

RPM **96**

GLOSSARY

MUSIC

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 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 second toe*
- *Eyes in front of the handlebars*



Layer 2

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

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

GLOSSARY

RACING

Layer 1

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



Layer 2

- Reach long into the dippers – keep your elbows bent
- Slide back on the saddle; feel the glutes and hamstrings
- Core 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 core

Used when we ride fast in Tracks 2, 4 and 6. Also used occasionally in Track 5 to vary the muscle activation. By sliding forward on the saddle and dipping the toes slightly, we generate a faster leg speed. We bring the knee over the Push Point in the pedal, which means we create a quad-dominant action and decrease the length of the lever around, which the pedal must rotate.

GLOSSARY

AERO-RACING (FORWARD)

Layer 1

- Hands inside the 'D'
- Slide forward in the saddle
- Elbows in and down
- Shoulders come down
- Lower upper body
- Eyes in front of the handlebars
- Toes slightly down



Layer 2

- **Drop your upper body down, like you're drafting off the rider in front**
- **Tuck under the wind, get aerodynamic**

The two most common uses for this position are during the work phases in Tracks 2, 4 and 6 and sometimes in Track 5 for increased power output.

NOTE: If your bike doesn't allow you to place the hands inside the 'D', stay in Racing position.

STANDING ATTACK

Layer 1

- Hands to the end of the handlebars
- Bring your body weight slightly forward
- Abs braced
- Chest 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

Run (2:46)
OneRepublic
Courtesy of the Universal Music Group.
Written by: Tedder, Kutzle, Nathaniel, Spry

02

Run (2:42)
OneRepublic
Courtesy of the Universal Music Group.
Written by: Tedder, Kutzle, Nathaniel, Spry

Pleasure Love (Dr Packer 'Disco Dub' Remix) (4:48)
Supafly & De Funk
© 2022 Tinted Records. Licensed courtesy of Central Station Records.
Written by: White, Willis, Liassi, Williams, McKay, Tumi, Jones

03

Sandstorm (2:36)
Freejak
Courtesy of the Universal Music Group.
Written by: Salovaara, Virtanen

04

Sandstorm (2:39)
Freejak
Courtesy of the Universal Music Group.
Written by: Salovaara, Virtanen

Emergency (2:43)
Icona Pop
© 2015 Record Company TEN AB under exclusive license Atlantic Records.
Written by: Frederic, Jawo, Hjelt, Leoni, Geiger, Citandini, Bortolotti, utillo, Peyton, Hassle

05

Emergency (2:45)
Icona Pop
© 2015 Record Company TEN AB under exclusive license Atlantic Records.
Written by: Frederic, Jawo, Hjelt, Leoni, Geiger, Citandini, Bortolotti, utillo, Peyton, Hassle

06

Welcome To The Black Parade (5:10)
My Chemical Romance
© 2014 Reprise Records.
Written by: M. Way, Iero, G. Way, Bryar, Toro

Slow Wave (The Blaze Remix) (6:16)
Ben Böhmer feat. Gordi
© 2022 Anjunadeep.
Written by: Böhmer-Bärtels, Payten

07

Reason For Fighting (Extended Mix) (6:31)
Seven Lions & Blastoyz feat. ERV ELLO
© 2022 Ophelia Records.
Written by: Montalvo, Nigreker, Dalton

08

Fading Like A Flower (2:25)
Galantis x Roxette
© 2022 Parlophone Music Sweden, a division of Warner Music Sweden AB.
Written by: Gessle

OUTRO

ALT
04

Last Call (3:11)
Khalid
© 2022 RCA Records, in conjunction with Right Hand Music Group.
Written by: Robinson, Chammas

Bubble Jump (5:28)
Magnofield
Courtesy of Epidemic Sound.
Written by: Unknown



RPM 96



L-R: Emma Alcock, Glen Ostergaard, Mandi Hirini, Tommi Wong

RPM 96 is a classic release. It is full of songs that you will know and love.

You hit the road with the smooth sounds of *Run*; take the time to find the beat and find Racing Resistance. Good pressure and pace will warm you up. *Pleasure Love* takes the famous *September* sample and reignites a classic tune, with short, fast race intervals to lift the intensity. Then, how much more Retro can you get with *Sandstorm* taking you through the Hills!

Emergency is fun, fluid and funky, a great way to roll through Mixed Terrain. *Welcome to the Black Parade* is the perfect Intervals track, iconic and memorable.

Slow Wave with its sultry feel and flowing beat eases you into Speed Work. Then we finish on the biggest Mountain in our Mountain Climb – what's your reason for fighting?

This is a fun class. Enjoy riding it and enjoy teaching it.

Glen and the RPM team.



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

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 weight lifter.

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

Tommi Wong (New Zealand) is an RPM, LES MILLS SPRINT and a LES MILLS THE TRIP Instructor. She lives in Auckland.

