

RPM **97**

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

Groovejet (If This Ain't Love)
(Purple Disco Machine & Lorenz
Rhode Remix) (5:30)

Spiller feat. Sophie Ellis-Bextor

© 2021 Defected Records Limited.

Written by: Spiller, Ellis-Bextor, Davis, Montana Jr., Walker
- 02

Only You (2:20)

Alesso & Sentinel

Courtesy of the Universal Music Group.

Written by: Lindblad, Warner
- 03

Only You (2:18)

Alesso & Sentinel

Courtesy of the Universal Music Group.

Written by: Lindblad, Warner
- 04

Starlight (Radio Edit) (5:50)

The Supermen Lovers feat.
Mani Hoffman

© 2001 Lafessé Records.

Written by: Atlan, Benichou
- 05

Use Somebody (5:32)

The Logomachy

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Written by: A. Followill, J. Followill, M. Followill, I. Followill
- 06

Children (5:58)

Rameses B

© 2020 Monstercat.

Written by: Concina
- 07

The Purpose Is You (Extended Mix)
(6:33)

ALPHA 9

© 2021 Anjunabeats.

Written by: Stolyarov
- 08

Shadows (Maor Levi Extended Mix)
(6:04)

Seven Lions, Wooli & Amidy feat.
ERV ELLO

© 2021 Ophelia Records.

Written by: Montalvo, Atkins, Puleo, Sweet
- OUTRO

Green Green Grass (2:48)

George Ezra

© 2022 Sony Music Entertainment UK Limited.

Written by: Barnett, Pott, Price
- OUTRO

Waterfall (3:49)

Soulguard

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Written by: G. Lawrence, H. Lawrence, Keen, Napier



RPM 97 RELEASE SUMMARY



L-R: Laura Johnson, Glen Ostergaard, Dee Rowell

We are on the road with RPM 97!

As we warm up, sink into the saddles, apply light pressure, Base Resistance and roll to the familiar Retro sounds.

Pace track kicks in, apply good muscle pressure. Racing Resistance grabs the leg muscles but doesn't slow us, as we work towards the beat. A great and uplifting tune!

Starlight – a classic. Find your Climbing Resistance. The focus here is to hold pressure as we work our way up the hills – Retro city!

Back-to-back bangers, the Kings are back, Mixed Terrain, emotive speed training.

Intervals – does it get any better than this? Drum 'n' Bass at its best, then melodic and smooth – the perfect 6. We find purpose, beautiful blocks of speed!

Heavy up the steep mountain home, engage heavy Climbing Resistance and face the fury.

This class is a classic fusion of Retro music and modern cycling hits where the Resistance matches the beat.

Enjoy,
Glen and the RPM team

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.

Dee Rowell (Australia) is a LES MILLS TONE™, LES MILLS SPRINT™, an RPM and BODYSTEP™ Presenter and a Les Mills Ambassador. She is a Registered Nurse and is based in Brisbane.

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

Thanks to **Adam Rigby**.

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



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.

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a minumum 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.

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		



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 97 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	30:16 with Track 08
	27:28 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)

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)

RELEASE FEEDBACK

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01. PACK RIDE

1/1 = 126rpm

TRACK FOCUS

- Get your class excited and ready for the ride ahead by connecting with them and the music
- In Block 1, focus on setting up Racing Resistance well so your participants can get warm in the short accelerations ahead of them
- Clearly demonstrate and coach the various Paces as this is a common theme during the workout

TRACK PROFILE

3 blocks where we find Racing Resistance early to set us up for 3 short accelerations onto the beat

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro / (Rhythmic beat)	4x8	Seated Recovery	•	1/2
	0:21	V1 / Holding you	4x8	Ride Easy	B↑	1/2
	0:34	C / If this ain't love	4x8	Ride Easy		3/4
	0:51		4x8	Ride Easy	R↑	3/4
	1:07	Instr / (Melody)	4x8	Racing		1/1
2	1:22	V2 / Think of	8x8	Ride Easy	•	1/2
	1:53	Low / (Keyboard)	4x8	Seated Recovery	•	1/4-1/2
	2:08	_ love	4x8	Ride Easy	•	1/2
	2:22	B up / (Cool beat)	4x8	Ride Easy	•	3/4
	2:38	_ good	4x8	Ride Easy	•	3/4+
	2:54	C / If this ain't love	8x8	Racing	•	1/1
3	3:24	V3 / Think of tomorrow	32x8	REPEAT BLOCK 2		



