*
- *Maximize your output today – the heaviest Climbing Resistance you can manage on the slow Pace*
- *We're building strength, building muscle endurance*
- *Here we go gang! Light gear, Standing Climb*
- *As I lift off the saddle now, really starting to work a lot harder*
- ***Gripping the handlebars, bracing my belly and core***
- *Lean into the surges, little surges*
- *Firing up more muscles, elevating the heart rate quickly*
- *Sit Power Climb, here's the key!*
- *Firm pressure now, heavy muscle tension, big Push and big Pull*
- *From the glutes to the quads to the calves to the hamstrings*
- *Stay in the work, stay in the mahi!*
- *Little gear, Standing Attack*
- *So close!*

PERFORMANCE

A challenging Hills track with a different feel in the Music and Choreography. Try to match the grungy, Rock sounds with your Coaching and energy to really bring it alive! How can you challenge and encourage your class to work hard with you today?

TRACK TIP

The key to this track is ensuring your riders have the right Resistance and therefore intensity throughout the climbing phases. A great way to achieve this is to cue to hold Resistance in the Power Climb phases before optioning a reduction if they need it. This way, they don't back off too much Resistance off when the surges hit and will definitely feel that muscle and cardiovascular burn!



04. MIXED TERRAIN

1/1 = 142rpm

TRACK FOCUS

- This track is all about steady riding and maintaining an achievable intensity. Achieve this by setting your class up really well with Layer 1 and 2 PRP cues so that they are riding with the right Position, Resistance and Pace from the start.
- Match your energy with the huge contrast in sound from Track 3 to bring this cool, modern track alive.

PROFILE

3 Blocks of work with a combination of fast flats and steady climbs

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro / (Whirl)	5x8	Seated Recovery	B↻	½	E
	0:19	Ref / (Shake)	8x8	Ride Easy	•	¾	
	0:45	/ (Shake)	8x8	Racing (Forward)	R↻	¾+	H
2	1:13	Instr / (Low)	4x8	Ride Easy	•	½	E
	1:26	Ref / (Shake)	4x8	Standing Climb	C↻	½	M
	1:39	Instr / (Low chant)	4x8	Power Climb	•	½	
	1:53	Ref / (Shake)	8x8	Racing (Forward)	↘ to R↻	¾+	H
	2:20	Instr / (Low whirl)	4x8	Ride Easy	•	½	E
	2:33	Ref / (Shake)	8x8	Racing (Forward)	↗	¾+	H
3	3:01	Outro / (Low)	32x8	REPEAT BLOCK 2		↘ to B↻	

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SMARTSTART

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



04. NOW NOBODY'S SAFE 4:52mins

TECHNIQUE AND COACHING

BLOCK 1

Coach the basics by using Layer 1 PRP cues to get your class moving well and with the right Resistance. At this rpm, we want to teach the class to chase the beat.

NOTE: You may hear Glen occasionally mention riding on the fast beat. This is mentioned loosely and usually in the same breath as chasing the beat which gives everyone the license to find the speed that feels good for them.

- *Back to Base Resistance*
- *Mixed Terrain – a chance for us to find constant muscle pressure throughout the terrain*
- *Ride Easy, Medium Pace*
- *We're going to think about this track in two parts. It's about the short efforts but it's about sustaining good pressure as we go from standing to seated to fast*
- *That's what cycling is about, maintaining constant muscle pressure throughout the ride*
- *Add a gear, reach out, Racing*
- *You can be on the beat if you want to, or you can be behind it – it doesn't matter. Think about chasing it down. That's the key here with rpm 15 seconds*
- *Good pressure in the muscles now – that's our Racing Resistance*
- *We're about to have a little recovery*

BLOCK 2

Continue to use Layer 1 cues to reiterate the basics of PRP. Then in the working phase, use Layer 2 cues to Manipulate Intensity. Glen does this by explaining the 'why' behind the Choreography.