Emma Alcock (New Zealand) is a LES MILLS SPRINT Trainer/Presenter/Instructor and a BODYATTACK Presenter/Instructor. She lives in Dunedin.

Thanks to **Adam Rigby**.

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. That way, you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch's tracks.



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 96 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
Total Time	28:34 with Track 08 26:09 without 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!

30-MINUTE FORMAT

Track 01	Pack Ride
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 07	Mountain Climb
Track 08	Ride Home/Stretch (if time allows)
Total Time	30:17 with Track 08 27:52 without Track 08

60-MINUTE FORMAT

Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 06	Speed Work
Track 03	Hills
Track 06	Speed Work
Track 07	Mountain Climb
Track 08	Ride Home/Stretch (if time allows)
Total Time	56:03 with Track 08 53:38 without Track 08

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 = 120rpm

TRACK FOCUS

- Prepare your class for the workout ahead by clearly coaching and setting up Position, Resistance and Pace.
- Highlight the different Pace transitions we use to recover and move through the workout as this is a key feature in this ride.
- Be warm and welcoming in your voice, body language and coaching to connect with your class during this fun Warm-up.

TRACK PROFILE

4 blocks with 4x accelerations onto the beat to set up and find great Position, Resistance and Pace.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro /	2x8	Seated Recovery	•	1/2
	0:12	V1 / When I was a	10x8	Ride Easy	B⬆	3/4
	0:52	B up / _ They tell you	4x8	Ride Easy	R⬆	3/4
	1:08	C / _ yeah, one day	6x8	Racing	•	1/1
2	1:31	Low / Didn't get	4x8	Seated Recovery or Ride Easy	•	1/2
	1:47	B up / _ They tell you	4x8	Ride Easy	•	3/4
	2:03	C / _ Yeah, one day	10x8	Racing	•	1/1
3	2:44	Low / (Whistle)	2x8	Ride Easy	B⬆	1/2
	2:53	V3 / When I was a	10x8	Ride Easy	•	3/4
	3:33	B up / _ They tell you	4x8	Ride Easy	R⬆	3/4
	3:49	C / _ Yeah, one day	6x8	Racing	•	1/1
4	REPEAT BLOCK 2					



01. RUN 5:28mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues in this first block to set your class up really well so they are ready for the workout ahead. Do this by coaching the basics of Position, Resistance and Pace.

- **Hinge forward from hips**, Ride Easy
- Base Resistance – light pressure in the legs
- Cycle SET, a great foundation for the ride.
Hips back in the saddle, hands on top of handlebars, relax shoulders, light brace of the core
- Racing Resistance – good pressure in the muscles, build some quality push on the pedal

BLOCK 2

This block is a great opportunity to focus on the basics again by coaching Layer 1 PRP and starting to use some Layer 2 cues on riding technique. By doing this, you can be sure that your riders are moving well before Blocks 3 and 4.

- Slow pace of the legs, hinge forward from hips, Ride Easy
- Start to build, Medium Pace
- This one is a little longer; it gives us a great opportunity to find rhythm and warm up the muscles
- Nice and smooth
- **Tight through the core**

BLOCK 3

Now that you've already set up the basics with Layer 1 cues, use Block 3 to coach Layer 2 Improve Execution cues by focusing on pedal stroke to help participants understand what muscles to use and how to ride efficiently. See how Mandi does this on the Masterclass video.

- Back to Base Resistance, Ride Easy, Medium Pace
- We're going to do it again! Building to Racing Resistance and then 30 seconds flat
- Racing Resistance – back to good pressure; you're going to start to feel it really kick back
- Check in to a good-quality push of the pedal: engage through the quads, glutes and hamstrings as we lift the heel to the saddle... we are on!

BLOCK 4

This block is all about connection and bringing excitement and energy into the room, ready for the epic workout ahead. Achieve this by using Layer 3 cues and matching your voice and body language to the fun, upbeat sounds of the music.

- Let the legs slow, 'chill'
- Holding Resistance and using different Pace to recover – you're going to see a lot of this in the workout. It will ensure we have efficient transitions as we move through our workout
- Last one! 40 seconds!
- 20 seconds! Keep that energy!

CONNECTION

The Pack Ride is all about connecting with your class, the music and the ride. Use your body language, voice and coaching to achieve this and really bring to life the cool, upbeat feel of the music and workout.



02. PACE

1/1 = 132rpm

TRACK FOCUS

- The Pace is fast in this track so challenge your class to find the beat but let them know it's OK if they are chasing it.
- This song will definitely bring the smiles to your participants! Match the upbeat, fun and energetic feel of this piece of music with your coaching, body language and voice.

TRACK PROFILE

3 blocks of work with 5 opportunities to ride fast and 2 to climb. Blocks 2 and 3 have longer Racing phases.