01. GROOVEJET (IF THIS AIN'T LOVE) (PURPLE DISCO MACHINE & LORENZ RHODE REMIX) 5:30mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to get your class riding the correct Position, Resistance and Pace. Once your class is riding using the correct PRP, start to focus on Racing Resistance – set up how the gear should feel early as we hold our Racing gear for the entire track. Holding Racing Resistance for this extended duration will ensure our participants get warm, and ready for the ride ahead.

- Ride Easy, Slow Pace
- **Hips back in the saddle**
- Base Resistance – Light muscle pressure
- **Light core tension**
- **Nice and relaxed on the handlebars**
- Racing Resistance – Good muscle pressure with plenty of room to move
- 15 seconds! Racing!

BLOCK 2

In Block 2 we hold Racing Resistance and reduce to a Slow Pace. Pre-cue the transitions clearly using Layer 1 cues and then Educate your class on why we hold Resistance – see how Glen does this on the Masterclass; he links the Resistance to his Physical Intensity and his body's response. Then, use Layer 1 Improve Execution cues to make sure everyone is riding Racing Resistance with great Technique.

- Key focus today: hold Racing Resistance, pull back to Ride Easy and Slow Pace
- Cycle SET Position – **Hands shoulder-width apart, elbows soft, chest up, a little tension in the core to sit the hips back in the saddle**
- Good muscle pressure, Racing Resistance
- 30 seconds, reach out to Racing, on the beat!
- Nice, smooth pedal circles, easy push and easy pull
- Straight away, I can feel my heart rate starting to lift, starting to breathe a little deeper now!

BLOCK 3

Use this block to reconnect with your class. Check in with how they're feeling, making sure they're starting to feel warm and excited for the workout ahead. A great way to do this is to connect to the music and with the people in front of you by using Layer 3 cues in a way that is authentic to you.

- *Let the legs slow down, hold the Racing Resistance, back down to the Slow Pace*
- *Simple and efficient!*
- *Start slowly, we're going to build one more time*
- *I feel like my legs can take a little more pressure so I'm going to add a little more Resistance into the Race*
- *The Racing Resistance is good pressure; you can feel it pushing back at you but you can still ride through the beat. That's how it should feel!*
- *30 seconds on the beat!*

TRACK TIP

It's important in this Pack Ride to set up Racing Resistance really well early on and then check in with how it feels throughout the track, making adjustments where needed. By doing this, your class will be riding with the right Resistance straight away, ensuring they'll get warm and ready for the ride ahead.



02. PACE

1/1 = 133rpm

TRACK FOCUS

- Use clear PRP to coach the fast transitions throughout the track
- Use contrast in your voice and body to match the highs and lows of the music

TRACK PROFILE

4 almost identical blocks of work with short 15-second Climbs to engage the body and 30 second Racing phases to energize us

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro / (Vocal)	2x8	Seated Recovery	•	½	E
	0:08	V1 / We know it's	4x8	Ride Easy	RO	½	
	0:21	We know we're	4x8	Ride Easy	↗	½	
	0:36	Rep / Tonight	4x8	Standing Climb Accelerate on last 8cts	CO	½	M
	0:50	Instr / (Heavy drop)	8x8	Racing (Forward)	RO	1/1	H
2	1:20	V2 / We know it's	4x8	Ride Easy	•	½	E
	1:34	We know we're	4x8	Standing Climb Accelerate on last 8cts	CO	½	M
	1:49	Instr / (Heavy drop)	8x8	Racing (Forward)	RO	1/1	H
3	2:19	Instr / (Low)	2x8	Seated Recovery	•	½	E
	2:26	V3 / We know it's	4x8	Ride Easy	•	½	
	2:39		4x8	Ride Easy	↗	½	
	2:53	Rep / Tonight	4x8	Standing Climb Accelerate on last 8cts	CO	½	M
	3:07	Instr / (Heavy drop)	8x8	Racing (Forward)	RO	1/1	H
4	3:37	V4 / We know it's	16x8	REPEAT BLOCK 2			



02. ONLY YOU 4:38mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to set up the basics of PRP with a focus on Climbing Resistance as our first Standing Climb of the class comes in quickly.