- *From our Racing Resistance we're going to find our Climbing Resistance*
- *Heavy pressure in the muscles*
- *Light hands on the handlebars, feel the muscle pressure and hold it as you sit down*
- *What I don't want you to do is dump the Resistance when we go fast. Go back to Racing Resistance – speed up to get close to the beat or near it*
- *Back off, slide forward, 30 seconds*
- *So that's one thing you take away from this class – learning to ride consistently through pressure or Resistance*
- *15 second*
- *Leave Resistance, Ride Easy*
- *So why is all of this important? To ride consistently through pressure means we're going to achieve our fitness goals a lot faster*
- *Light gear, reach out, 30 seconds, here we go!*
- *We don't want to be sitting down, dumping the Resistance, speeding up and losing that connection*
- *15 seconds! Nobody's safe!*
- ***Elbows are in, chest is up, hips are slightly forward***, and I'm dipping my toes for speed



04. NOW NOBODY'S SAFE 4:52mins

TECHNIQUE AND COACHING CONTINUED

BLOCK 3

The last Block is a repeat of Block 2. Use this as an opportunity to Motivate and Inspire your class to the end. Really lift your energy here to help your riders to the end of the track and get them ready for the big Intervals track next!

- *Same thing again. Thinking about constantly riding with pressure; increasing our heart rate gives us the training effect*
- *Climbing Resistance, heavy pressure*
- *Body weight slightly forward, little softness in the arms, side to side*
- *Sit, Power Climb, here's the challenge: to hold the beat with that same Resistance and then not to dump it when we go quickly*
- *Slide forward, reduce to Racing Resistance, let's go!*
- *30 seconds of chasing the beat*
- *Short little bursts of energy!*
- *We've got one more, OK? One more little burst!*
- *Bring the hips forward again, same Resistance, let's go!*
- *What I love about this song is it's nice and steady, not working too hard but working hard enough*

PERFORMANCE

A cool, modern-sounding tune to take us through Mixed Terrain. Let the cool beats shine through by finding moments in the working Blocks to be silent and to just let the music shine. This will really hook your class into the working phases!

TRACK TIP

This track is all about constant pressure and sustaining the effort through the racing phases. We want to coach the class to work hard but at a maintainable, steady effort throughout the track. Glen does this by explaining the reasoning behind the Choreography by using great Layer 2 and 3 Coaching.



05. INTERVALS

1/1 = 75rpm

TRACK FOCUS

- Be uplifting and energetic to match this amazing Intervals track and focus on challenging your class to work as hard as they can.

PROFILE

3 challenging intervals that are 40 seconds of work each

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro / All I need is	4x8	Seated Recovery	B↺	½	E
	0:11	V1 / I've been waiting	8x8	Ride Easy	R↺	1/1	
	0:33	Ref / Oh, oh, oh	8x8	Racing	↗	1/1	M
	0:56	/ Oh, oh, oh	8x8	Standing Attack	A↺	1/1	H
	1:17	Instr / (Piano)	8x8	Racing	•	1/1	
2	1:39	(Low ref) / I need hope	4x8	Seated Recovery	↘	½	E
	1:50	QC / I hear you hope	4x8	Ride Easy	•	1/1	
	2:01	Ref / Oh, oh, oh	8x8	Racing	↗	1/1	M
	2:23	/ Oh, oh, oh	8x8	Standing Attack	A↺	1/1	H
	2:45	Instr / (Piano)	8x8	Racing	•	1/1	
3	3:07	Outro / (Low)	32x8	REPEAT BLOCK 2			
				↘ to B↺			



05. HOPE 4:41mins

TECHNIQUE AND COACHING

BLOCK 1

Use this Block to set up the basics of PRP by using Layer 1 cues.

- *Find Ride Easy, on the beat*
- *Let's put on at least our minimum Resistance*
- *Racing Resistance*
- *Find the rhythm*
- *When we go to our Attack Resistance it's a strong muscle pressure*
- *Reach out, find the beat, add Resistance, feel it under your feet*
- *This is as good as it gets!*
- *We're going to go 20 seconds Attack, 20 seconds Racing*
- *Max power! Max output! Let's go team*
- ***Bring your body forward on the seat, grip the handlebars, lift your chest***
- *Maintain Resistance, back in the saddle, Push, Pull, Push, Pull*
- *20 seconds!*
- *Drill down on that pedal stroke*
- *It's only short – 4, 3, 2, rest*

BLOCK 2

Now that your class has the basics, think about what Layer 2 cues you can use to Improve Execution to help them ride even better.