	Music			Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8	Seated Recovery	R ↻	½	E
	0:07	C / We can be	6x8	Racing (Forward)	•	1/1	
2	0:29	Ref / (Low)	7x8	Ride Easy	•	½	
	0:55	QC / _ Ba-dee-ya	8x8	Racing (Forward)	•	1/1	
	1:24	C / We can be	6x8	Standing Climb	C ↻	½	
	1:46	QC / _ Ba-dee-ya	8x8	Racing (Forward)	R ↻	1/1	H
	2:15	C / We can be	6x8	Aero-Racing (Forward)	•	1/1	
	2:37	Ref / (Low)	7x8	Seated Recovery or Ride Easy	•	½	E
3	3:02	QC / _ Ba-dee-ya	8x8	Racing (Forward)	R ↻	1/1	
	3:31	C / We can be	6x8	Standing Climb	C ↻	½	
	3:53	QC / _ Ba-dee-ya	8x8	Racing (Forward)	R ↻	1/1	
	4:22	C / We can be	6x8	Aero-Racing (Forward)	•	1/1	
	4:44	Outro /	1x8	Transition to Ride Easy		½	



02. PLEASURE LOVE (DR PACKER 'DISCO DUB' REMIX) 4:48mins

TECHNIQUE AND COACHING

BLOCK 1

There's only 7 seconds before the first Racing phase of the track starts so it's important to get everyone moving well to ensure they feel successful right from the 'get go'. To achieve this, focus on setting up the basics of Position, Resistance and Pace through simple Layer 1 cues. In this release, we hold Racing Resistance from the end of the Pack Ride into this Pace track so Racing Resistance will already be set. However, it's important to remind your class again how Racing Resistance should feel again to ensure everyone is riding with the correct gear.

- Are you ready for a party? It's your Pace track!
- Racing Resistance – good pressure in the legs
- Let's shift the Pace as close as we can to the beat, whatever feels good to you
- **Hands wide on the handlebars, core braced**

BLOCK 2

This block has another short recovery before hitting another Racing phase and then we're straight into the first Standing Climb of the class. Again, focus on setting everyone up for success by coaching PRP through Layer 1 cues. It's important to describe Climbing Resistance well in the last few counts of the Racing phase so your riders are climbing with safe and effective Resistance. In the last Racing phase of this block, expand your coaching by adding in Improve Execution Layer 2 cues. This will help your participants make it to the end of this slightly longer Racing Phase!

- Hold gear, into Ride Easy, slow Pace
- You're about to make your grand entrance into this party!
- Adjust Racing Resistance if you need to
- **Hips forward**, let's Race!
- If you can, find the rhythm, straight to the beat
- **Hands wide on handlebars, core tight**
- Climbing Resistance – add Resistance until you feel a heavy pressure
- Standing Climb – tall through the chest, hips over saddle and we've got a pressure that supports our body weight, side to side
- Shall we speed it up? We're going downhill!
- 40 seconds, chasing the beat!
- Slide your hips forward, dip your toes, smooth rhythmic circles

BLOCK 3

This last block is a repeat of Block 2 so it's a great opportunity to Improve Execution or Manipulate Intensity with Layer 2 cues as well as bring the Motivation and Inspiration with Layer 3 cues. And don't forget to have fun and let this piece of music shine! How will you bring the music alive for your class?

- Sit up if you need it – slow Pace
- Heavy breathing, light sweat, heart rate is up!
- We get to bust out our best moves through this last set! 30 seconds!
- Heavy muscle pressure, Climbing gear!
- Speed up, 40 seconds, sit, reduce, Racing!
- This is your time to move! 20 seconds! How good does it feel when we come together? Nothing but party vibes! Woohoo!

PERFORMANCE

This is an absolute party track! Don't be afraid to show your enjoyment of this song in a way that is authentic to you. See how the team did this on the Masterclass video by using some dance moves. How will you bring the track alive for you and your class?

CONNECTION

This song is upbeat, fun and happy but the workout is physically challenging. Connect with your class through the music and fun vibes it brings but don't forget to acknowledge how hard everyone is working.

TRACK TIP

Let your participants know that it is OK if they are Racing under the beat or starting to slow down, especially in the longer Racing phases in Blocks 2 and 3.



03. HILLS

1/1 = 64rpm

TRACK FOCUS

- Clearly set up PRP with a focus on setting up what Climbing Resistance should feel like.
- This song is iconic! Match the energy of the music with your voice and body language and let the music shine!