- *Ride Easy, Slow Pace*
- *Let's revisit Racing Resistance – Firm pressure in your legs with plenty of room to move*
- *In this Pace track, we've got Climbs to engage the body and Races that are going to energize us*
- *Climbing Resistance – Strong pressure to stand on, Standing Climb!*
- *You can feel it coming! When we sit, reduce to Racing Resistance, 30 seconds!*
- *I just want you to feel this one*

BLOCK 2

Continue to use Layer 1 cues, keeping your coaching simple as your riders recover and transition into the next Standing Climb which is only 15 seconds long. In the 30-second Racing Phase, bring in Layer 2 cues to Improve Execution or Manipulate Intensity.

- *Hold gear, legs slow, Slow Pace*
- *1 down, 3 to come*
- *Climbing Resistance – Heavy gear to stand on*
- ***Lift your chest, light brace in your core***
- ***Hips forward***, a little side to side over the bike
- *Little dip in your toes, super small circles*

BLOCK 3 AND 4

In Block 3, there is a little more time before we hit the Standing Climb again. Use this extra bit of Recovery to check in with your class and set them up for the last 2 blocks of work. Continue to use Layer 2 cues where needed to Improve Execution or Manipulate Intensity. Then bring focus to Layer 3 cues and what you can say to Inspire and Motivate your class to push to the end of the track.

- *It's not over– we're just getting started!*
- *You know how to ride fast, so this one is all about the feel!*
- *30 seconds when we sit. On the beat!*
- *Instantly feel that big shift in your heart rate!*
- *You've got this!*
- *We want you to hold onto that amazing feeling*
- *Wherever you are, we are right there with you*
- *You and us!*

PERFORMANCE

The music in this track is amazing! Use your body and voice to match the highs and lows of the music and really bring this Pace track alive through anticipation and excitement.



03. HILLS

1/1 = 64rpm

TRACK FOCUS

- Emphasize how Climbing Resistance should feel throughout the track to ensure your class rides with the right feeling and intensity
- Match the fun, upbeat energy of the music with your voice and body language

TRACK PROFILE

3 Climbs – Block 1 is a short 15 seconds followed by 2 identical 75-second blocks

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro / (Keyboard)	4x8	Seated Recovery	R↻	½	E
	0:15	Instr / (Cool beat)	7x8	Ride Easy	•	1/1	
	0:41	V1 / Sun is rising	4x8	Ride Easy	↗	1/1	
	0:56	Ref / I see	4x8	Ride Easy	↗	1/1	M
	1:13		4x8	Ride Easy	↗	1/1	
	1:26	C / Starlight can	4x8	Standing Climb	C↻	1/1	H
2	1:41	V2 / Time has come	4x8	Ride Easy	↘	1/1	E
	1:56	Ref / I see	4x8	Ride Easy	↗	1/1	M
	2:10	Heart is pure	4x8	Ride Easy	↗	1/1	H
	2:26	C / Starlight can	4x8	Standing Climb	C↻	1/1	
	2:42	(Pulsing beat)	6x8	Power Climb	•	1/1	
	3:04	C / Starlight can	10x8	Standing Climb Standing Attack on last 16cts	Opt • or ↗	1/1	
3	3:44	V3 / Time has come	32x8	REPEAT BLOCK 2		↗	



03. STARLIGHT (RADIO EDIT) 5:50mins

TECHNIQUE AND COACHING

BLOCK 1

Set your class up for success in the Hills by nailing PRP. Your class will still be holding Racing Resistance from Track 2 so profile the track and then focus your coaching on building towards Climbing gear by using clear Layer 1 cueing. The Resistance build is gradual so there's a great opportunity for you to bring your Track Focus to life in Block 1 – see how Laura demonstrates this on the Masterclass.