- *There's our foundation*
- *Ride Easy*
- *This time, I want you to work as hard as you can at this point in the class*
- *Gear change clockwise, feel the strong push*
- *Strong tension under foot. It feels like it's trying to slow you down and it is!*
- *But when you stand up on this Resistance you can power through with effort and inspiration! 4, 3, 2, Attack! 20 seconds!*
- *Anything is possible! Are you with me?*
- *Sit! Hold, push!*
- *Drill down, lock down, belly in, brace core*
- *Glutes, quads, calves, hamstrings*

BLOCK 3

Bring it home in this last Block! Motivate and Inspire right to the end using Layer 3 cues but be careful not to say too much! You should be breathless by now and sometimes saying nothing is all the Motivation your class needs. See how Glen does this in the Masterclass!

- *Hard to talk now. Talking between breaths*
- *If you can't talk to the people around you, it means you're working at the right intensity*
- *Find the beat*
- *Ok, you and me – together!*
- *20, 20, that's it!*
- *Strong pressure, Attack Resistance!*
- *Stay with it! **Firm grip, core in, brace down!***
- *Steady, 20 seconds, sit!*
- *I love this! This is so good! Here's training, true training!*

PERFORMANCE

Try not to overpower this amazing piece of music with too many words. Watch how Glen uses simple cues to get his message across and lets the music shine.

TRACK TIP

Use Block 1 and 2 to do most of the Coaching so that Block 3 is left to Motivate and Inspire!



06. SPEED WORK

1/1 = 122rpm

TRACK FOCUS

- Coach your class on how to ride the Pace with the right Resistance throughout the longer speed phases.

PROFILE

Block 1 is a short acceleration in the legs followed by 2x 60 second Blocks of Speed Work on the beat

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / (Guitar)	4x8 Seated Recovery	B↻	½	E
	0:16	V1 / There’s a pain	8x8 Ride Easy	•	½	
	0:46	Ref / At least I’m	8x8 Ride Easy	↗	¾	
	1:19	C / ooooh	4x8 Ride Easy	R↻	¾+	M
2	1:35	V2 / There’s a pain	8x8 Ride Easy	•	½	E
	2:05	Ref / At least I’m	4x8 Ride Easy	•	¾	
	2:21	C / ooooh	8x8 Racing (Forward)	↗	1/1	H
	2:53	Instr / (Distorted synth)	8x8 Aero-Racing (Forward)	•	1/1	
3	3:25	Instr / (Low)	4x8 Seated Recovery	•	½	E
	3:40	/ (Keyboard)	4x8 Ride Easy	•	½	
	3:55	Ref / At least I’m	8x8 Ride Easy	•	¾	
	4:27	C / ooooh	8x8 Racing (Forward)	•	1/1	H
	4:59	Outro / (Distorted synth)	8x8 Aero-Racing (Forward)	• ↘ to B↻	1/1	



06. ALIVE 5:35mins

TECHNIQUE AND COACHING

BLOCK 1

This first Block is a great opportunity to set up Racing Resistance by using clear Layer 1 cues. This will get your class riding safely and correctly before we hit the real work in Blocks 2 and 3.

- *Base Resistance, light connection, Ride Easy, slow*
- *Let's recover, we should need it*
- *We're going to rest, we're going to build, we're going to go 2 times after that, long seated efforts*
- *Today we're going to be really mindful of riding the Pace with the right Resistance*
- *Little gear, Medium Pace*
- *Pulling up on the pedal stroke, rolling a little quicker*
- *To build up to that building plus Pace*
- *Here it comes, we're going to sit just below the beat*
- *Then we're going to slow down and rest again*

BLOCK 2

This longer 60-second Block is a great opportunity to focus on Improving Execution through Layer 2 cues. Look out to your class to identify if there is anything that can be improved on. This will help them sustain the entire 60 seconds on the beat and with true Racing Resistance.