TRACK PROFILE

2 blocks of almost identical rolling Hill Climbs with the opportunity to hold or build Resistance throughout.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B↻	½	E
	0:16	B up /	4x8 Ride Easy	↗	1/1	M
	0:31	Drop /	4x8 Standing Climb	C↻	1/1	H
	0:45		4x8 Standing Climb	↗	1/1	
	1:01	(Pulsing beat) /	4x8 Power Climb	•	1/1	
	1:16	(Low) /	4x8 Ride Easy	Opt ↘	½	E
	1:31	B up /	4x8 Standing Recovery	C↻	½	
	1:46	(Synth) /	5x8 Standing Climb	•	1/1	M
	2:05	(Drop) /	8x8 Standing Climb	Opt ↗	1/1	H
2	2:35	(Low synth) /	4x8 Ride Easy or Seated Recovery	↘	½	E
	2:52	B up /	4x8 Ride Easy	↗	1/1	M
	3:07	(Drop) /	4x8 Standing Climb	C↻	1/1	H
	3:22		4x8 Standing Climb	↗	1/1	
	3:37	(Pulsing beat) /	4x8 Power Climb	•	1/1	
	3:52	(Low) /	4x8 Ride Easy	Opt ↘	½	E
	4:07	B up /	4x8 Standing Recovery	C↻	½	
	4:22	(Synth) /	5x8 Standing Climb	•	1/1	M
	4:41	(Drop) /	8x8 Standing Climb	Opt ↗	1/1	H



03. SANDSTORM 5:15mins

TECHNIQUE AND COACHING

BLOCK 1

This block is all about nailing the basics of PRP so that your riders are riding with the correct Resistance and with great Technique so they can get the most out of this Hills track. To do this, focus on Layer 1 cues to get your participants moving well. Then Look, See and Respond to what is happening in your class and coach Layer 1 and 2 cues where needed.

- Ride Easy, **chest lifted, core braced**
- Let's find our Climbing Resistance – heavy pressure, heavy tension through our legs
- Standing Climb – **chest lifted, core braced**
- Holding Resistance, sit, Power Climb
- **Keep the chest lifted, brace core, hips back in the saddle**
- Slow, **hands on top of handlebars**, Ride Easy
- Take a breather here. Heart rate has gone up
- Start to feel that beat again. We've got the rhythm and this time we're going to get a good feel of the muscles!
- Same gear, build Pace
- **Side to side**
- Drive your knees up!

BLOCK 2

Set up the basics again and then focus on bringing the Motivation and Inspiration through Layer 3 cues right to the end of the track. Be careful not to over-coach and just say or do what is needed to give space for this iconic and amazing piece of music to shine through.

- Halfway there! Back it off, slight reduction of gears
- We know the feel of the music, the muscles and now we are going to challenge the Resistance
- Hands on the dial, add Resistance, Standing Climb!
- It's all about that big pressure in our legs now. Use your body; shift side to side
- Hips down, Power Climb!
- Hips back in the saddle, legs long and strong, drive the pedals away!
- 30 seconds! Pump those knees up!
- Let's bring it home –15 seconds!

PERFORMANCE

This track is an RPM anthem! Try not to overpower this amazing song with too much coaching. Focus on only saying what is necessary and let this iconic piece of music shine through!

TRACK TIP

To get the most out of this Hills track it's important to set up PRP really well in Block 1 through Layer 1 cues. This will ensure your riders execute with great Technique using the right Climbing Resistance. By doing this, you are able to challenge and Inspire them with Layer 2 and 3 coaching and enable your participants to push themselves right to the end of the track!



04. MIXED TERRAIN

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Bubble Jump* with the same choreography.

1/1 = 130rpm

TRACK FOCUS

- Ensure you clearly cue the Position changes in this track by using clear and simple PRP cues.
- Match the fun and cheeky feel of this track by being energetic and uplifting in your voice and body language.

TRACK PROFILE

4 blocks of work with short, fast flats and rolling hills with quick transitions between each.

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	•	½	E
	0:07	V1 / So you wanna	4x8	Ride Easy	BO	½	
	0:22		4x8	Ride Easy	↗	½	
	0:37	C / This is	4x8	Ride Easy		¾	M
	0:52	Instr / (Trumpet)	4x8	Racing (Forward)	RO	1/1	H
2	1:07	V2 / Hallelujah, oh	4x8	Ride Easy	•	½	E
	1:21	PC / I put a little	4x8	Standing Climb	CO	½	M
	1:36	C / This is	4x8	Standing Climb	↗	½–¾	
	1:51	Instr / (Trumpet)	4x8	Racing (Forward)	RO	1/1	H
	2:06	C / This is	4x8	Ride Easy	•	¾	E
	2:20	Instr / (Trumpet)	4x8	Racing (Forward)	•	1/1	H
	2:35	(Whistle)	2x8	Aero-Racing (Forward)	•	1/1	
3	2:43		18x8	REPEAT BLOCK 1			
4	3:50		26x8	REPEAT BLOCK 2			

SMARTSTART

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



ALT

04. MIXED TERRAIN

BUBBLE JUMP 5:28mins

Please use this song in place of *Emergency* when teaching Track 04.

1/1 = 130rpm

TRACK FOCUS

- Ensure you clearly cue the Position changes in this track by using clear and simple PRP cues.
- Match the fun and cheeky feel of this track by being energetic and uplifting in your voice and body language.