- *Racing Resistance is still on the dial – let's get the Slow beat*
- **Chest up, relax through upper body and brace core**
- *One continuous Climb with three peaks where we challenge Resistance to get stronger and elevate our fitness!*
- *Ride Easy – We're going to hold this Pace all the way to the top of our Climb*
- *As we get closer to Climbing Resistance, it feels strong. It's a stronger grip in the muscles. That's going to keep us strong and grounded when we stand*
- *Short and sweet on the first one –15 seconds!*
- **Chest is lifted; body weight shifts side to side**

BLOCK 2

Continue to build on Layer 1 cues as your class moves into this next block – re-establishing what good Climbing Resistance should feel like and what Pace and Position everyone should be riding with. Then, use Layer 2 cues to Educate your class on the How and Why so they can Climb with great Technique.

- *Hold the Pace, Ride Easy. Take the gear back a little but let's maintain some pressure*
- **Hips back in the saddle, firm grip on the handlebars, drawing the belly in and bracing the core** – keeping us strong and stable in the saddle
- **Lifting the chest, strong brace of the core to stabilize**
- *Power Climb – Hips back in the saddle, grip the handlebars*
- *Driving the pedal forward and down*
- *Pull your body into the handlebars as you drive down on the pedals with your body weight*
- **Hips forward, knees up – Standing Attack!**

BLOCK 3

Block 3 is a repeat of Block 2 so this is a great opportunity to connect with your class and the fun music. Laura does this by bringing a fun, warm energy through her voice and body language and connecting to the lyrics of the song. What Layer 3 cues will you use to Motivate your class to the top of the hills?

- *Hold Pace – Ride Easy. Take the edge off, back on the rhythm*
- *2 out of 3 Climbs done*
- *Reconnect with Climbing Resistance, firm grip. The legs are going to feel heavy and that's going to naturally lift the heart rate and intensity*
- *Because this is the third and final block, I think that calls for celebration*
- *It's feeling heavy! Final push takes us to the stars!*
- *And just like that, 5 minutes of Climbing and we are so close to the top*
- *We've got to commit and stick this one out together!*

PERFORMANCE

This track has such a fun feel to it so try to match that energy through your voice and body. You want to make sure your class is working hard but don't forget to bring out the fun in the track too by letting the music shine!



04. MIXED TERRAIN

1/1 = 144rpm

TRACK FOCUS

- Use clear PRP cues to clearly coach the fast changes of choreography in this Mixed Terrain track
- Only say what is needed so you don't overpower the powerful music

TRACK PROFILE

3 blocks of true Mixed Terrain moving through short Climbs, fast Racing phases and quick transitions throughout

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / Ooh, ooh	8x8 Ride Easy	RO	¾++	M
	0:30	V1 / I've been roamin'	8x8 Ride Easy	•	½	E
	0:58	_ you and all you	8x8 Standing Climb Accelerate & transition on last 16cts	CO	½	M
	1:26	C / Someone like you	8x8 Racing (Forward)	RO	¾++	H
2	1:53	V2 / Off in the night	4x8 Ride Easy	•	½	E
	2:06	_ make you notice	4x8 Standing Climb Accelerate & transition on last 16cts	CO	½	M
	2:20	C / Someone like me	8x8 Racing (Forward)	RO	¾++	H
	2:46	Br / I'm ready now	4x8 Ride Easy	•	¾	M
	2:59	Instr / (Guitar)	8x8 Racing (Forward)	•	¾++	H
	3:22	Someone like you	2x8 Aero-Racing (Forward)	•	¾++	
	3:30	Low / I've been roamin'	2x8 Seated Recovery	•	½	
3	3:40	V3 / Off in the night	30x8 BLOCK 2			
	5:19	Outro / I've been roaming	2x8 Recovery	↘ to BO		

SMARTSTART

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



04. USE SOMEBODY 5:32mins

TECHNIQUE AND COACHING

BLOCK 1

In this first block, focus on coaching Layer 1 PRP cues to clearly set up what Position, Resistance and Pace we are working with. This will ensure your class is set up for success in the quick transitions in choreography.