- *Relax, slow legs*
- *It's going to feel unusually slow, but that's good!*
- ***Hips back in the seat, elbows in, chest up, belly in, relax***
- *Be mindful now, accelerating just a little, hips forward*
- *1 minute, light gear, good pressure*
- *Stretch out Racing, on the beat or near it*
- *Let the sound and the rhythm guide you*
- *Relax on top of the handlebars, soft elbows, drop, lift, sit back*
- *Pull back into yourself a little, be mindful of the ride – smooth, relaxed, efficient Aero-Racing*
- *This is where you dim the lights, breathe deeply, exhale*
- *Out of effort, into recovery*

BLOCK 3

Final Block of Speed Work for the entire workout! No need to say too much in this Block. Let the music shine and work hard with your class. Layer 3 cues to Motivate and Inspire will help get everyone to the finish line.

- *Leave Resistance, one less thing to think about*
- *Reset, hands on top of the handlebars*
- ***Soft arms on the handlebars, tuck your tummy in, light hand pressure***
- *Starting to build again, find your breath*
- *Last minute, your Pace, I'll see you at the end!*
- *Focus on the breathing, stay nice and relaxed*
- *Last 30 seconds, Aero-Racing*
- *The power of now!*
- *Inhale, exhale*

TRACK TIP

This is such a smooth and calm piece of music so try not to say too much in this track, just enough to get your class riding well on the beat. Let the music shine and your class find a bit of internal inspiration while maintaining connection by riding hard with them.



07. MOUNTAIN CLIMB

1/1 = 75rpm

TRACK FOCUS

- Match your body and voice to this uplifting and powerful piece of music.
- Coach the difference in feeling between the slow and heavy climb and the faster on-the-beat climbs in Blocks 2 and 3.

PROFILE

3 steady Blocks of work with slower heavy climbs under the beat

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	V1 / _ Into the night	8x8 Seated Recovery	B↻	½	E
	0:31	C / We are the wild	4x8 Ride Easy	↗	1/1	
	0:44	We're the giants	4x8 Power Climb	↗↗	1/1	M
	0:57	Instr / (Upbeat)	8x8 Standing Climb	C↻	1/1	H
	1:23	C / We are the wild	8x8 Ride Easy	↘	1/1	M
	1:48	Instr / (Dubstep)	4x8 Standing Climb	C↻	1/1	H
	2:01	/ (Melody + dubstep)	4x8 Standing Attack	•	1/1	
	2:14	C / We are the wild	8x8 Ride Easy	↘	1/1	M
	2:39	Instr / (Dubstep)	8x8 Standing Climb	C↻	1/1	H
2	3:04	V2 / _ A new hope	8x8 Seated Recovery	↘↘	½	E
	3:31	Instr / (Guitar)	8x8 Power Climb	↗↗	1/1	M
	3:56	/ (Upbeat)	4x8 Standing Climb	C↻	1/1	H
	4:09	/ (Upbeat + slow synth)	4x8 Standing Climb	HC↻	½	
	4:22	/ (Upbeat)	4x8 Standing Climb	↘ to C↻	1/1	
	4:35	/ (Upbeat + low synth)	4x8 Standing Climb	HC↻	½	
3	4:48	V3 / _ A new hope	32x8 REPEAT BLOCK 2			
	6:30	Outro /	8x8 Ride Easy	↘ to B↻		



07. WILD AND BROKEN 7:00mins

TECHNIQUE AND COACHING

BLOCK 1

This first Block is long and steep. Use this opportunity to coach PRP using Layer 1 cues to set your class up with great climbing Technique and Climbing Resistance; this will help them make it to the top of the mountain!