TRACK PROFILE

4 blocks of work with short, fast flats and rolling hills with quick transitions between each.

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	•	½	E
	0:07	V1 / So you wanna	4x8	Ride Easy	BO	½	
	0:22		4x8	Ride Easy	↗	½	
	0:37	C / This is	4x8	Ride Easy		¾	M
	0:52	Instr / (Trumpet)	4x8	Racing (Forward)	RO	1/1	H
2	1:07	V2 / Hallelujah, oh	4x8	Ride Easy	•	½	E
	1:21	PC / I put a little	4x8	Standing Climb	CO	½	M
	1:36	C / This is	4x8	Standing Climb	↗	½–¾	
	1:51	Instr / (Trumpet)	4x8	Racing (Forward)	RO	1/1	H
	2:06	C / This is	4x8	Ride Easy	•	¾	E
	2:20	Instr / (Trumpet)	4x8	Racing (Forward)	•	1/1	H
	2:35	(Whistle)	2x8	Aero-Racing (Forward)	•	1/1	
3	2:43		18x8	REPEAT BLOCK 1			
4	3:50		26x8	REPEAT BLOCK 2			

SMARTSTART

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



04. EMERGENCY 5:28mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Focus on using Layer 1 cues in Blocks 1 and 2 to profile what the work ahead is so that your class knows exactly what's next. The transitions are quick in some Position changes; so by focusing on clear Layer 1 cues, your class will be able to ride with success and work hard. Take a look at the Masterclass video to see how Tommi sets the profile up about what's ahead in the Standing Climb.

- *Let's carry on the fun!*
- *Base Resistance, light gear, slow Pace*
- *Let's build our Pace – Medium Pace, same gear*
- *Round 1 of 4 – fast Pace, 15 seconds!*
- *On our good Racing Resistance*
- ***Shoulders relaxed, core braced***
- *We're going to add a climb, turn the dial, enough to stand on, Standing Climb*
- *A little side-to-side action*
- *Start to build some Pace. When we go, fast flat, short rest and we go again!*
- *Sit, Racing Resistance, 15 seconds!*
- ***Bring your hips forward, toes dip slightly, quick and fast circles***

BLOCK 3

Let your class know that the next two blocks are a repeat of what they have just done in Blocks 1 and 2. This will help your participants to mentally prepare for what is coming next, allowing them to challenge themselves for the next two blocks of work. This block is short, so what Layer 2 cues will you use to Manipulate Intensity or Improve Execution to make the most of it?

- *Nice work, halfway. 2 down, 2 to go!*
- *Base Resistance, slow Pace*
- *Good job! The heartrate is up*
- *Building Pace before we go again, a short burst of speed*
- ***Shoulders relaxed, core braced***
- *Racing Resistance – 3-2-1, Race!*
- *What a party! Legs are rolling fast!*

BLOCK 4

The last block of the track and it's a repeat of Block 2! It's important to still coach your Layer 1 PRP cues so that your class can move successfully throughout the Mixed Terrain. Once the class is there, coaching should be all about Layer 3 Motivation and Inspiration to keep up the energy, fun and hard work up right to the end!

- *Hold Resistance, hands on top of handlebars, slow*
- *Add a gear, Standing Climb*
- *We're going to drop down fast, 15 seconds! Lean in, accelerate!*

CONNECTION

This is such a fun piece of music so take the opportunity to tune into the energetic and upbeat feel of the track and connect with your class in a way that is authentic to you. On the Masterclass video, Tommi and the team achieved this through their body language and showing their enjoyment for the music and choreography. How can you do this when you teach this track?

TRACK TIP

There's a lot choreography changes in this Mixed Terrain track so it's important to coach the basics first through Layer 1 coaching to make sure your riders can feel successful in what they're doing before you move onto Layer 2 and 3 coaching. The Racing phases are also short, so by landing the basics first you can set your riders up well to find the challenge in the short Racing phases.



05. INTERVALS

1/1 = 96rpm

TRACK FOCUS

- Use clear PRP to set your participants up for the Intervals ahead. Help them find an authentic Attack gear and to sit in the challenge of riding with maximum power in the Attack Intervals, especially as these become longer.
- Use the power of the song to motivate your class when the workout gets tough.