- **Hips back in the saddle, hands nice and relaxed on top of the handlebars**
- With Racing Resistance we slow the legs back to a Slow Pace – Ride Easy
- Use these little moments to recover. By slowing the legs with Racing Resistance we take the pressure out of the muscles and allow the heart rate to drop slightly
- Before the first Racing phase, we have a short Climb
- **Nice and relaxed through the arms, soft through the elbows, lifting through the chest, butt touching the top of the seat**
- Racing Resistance, **hips forward in the saddle** – let's go!
- Chasing the beat!

BLOCK 2

Reset Layer 1 PRP cues to ensure your participants are riding successfully throughout the choreography. Then, think about how you can help them ride better by coaching Layer 2 cues. Remember to keep your coaching simple and to not overtalk as the transitions are quick and you don't want to overpower the amazing music. Only say what is necessary! Achieve this by coaching your class into the work phase rather than out of it.

- Hold Resistance back to Ride Easy – Slow Pace
- Back on with the Climbing Resistance straight up out of the seat. That's why it's called Mixed Terrain!
- Lean into it – start to move!
- **Hips forward.** Think quick, fast circles!
- Holding Resistance, slowing legs, Ride Easy
- The heart rate stays but the pressure is out of the muscles. A little bit of respite
- Race again! Now we're into the work!
- **Relax hands on top of the handlebars, hips forward, dipping toes**
- If you want an energy shift, go to Aero-Racing!

BLOCK 3

This block is a repeat of Block 2 so now that your class knows what to do, you can focus on Motivating and Inspiring everyone to the end of the track with Layer 3 cues. This last block is a great opportunity to really let the emotion and power of the music shine through and drive your class to the end!

- Ride Easy – No mucking around with gears, Racing Resistance
- Heavy turn to Standing Climb
- Lean in – accelerate!
- Hips forward and go! Put the pressure in the pedals now!
- Chasing the beat, feeling the rhythm!
- Everything is still on top – relax
- Chasing down that beat. Finding your rhythm
- Let's bring it home, folks!

CONNECTION

This is a really emotional and powerful song so give space for the music to shine and try not to over-coach. By doing this, you'll be able to connect with your class through the amazing music and challenge that this Mixed Terrain track brings.

TRACK TIP

Pre-cue the transitions well so your class can move successfully throughout the track. See how Glen does this on the Masterclass.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Coach with a focus on PRP to ensure your participants are working with the correct intensity throughout the track
- Describe how Climbing Resistance should feel in the Power Climb phases – it's heavier than you want it to be!

TRACK PROFILE

2 identical blocks of Intervals with Heavy Power Climb phases at the end of each block

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro / (Low piano)	4x8	Seated Recovery	B👆	½	E
	0:11	Instr / (Piano)	4x8	Ride Easy		1/1	M
	0:22		4x8	Ride Easy	A👆	1/1	
	0:33	(Melody)	8x8	Standing Attack	•	1/1	H
	0:55	Drop / (Melody)	8x8	Racing	•	1/1	
	1:17	Low / (Violins)	6x8	Ride Easy	•	½	M
	1:33	(Pulsing beat)	4x8	Ride Easy	•	1/1	
	1:45	(Melody)	8x8	Standing Attack	•	1/1	H
	2:07	Drop / (Melody)	8x8	Racing	•	1/1	
	2:28	(Pulsing beat)	8x8	Power Climb	C👆	½	
2	2:50	Instr / (Piano)	4x8	Seated Recovery	👇	½	E
	3:02	(Whirl)	4x8	Ride Easy	A👆	1/1	M
	3:13	(Melody)	8x8	Standing Attack	•	1/1	H
	3:35	Drop / (Melody)	8x8	Racing	•	1/1	
	3:57	Low / (Violins)	6x8	Ride Easy	•	½	M
	4:13	(Pulsing beat)	4x8	Ride Easy	•	1/1	
	4:24	(Melody)	8x8	Standing Attack	•	1/1	H
	4:46	Drop / (Melody)	8x8	Racing	•	1/1	
	5:09	(Pulsing beat)	8x8	Power Climb	C👆	1/1	
	5:31	Outro /	8x8	Seated Recovery	👇	¼-½	E