- *We're going to go 3 rounds, 3 climbs; this one's steep and hard*
- *This is a mountain! This is a mountain climb!*
- *Find Ride Easy, on the beat*
- *Heavy turn clockwise, reach out, Power Climb, on-the-beat climb*
- *Heavy, heavy Resistance!*
- *4, 3, 2, up!*
- *How good's that?*
- *Side to side, Push and Pull*
- *Reduce Resistance, Ride Easy*
- *Take the pressure off, stay on the beat; this is your rest. Taking the pressure off gives us a little bit of respite – we're going to go hard again*
- *Heavy Climbing Resistance, heavy under foot, 30 seconds!*
- *Gear up, turn up, reach out, Standing Climb*
- *When I hear this song, I want to celebrate!*
- *Grip the handlebars, lean forward, Push and Pull, RPM93!*
- *Sit down, reduce, back it off, stay on the beat*
- *Just enough to recover, but not quite enough to recover*
- *Hips back in the saddle*
- *Let's go, you and me!*
- *Heavy, Standing Climb!*
- ***Soften the arms, lift the chest, brace the core, body weight side to side***
- *Sit down, recover*

BLOCK 2

Focus on describing how the change in Resistance and Pace in the 60-second climb should feel. Do this by using Layer 2 cues to Educate and Manipulate Intensity.

- *How's it going to feel? Hard to talk, definitely open-mouth breathing, muscles are working, you can feel it*
- *2 Blocks, 2 x 1 minute*
- *Reach out, Power Climb, find the beat*
- *Add Resistance, sit back in the saddle*
- *I want you to go hard in this one, OK?*
- *15 seconds on the beat and 15 seconds slower than the beat, on and off*
- *Pull back on the pedal*
- *Standing Climb, let's go!*
- *Here comes the magic!*
- *Heavy turn, slow tempo*
- *Gear back off, on the beat!*
- *Hips forward*
- *Strength, slow, steady*

BLOCK 3

Final Block of work and it's a repeat of Block 2. Use Layer 3 cues here to drive your class home. Inspire by being a physical role model and also in Motivating them through your Coaching.

- *Sit down, reduce Resistance*
- *One last chance*
- *Celebrate together, RPM93*
- *Down on top of the beat, reach out, Power Climb, add Resistance*
- *Heavy, heavy, on the rhythm*
- *60 seconds and that's us! Enjoy!*
- *Oh, so good! Heavy, heavy, slow!*
- *Reduce down, back off, go!*
- *Last 15 seconds, I promise!*
- *Heavy turn, slow*
- *Pull, Push, Pull*

TRACK TIP

Use the steep, longer Block 1 to coach the basics of PRP by using Layer 1 cues. That will leave you with lots of opportunity to coach the different Pace and Resistance in Block 2 and then Motivate and Inspire in Block 3.



08. RIDE HOME / STRETCH

1/1 = 110rpm

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

An easy cadence in the legs to bring the heart rate down, recover, reflect and celebrate the workout

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	•	1½	E
	0:09	V1 / This girl	8x8 Ride Easy	BO	¾	
	0:44		4x8 Ride Easy or Racing	↗	1/1	
2	1:02	Br / (Low)	1x8 Transition to Ride Easy	•	¾	
	1:06	V2 / This guy	4x8 Ride Easy	•	¾	
	1:24	PC / Low key	4x8 Ride Easy	↗	¾	
	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 Stretch L			
	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			

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08. DON'T GO YET 2:45mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Coach your class to find at least a Base Resistance to safely allow their legs to recover. We use an easy Pace to reduce the heart rate, returning our muscles to their pre-training state.

- *Ride Home! Reduce, light connection*
- *Light gear change, rolling through*
- *Awesome riding today folks, well done!*
- *Back to Ride Easy, slow legs*
- *There you have it! RPM 93! You did great!*
- *Lesson to take away – riding that constant pressure, really staying in the work for as long as you can. That's how we get fitter, that's how we get stronger, that's what makes us feel good*
- *I like this song!*
- *I feel great! How about you?*

BLOCK 3

Coach your class through each stretch and describe where they should feel it.

- *Back to Ride Easy, sit up*
- *Nice roll through the shoulders and arms*
- *Take your time, dismount your bike*
- *Quad Stretch*
- *Hip Stretch*
- *Change legs*
- *Release here, up on toes*
- *Roll the shoulders*



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and Technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe Technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue – (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective – (“make that bar fly”) creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue (“squeeze the chest”) in a Chest Press followed by (“try and bend the bar”) – both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice - Good luck!



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 benefit's 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.