TRACK PROFILE

4 blocks of Attacks that progressively become longer.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B🔁	1/2	E
	0:13	V1 / When I was a	8x8 Ride Easy	C🔁	1/2	M
	0:38	V2 / _ will you	8x8 Standing Climb	↗	1/2	
	1:04	Instr / (Drums)	12x8 3x COMBINATION			H
			2x8 Standing Attack	•	3/4	
			2x8 Standing Climb		1/2	
2	1:42	B up /	2x8 Standing Attack	•	3/4	
			NOTE: rpm increases here			
	1:48	Br / (Guitar)	4x8 Racing	A🔁	1/1	
3	1:57	V3 / Sometimes I	8x8 Ride Easy	•	1/2-3/4	E
	2:17	C / We'll carry on	8x8 Racing	A🔁	1/1	
	2:37	V4 / A world that sends you reeling	8x8 Ride Easy	•	1/2-3/4	E
3	2:57	C / To carry on	8x8 Racing	•	1/1	H
	3:17	V5 / On and on	6x8 Standing Attack	Opt ↗	1/1	
4	3:32	Br / Do or die	8x8 Standing Recovery	•	1/4-1/2	E
	3:54	C / We'll carry on	5x8 Standing Attack	•	3/4	M
	4:07	We'll carry on	8x8 Racing	•	1/1	H
	4:27	Br / Do or die	8x8 Standing Attack	•	1/1	
	4:47	Outro /	6x8 Seated Recovery		1/2	E



05. WELCOME TO THE BLACK PARADE 5:10mins

TECHNIQUE AND COACHING

BLOCK 1

Clearly profile the ride ahead and communicate the Track Focus of the class. Then, use Layer 1 cues to get your class riding with good Technique and Intensity.

- *We're going to optimize our training!*
- *Come down to Ride Easy*
- *Find our Attack Resistance. Turn until you feel a strong pressure, a pressure that questions your ability to stay on the beat*
- *Standing Attack – **chest lifted, core braced, hips forward***
- *Hold Resistance, sit, race! **Hips back in the saddle, core braced***

BLOCK 2

This block is longer. Use Layer 2 Manipulate Intensity and Improve Execution cues to help your class find the workout and hold on for the entire block.

- *Sit up. Recover*
- *That got our body speaking!*
- *We're making this one explosive. Attack gear, stand, attack*
- *Straight to the beat*
- *Standing Attack – **core braced**, pull back on the handlebars to drive up your knees; there's your power output*
- *Racing – drive the pedals forward, push from the glutes and quads*

BLOCK 3

Halfway! Start to use Layer 3 Motivate Intensity cues and the music to drive Intensity here. What will or won't you say to keep your class working hard?

- *Check in. How are you feeling?*
- *We're going to do it again*
- *30 seconds*
- *Attack gear back on – it's a firm pressure*
- *Pull back on the handlebars and drive your knees up*
- *Stay with us – 15 seconds to go!*

BLOCK 4

Use Layer 2 cues, Manipulate Intensity, to find the workout and Layer 3 Motivate cues to stay in the workout!

- *Recover, reduce gear*
- *What we are feeling is the uncompromised results of our efforts. That, my friends, is the language of love*

PERFORMANCE

Inspire your class by 'Being an Athlete'. Check out how the team really takes themselves to the next level in this track!

TRACK TIP

This Intervals track has a true workout feel. Use a combination of training and inclusive language and visualization to demonstrate the RPM essence in this workout.



06. SPEED WORK

1/1 = 135rpm

TRACK FOCUS

- Coach your class through this beautiful speed track by focusing on recovery at the start so that your participants can work really hard in the Speed phases.

TRACK PROFILE

4 blocks of work where we find Racing Resistance 3 times. Blocks 2 and 4 are longer Racing efforts and Block 3 is a short 30-second effort.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	8x8 Ride Easy	B↑	½	E
	0:28	V1 / I must be	8x8 Ride Easy	•	½	
	0:57	Br /	8x8 Ride Easy	↗	¾+	M
	1:25	Br / (Synth)	8x8 Ride Easy	↗	¾+	
	1:54	(Low)	8x8 Ride Easy		¾+	
2	2:22	V2 / _ dreaming	4x8 Seated Recovery	•	½	E
	2:36	_ dreaming	4x8 Ride Easy	R↑	½-¾+	
	2:50	Br /	16x8 Racing (Forward)	•	1/1	H
3	3:47	(Low)	4x8 Seated Recovery	•	½	E
	4:02	Br /	4x8 Ride Easy	Opt ↗	½-¾+	
	4:16	_ dreaming	8x8 Racing (Forward)	•	1/1	H
4	4:44	(Low)	4x8 Seated Recovery	•	½	E
	4:58	Br /	4x8 Ride Easy	•	½-¾+	
	5:13	_ dreaming	8x8 Racing (Forward)	•	1/1	H
	5:41	(Vocals)	6x8 Aero-Racing (Forward)	•	1/1	
	6:02	Outro /	3x8 Ride Easy			E



06. SLOW WAVE (THE BLAZE REMIX) 6:16mins

TECHNIQUE AND COACHING

BLOCK 1

Block 1 is all about recovery and re-energizing the body while keeping the legs moving. Glen does this by talking about why recovery is important and then bringing focus onto the basics of PRP and Cycle SET by using simple and conversational Layer 1 cues.