05. CHILDREN 5:58mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to get your class riding with great Technique by coaching PRP. In the last 20 seconds of the block, be really descriptive about how the Resistance should feel in the Seated Power Climb so your class is moving with the right level of Intensity.

- *Click into the tempo, that's our driver today*
- *2 big Intervals to challenge us*
- *Attack Resistance – Demanding; firm pressure in the legs*
- *20 seconds up, 20 seconds down*
- *Standing Attack – **Chest up, hips slightly forward***
- *Racing – **Squeeze your core to sink your hips back into the seat***
- ***Drive hips back**, strong smooth circles*
- *We have a little recovery ahead – hold the gear, slow the legs*
- *Check in – was that Attack Resistance challenging and demanding?*
- *60 seconds – are you ready to go again?*
- *Standing Attack – Light and lifted, **hips forward, knees drive up**. Feel your quads engage*
- *Point of difference – double the Resistance, slow the Pace. Feel that gear grip and grab your muscles!*

BLOCK 2

The work in this block is identical to Block 1. Profile this to let your class know that they're going to do it again, setting the intention to work hard in this track one more time! Then, think about what Layer 2 cues your class needs to Improve Technique or Manipulate Intensity. Once this is achieved, move into Layer 3 cues to drive and Motivate your class through to the end. What can you say or do to keep your class working hard?

- *Not a lot of recovery. Ride Easy, find the rhythm, Attack Resistance! Interval number 2!*
- *Think about the big drive! Whole body working. Grip your bars!*
- *Maintain rhythm when we sit*
- *If you're falling off the rhythm, that's OK but don't stop trying!*
- *Small recovery coming up. Hold the gear, slow the legs. Stay in the workout*
- *You know how to ride this! Now you've just got to feel this!*
- *60 seconds everyone! Finish your Interval training just as big as you started!*
- *Really feeling the challenge now. This is where we make the biggest changes*

PERFORMANCE

Match the euphoric feel of this track with your vocals by being uplifting and inspiring in what you say and how you say it.

TRACK TIP

Describe how the Resistance should feel in the 20-second Power Climb phases to ensure your participants are moving with the right feel and level of Intensity. It's a Climbing Resistance that's heavier than you want it to be and forces your legs to move on the slower beat!



06. SPEED WORK

1/1 = 130rpm

TRACK FOCUS

- Guide your class through the extended Recovery in Block 1 so they can really challenge themselves in Blocks 2 and 3
- Match the uplifting music with your voice and body, bringing this track alive and inspiring your class to work hard

TRACK PROFILE

3 blocks with 2 opportunities to ride the rhythm:
1x 45-second effort and 1x 75-second effort

	Music	Sequence/Exercise	Resistance	Pace	PI
1	0:00 Intro / (Pulsing)	4x8 Ride Easy	B↑	½	E
	0:14 Be / (Beep)	12x8 Ride Easy	•	½	
2	0:59 Instr / (Low strum)	12x8 Seated Recovery		¼	E
	1:43 Ref / _ alone	4x8 Ride Easy	•	½	
	2:00 You're not alone	4x8 Ride Easy	R↑	¾	
	2:13 Instr / (Whirl)	4x8 Ride Easy	•	¾+	M
	2:28 _ alone	8x8 Racing (Forward)	•	1/1	H
	2:57 You'll never be	4x8 Aero-Racing (Forward)	•	1/1	H
3	3:12 Instr / (Down beat)	4x8 Ride Easy	•	½	E
	3:27 (Cymbal)	4x8 Seated Recovery	•	¼	
	3:42 Ref / _ alone	8x8 Ride Easy	•	½	
	4:11 Instr / (Down beat)	4x8 Ride Easy	•	¾+	M
	4:26 Upbeat / _ alone	12x8 Racing (Forward)	•	1/1	H
	5:10 Instr / (Low whirl)	2x8 Transition	•	½	M
	5:18 (Pulsing beat)	8x8 Aero-Racing (Forward)	•	1/1	H
	5:48 Outro /	8x8 Ride Easy / Seated Recovery	B↑	½	E