- *Base Resistance on the wheel, in your own time, tipping forward from hips and resting on the handlebars, slow*
- *You need to give your body some more oxygen and get the blood flowing again*
- *With a Base Resistance on the slow Pace, we are going to build up Tempo up on the Racing Resistance*
- *Light gear, building Pace*
- *Here's a chance for you to pull back*
- *Cycle SET – **hips are back in the saddle, light tension in the core** as you sink your hips down, **light pressure on the handlebars** as you pull down and back, **hands are shoulder-width apart***

BLOCK 2

The first effort of the track is where we find Racing and it's 1 minute long! Set up Racing Resistance again by using Layer 1 cues to describe what it should feel like. From here, focus on setting up great Position and Pace so your class is moving well in this block of work. Once you can see everyone moving successfully, think about what Layer 2 Improve Execution or Manipulate Intensity cues might be helpful for your class to get through this long working effort.

- *Calm before the storm!*
- *Take Ride Easy, take a little turn of the dial, start to move*
- *Racing Resistance, right there*
- *A little slide forward of the hips, a little dip in the toes, a little more tension in the core as you sink more solidly into the saddle, upper body relaxed and open-mouth breathing*
- *Another 30 seconds, stay on beat*
- *Think about your pedal stroke – an even Push & Pull*
- *Leave Resistance, slow legs and take your recovery*

BLOCK 3

A short Seated Recovery and then Ride Easy before a 30-second Racing effort. This is another great opportunity to use Layer 2 cues and coaching to what you see in front of you. Because this block is short, don't over coach it and leave some space to let the beautiful music shine.

- *Slow legs, Ride Easy, sit up*
- *If you're happy with your Racing Resistance and feel a good pressure, stay where you are or add a little more*
- *Shorter effort, 30 seconds in Racing*

BLOCK 4

This is the final block of Speed Work and it's just under 60 seconds long! By now, your participants might be feeling the challenge so continue to coach Layer 2 cues to help them keep working and Layer 3 cues to Inspire and Motivate them to push to the end. Glen does this on the Masterclass video through intrinsic coaching and talking about how the body should feel.

- *Last one! Let's put it all together now*
- *Position, pressure and duration*
- *Slide forward, push down on pressure, Racing for 60 seconds*
- *Hips forward, reach out, accelerate!*
- *Pressure, constant tension, easy momentum, relaxed and open-mouth breathing*
- *Last 30 seconds in Aero-Racing*
- *Feels like we're emerging!*

PERFORMANCE

Be mindful of your voice and coaching when teaching this track and try not to overpower the music with too much coaching. Watch the Masterclass video to see how Glen keeps his coaching conversational and how he only says what is necessary and leaves spaces of silence.

TRACK TIP

Glen makes a focus at the start of this Speed Work track on recovery and how it's important to give back to our bodies before we work hard again – an important part of this track. Coach this to your class so that they can recover and re-energize their bodies and have the ability to work hard in the Racing phases.

CONNECTION

This track has a lot of beautiful moments where you can reconnect with your class, check in on them and let them know they are doing great!



07. MOUNTAIN CLIMB

1/1 = 72rpm

TRACK FOCUS

- Describe and explain what Climbing Resistance should feel like to ensure your participants are riding at the correct intensity.
- Motivate and Inspire your class to work hard in this final Mountain Climb.

TRACK PROFILE

3 heavy Climbs: Block 1 is 60 seconds, Block 2 is 45 seconds and Block 3 is a big 2-minute effort to finish the ride!

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro /	4x8	Seated Recovery	B↶	½	E
	0:13	(Low)	4x8	Ride Easy	•	½	
	0:26	Br / (Chant)	8x8	Ride Easy		1/1	
	0:53	B up /	4x8	Ride Easy	C↶	1/1	M
	1:06	(Heavy)	8x8	Standing Climb	Opt ↗	1/1	H
	1:33	(Heavy synth) /	8x8	Standing Attack	Opt ↗	1/1	
2	1:58	(Low)	4x8	Standing Recovery	•	¼-½	E
	2:13	V1 / _ in the dark	8x8	Ride Easy	Opt ↘	½	
	2:40	Ref / I believe, I	8x8	Ride Easy	•	1/1	M
	3:06	You're my reason	4x8	Ride Easy	↗	1/1	
	3:20	Br /	1x8	Transition	↗	1/1	
	3:23	(Heavy synth)	4x8	Standing Climb	↗	1/1	H
			4x8	Standing Climb	↗	1/1	
	3:49	Ref / I believe, I	4x8	Power Climb	•	1/1	
3	4:02	Ref / You're my reason	4x8	Seated Recovery or Ride Easy	↘	½	E
	4:16	B up / You're my reason	4x8	Ride Easy		1/1	
	4:29	Br /	1x8	Transition	↗	1/1	M
	4:32	(Upbeat)	8x8	Standing Climb	•	1/1	H
	4:59	(Distorted)	8x8	Power Climb	•	1/1	
	5:29	(Heavy)	4x8	Standing Climb	Opt ↗	1/1	
	5:43	(Heavy vocals)	4x8	Power Climb	Opt ↗	1/1	
	5:56	(Heavy piano)	4x8	Standing Climb	•	1/1	
	6:09	(Heavy vocals)	4x8	Power Climb	•	1/1	
	6:23	Outro /	2x8	Ride Easy			