06. THE PURPOSE IS YOU (EXTENDED MIX) 6:33mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Use Block 1 to find some Recovery and then introduce Speed Work by using the track profile to set your expectations of the participants for the work ahead. In Block 2, use simple Layer 1 cues in the Ride Easy phase to help your class re-establish Racing Resistance and how it should feel. Then, use Layer 2 Speed cues to help your participants through the 45 second Racing.

- *Let's take it to Speed Work*
- *We've got a beautiful amount of time here to recover. Let the dust settle*
- *Ride Easy – Catch onto the slow rhythm*
- *Sometimes you have to take a step back so you can move forward*
- *Let's revisit Racing Resistance – that familiar pressure in the legs. It's a firm pressure but you have room to find the rhythm*
- *When the beat drops, you have 45 seconds – one of two today!*
- *Feel the rhythm, feel the beat*
- ***Hips naturally come forward in the seat, small dip of the toes, light belly brace, hips stable in the seat***
- *15 seconds – Aero-Racing*
- ***Lift your chest*** *a little higher in Aero-Racing*

BLOCK 3

Let your riders know that this is the last Speed effort of the class! The first 45 seconds offers a great opportunity to build on your Layer 2 coaching by teaching your class how to ride better. The last 30 seconds is all about Layer 3 cues to Motivate and Inspire in a way that is authentic to you.

- *Hold the gear – let the legs slow*
- *You're never alone! You've got us to take you all the way through*
- *45 seconds and then an extra opportunity for 30 seconds of Aero-Racing*
- *We want you to make this your own today. Aim for the beat but know that wherever you are, you're not alone! We're right there with you!*
- *30 seconds of Aero-Racing!*

TRACK TIP

Block 1 is a great opportunity for you to reconnect with your class. Check in and see how they are. Let them know it's OK to pull back a bit here and to find some Recovery before the work begins again.



07. MOUNTAIN CLIMB

1/1 = 65rpm

TRACK FOCUS

- Use lots of Layer 2 cues to teach your class how to ride strongly and with great Technique to help them through the long Climb in Block 2
- Motivate your class to work hard in this final Mountain Climb track

TRACK PROFILE

2 Climbs – the first one is 30 seconds, followed by a huge 4-minute Climb to the top!

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro / (Pulsing synth)	4x8	Seated Recovery	B⬆	½	E
	0:10	Be / (Chant)	8x8	Ride Easy	↗	1/1	
	0:45	Wind up /	4x8	Ride Easy	↗	1/1	M
	1:00	Instr / (Heavy)	8x8	Standing Climb	C⬆	1/1	H
2	1:30	V1 / Tell me now	8x8	Ride Easy	Opt • or ↘	1/1	M
	2:00	_ and as we follow	8x8	Ride Easy	•	½	
	2:30	Ref / When I look back	8x8	Ride Easy	•	1/1	H
	3:00	B up / (Synth)	8x8	Power Climb	•	1/1	
	3:30	Instr / (Synth) /	12x8	Standing Climb	↗	1/1	
	4:15	(Distorted synth)	8x8	Power Climb	Opt • or ↘	1/1	
	4:45	(Heavy)	12x8	Standing Climb	Opt • or ↗	1/1	
	5:30	Outro / (Pulsing beat) /	8x8	Power Climb	•	1/1	



07. SHADOWS (MAOR LEVI EXTENDED MIX) 6:04mins

TECHNIQUE AND COACHING

BLOCK 1

Coach your class through the first block by using Layer 1 PRP cues. This first Standing Climb is only 30 seconds long so keep your coaching clear and simple to ensure everyone is moving with the correct PRP.