07. REASON FOR FIGHTING (EXTENDED REMIX) 6:31 mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to set up great PRP in the Mountain Climb. Once your class is moving successfully then this first block is a great opportunity to focus on setting up Climbing Resistance really well through Layers 1 and 2 coaching. Do this by being descriptive in what it should feel like to ensure your participants really understand the feeling of a strong Climbing gear.

- *Slow Pace, hinge forward from the hips, Ride Easy, Base Resistance on the dial*
- *When we hear the rhythm, start to catch it*
- *We're going to start to add Resistance, but it's a Resistance we haven't felt before*
- *Climbing Resistance – heavy muscle pressure, something that grabs the muscles*
- *Standing Climb, 1 minute!*
- **Chest lifted, hips over saddle**
- *Find synergy on the rhythm*
- *Here is where the steepness kicks in, add a gear!*

BLOCK 2

This next block is only 45 seconds long but if you set up Climbing Resistance well, then you and your participants will really feel it in your legs in this Climb. Look, See and Respond to your class and see where they need help. Layer 2 cues are great to use here to either Improve Execution or Manipulate Intensity.

- *Slow, Ride Easy, hold Resistance or reduce slightly*
- *Open mind and open heart in this one*
- *We're climbing, we've got pressure in the muscles and it feels strong*
- *Standing Climb, 30 seconds!*
- *New heights, right to the top*
- *Pull up on the handlebars, equalize your pull as you push down through the pedal*
- *Full extension – glutes and hamstrings strong!*

BLOCK 3

The final block of work is a big one: 2 minutes of Climbing to bring your participants home! Layer 3 coaching to Motivate and Inspire your class will help them get to the end feeling successful and proud of their achievements. Mandi does this in her coaching but she also achieves this by physically role-modeling just how challenging this climb is. How can you authentically Motivate and Inspire your class in this last challenging block?

- *This next one is not just a climb, it's your final climb!*
- *Every ounce of effort, every ounce of energy!*
- *The heat in the legs and lungs is strong – that's not weakness, that's strength!*
- *Are you still with us?*
- *Redefining every element of your strength!*

TRACK TIP

Be descriptive when setting up Climbing Resistance for this Mountain Climb to ensure your riders understand if they are using the right Resistance. The goal is for everyone to challenge themselves right to the end so by being descriptive about the Climbing Resistance, you can be sure that everyone will feel the climb whether they take the optional gears or not.

CONNECTION

Physically role-model just how tough this climb is by working hard with your participants. This is a great way to connect with everyone in the room and will help your class reach the finish line!



08. RIDE HOME / STRETCH

1/1 = 121rpm

TRACK FOCUS

- Bring your class back together as you recover and Ride Home. Celebrate the workout that you've just completed together.

TRACK PROFILE

A quick roll through the legs on the bike to bring the heart rate down and recover, followed by stretches off the bike.

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B⬆	½	E
	0:08		10x8 Ride Easy	•	¾	
	0:47	C / Everytime	4x8 Racing	↗	1/1	
	1:03	V2 / Fading like	4x8 Ride Easy	•	½	
2	1:19	C / Everytime	4x8 Upper Body Stretches	•	½	
	1:35	Instr /	1x8 Transitions off bike, shake out legs			
	1:39		2x8 Standing Quadricep Stretch L			
	1:50	C / Everytime	3x8 Standing Quadricep Stretch R			
	2:06	/ Like a	2x8 Bike-supported Upper Back Stretch			
	2:14	(Low)	2x8 Standing Gluteal Stretch L&R			



08. FADING LIKE A FLOWER 2:25mins

TECHNIQUE AND COACHING

BLOCK 1

Congratulate your class on completing the workout and then bring the focus to slowing down the heart rate and breathing by slowing the legs down, allowing recovery.

- *Ride Easy, Base Resistance, easy roll of shoulders*
- *We made it!*
- *Take a little race!*
- *Slow legs, Ride Easy*

BLOCK 2

Coach your class through an Upper Body Stretch and then carefully transition off the bike. From here, lead your participants through each lower body stretch and coach to where they should feel the stretch.

- *Push up, slow legs, shake arms, roll shoulders*
- *Grab back of the seat, elbows back, chest lifted*
- *Hands together, push above towards ceiling*
- *Take your time, dismount off the bike*
- *Quad Stretch – knees together, hips forward*
- *Open the hip, ankle on knee and sit back, stretching the big working muscles, the glutes and hips!*



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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.

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