- *6 minutes in a steady Climb with time under tension, building pressure to increase fitness and strength*
- *Ride Easy, start the base of the Climb*
- *Heavy turn clockwise, start to build the heavy tension in the legs*
- *Every time we push down on the pedal stroke, feel the tension in the muscles*
- *Activate the core*
- *Standing Climb – **Firm grip on the handlebars, soft elbows, lift the chest and lean forward slightly, butt touching the top of the saddle***

BLOCK 2

The final block of the Mountain Climb and workout and it's a long one. Let your class know they have the option to hold or reduce Resistance as they come out of the Standing Climb in Block 1 but make sure they know what is ahead of them by profiling the work ahead – just on 4 minutes of Climbing! As we build back into the Standing Climb, bring focus to Layer 1 and 2 PRP cues to help your class ride with great Technique. This will be really helpful as fatigue starts to set in. Then, it's all about Motivation and Inspiration through Layer 3 cues. What can you say or do to help push your class to the end?

- *If you need to, take a little turn back; otherwise, stay close to this Resistance*
- *Connect your breath to your legs and the pressure in your muscles*
- *Legs slow down – leave the Resistance*
- *Notice how that feels. Just by slowing down, the pressure is reduced in the muscles but the heart rate stays close to our training zone*
- *Hips are back in the saddle, firm grip on the handlebars, drop the elbows, connect your core to your leg drive*
- *Let your breath be natural – never hold your breath. Every time you push down, exhale*
- *Pushing forward and down through the stroke. Quads, glutes, calves and hamstrings*
- *Stable in the saddle*
- *Standing Climb – Body weight side to side*
- *Relax – that's the key to climbing!*
- *Power Climb – If you need to back it off slightly to stay on the rhythm, do*
- *It's steep but it's steep for a reason!*

PERFORMANCE

Allow this amazing, driving piece of music to come alive and create a journey for your class by using your body and voice to match the highs and lows of the music.



08. RIDE HOME / STRETCH

1/1 = 130rpm

TRACK FOCUS

- This is the time to bring your class back together and congratulate them on their hard work while bringing down the heart rate and stretching out the lower body

TRACK PROFILE

2 short energizers before we dismount from the bike for lower-body stretches

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro / Throw a party	2x8	Seated Recovery	•	½
	0:08	V1 / Well, she	8x8	Ride Easy	B1	¾
	0:38	C / _ Green , green	4x8	Racing	↗	1/1
2	0:55	V2 / We go	8x8	Ride Easy	•	¾
	1:25	C / _ Green , green	8x8	Racing	•	1/1
	1:55	Low / Throw a party	1x8	Transition	•	½
3	2:00	PC / Loaded up	3x8	Upper Body Stretch		
	2:11	C / Green green	1x8	Transitions off bike, shake out legs		
	2:15	_ Throw a party	2x8	Standing Quadricep Stretch L		
	2:22	_ Green grass	2x8	Standing Gluteal Stretch L		
	2:30	_ Green , green	2x8	Standing Quadricep Stretch R		
	2:38	_ Green grass	2x8	Standing Gluteal Stretch R		



08. GREEN GREEN GRASS 2:48mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Use these blocks of work to bring your class back together by coaching them through an easy roll of the legs while cueing PRP. Connect with your class by being warm in your body and voice, congratulating them on their efforts in the workout.

- *Shake and roll, Ride Easy!*
- *Resistance down to Base Resistance, plus a gear*
- *Ride Easy – start to move the legs*
- *Add a gear – reach out to Racing*
- *One more short roll of the legs and then we're going to stretch*
- *Starting to feel OK now!*

BLOCK 3

Coach your class through a quick upper-body stretch on the bike. Then after transitioning off the bike, focus on the bigger working muscles of the lower body – quads and glutes.

- *Let the legs start to slow – Ride Easy*
- *Push away from the handlebars, sit up, shake out the arms, roll your shoulders*
- *Dismount from your bike*
- *Quad Stretch – Heel to butt, deep stretch down the front of your leg*
- *Glute Stretch – Leg slides on top of your opposite leg, sit back in the stretch*



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