

RPM 98

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

WALK IN	Good Vives (2:49) HRVY & Matoma Courtesy of the Universal Music Group. Written by: Campbell, Emenike, Jean, Lagergren	
	Feels So Right (5:01) Sun Lay Courtesy of Les Mills Music Licensing Ltd. Written by: Naley	
	boy (3:13) The Killers Courtesy of the Universal Music Group. Written by: Price, Flowers	
01		
02	boy (1:49) The Killers Courtesy of the Universal Music Group. Written by: Price, Flowers	
03	Three Little Birds (5:01) Timmy Trumpet, Prezioso & 71 Digits © 2022 Spinnin' Records. Written by: Marley	
04	All These Nights (2:32) Tom Grennan © 2022 Insanity Records Limited under exclusive licence to Sony Music Entertainment UK Limited. Written by: Needle, Grennan, Scott, Boardman	
	All These Nights (2:32) Tom Grennan © 2022 Insanity Records Limited under exclusive licence to Sony Music Entertainment UK Limited. Written by: Needle, Grennan, Scott, Boardman	
05	Offender (Dimension & Grafix Remix) (5:56) Dimension © 2022 Dimension. Written by: Etheridge, Ritson, Gandey	
06	A Sky Full Of Stars (Hardwell Remix) (4:19) Coldplay © 2014 Parlophone Records Ltd, a Warner Music Group Company. Written by: Berryman, Champion, Buckland, Martin, Avicii	
	A Sky Full Of Stars (Hardwell Remix) (1:20) Coldplay © 2014 Parlophone Records Ltd, a Warner Music Group Company. Written by: Berryman, Champion, Buckland, Martin, Avicii	
07	Rush (6:31) Mario Ochoa © 2022 Avenue Recordings. Written by: Ochoa	
08	What A Night (3:32) Zabel May © 2023 Les Mills Music Licensing Ltd. Written by: Gaudio, Parker, Garcia, Doyle, Thornfeldt, Perez, Utermark, Brooks	
OUTRO	Come And Get It (2:01) Eli "Paperboy" Reed Courtesy of the Universal Music Group. Written by: Husock, Montgomery, Spraker	



RPM 98



L-R: Dee Rowell, Glen Ostergaard, Amy Lu

RPM 98™ is a classic ride with a modern twist – a beautiful collection of musical tracks that epitomizes what RPM is: breathtaking visuals and stunning coaching. You are in good hands for this ride!

The Warm-up has a super warm vibe to it – we establish Cycle SET Position, Base Resistance and roll out the legs into the training zone.

Pace – a classic feel, three efforts of Racing before hitting the Hills. You will be singing and pumping to the summit.

Mixed Terrain – a change in tempo, slow beat, heavier Resistance. Stand up, lean in and accelerate the legs before sitting and backing off the Resistance for Racing. Watch the odometer tick over.

Intervals, two long efforts of Power Endurance – big bold and beaty. Enjoy!

Speed Work brings the calm before we climb the final summit – steady Intensity, peak, REAL riding.

We love this release and hope you do too!

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

Amy Lu (New Zealand) is an RPM, BODYPUMP and a LES MILLS SPRINT Trainer/Presenter/Instructor, and a BODYJAM™ Instructor. She lives in Auckland.

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

Special Thanks – Dan Cohen for his coaching expertise



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	29:35 with Track 08 26:34 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

Tell us what you think of this release.
Visit lesmills.com/release-feedback



01. PACK RIDE

1/1 = 124rpm

TRACK FOCUS

- Set up the basics of PRP: Position, Resistance and Pace with a focus on Cycle SET Position and pedal stroke Position
- Be warm, welcoming and upbeat in your voice and body language to match the song and also to help build a great connection with your class

TRACK PROFILE

3 rounds with 30 second phases on the beat to get us warm and ready for the workout ahead

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro / (Piano)	4x8	Seated Recovery	•	1½
	0:20	V1 / Let me love you	4x8	Ride Easy	B↻	1½
	0:35	B up /	4x8	Ride Easy	R↻	¾
	0:51	Drop / (Melody)	8x8	Racing	↗	1/1
2	1:22	Low / (Piano)	4x8	Ride Easy	•	¾
	1:35	Heavy / _ I love you	8x8	Ride Easy	↗	¾
	2:05	Br / (Piano)	4x8	Seated Recovery	•	1½
	2:19	B up / (Disorted voice)	4x8	Ride Easy	R↻	¾
	2:39	Drop / (Melody)	8x8	Racing	•	1/1
3	3:11		28x8	REPEAT BLOCK 2		



01. FEELS SO RIGHT 5:01mins

TECHNIQUE AND COACHING

BLOCK 1

Use this first block to ease your riders into the workout by focusing on connection and being warm and welcoming through your body and voice. Use Layer 1 cues to set up great PRP to get everyone moving well straight away.

- *Let's warm up – legs, heart and lungs*
- *Ride Easy, start with a nice Slow Pace*
- **Hands shoulder-width apart, hips back in the saddle**
- *We've got our Base Resistance on the bike. A light muscle pressure*
- *30 seconds, easy roll with Base Resistance plus a light gear*
- *Near or on the beat. It's only the warm up*
- *Nice and smooth, nice and relaxed*
- **Hips are back in the saddle, gentle squeeze down with elbows**

BLOCK 2

The focus again is on Layer 1 PRP cues to ensure your class is feeling confident on how to ride well. Be descriptive of Racing Resistance so they know what it should feel like and are able to ride with good Resistance for the rest of the workout.

- Cycle SET: **Hands are shoulder-width apart, elbows are slightly bent, chest is lifted, little brace of the core, hips are back in the saddle**
- *This gives you a safe, smooth and efficient riding position*
- *Racing Resistance – good muscle pressure*
- *30 seconds, near or on the beat with Racing Resistance*
- *Now we're starting to get warm, you can feel it*
- *Good pressure in the legs, finding the rhythm*

BLOCK 3

The last block is a repeat of Block 2 so now think about how you can enhance your PRP cues by using Layer 2 coaching. Glen does this on the Masterclass by focusing on pedal stroke and how to ride efficiently. Be uplifting and energetic as we move through the last 30-second Racing phase to build excitement and energy for the workout ahead.

- *Let's focus on our pedal stroke. Push & Pull. Nice and smooth, efficient circles*
- *Thinking about the hip, knee and ankle moving as one*
- *The glutes, quads, calves and hamstrings to drive our pedal stroke*
- *30 seconds of Racing*
- *We're in the zone!*

PERFORMANCE

The music in this track is fun and upbeat. How will you use your voice and body language to match the energy of the music?



02. PACE

1/1 = 128rpm

TRACK FOCUS

- Match the uplifting energy of the song by using vocal contrast
- Use clear PRP to coach the transitions in Position and Pace and the feeling of Racing Resistance

TRACK PROFILE

3 fast flats, 1 short followed by 2 almost 60-second efforts

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro /	4x8	Seated Recovery	B↻	½	E
	0:15	V1 / Head down	8x8	Ride Easy	↗	¾	
	0:45	C / _ the black night	11x8	Racing (Forward)	R↻	1/1	H
2	1:26	V2 / Heatwave	9x8	Ride Easy	↘	¾	E
	2:00	C / _ out on the	7x8	Racing (Forward)	R↻	1/1	H
	2:26	Instr / (Electric guitar)	8x8	Aero-Racing (Forward)	•	1/1	
	2:56	Low / (Drums)	4x8	Ride Easy	•	½	E
3	3:12		28x8	REPEAT BLOCK 2			



02. BOY 5:02mins

TECHNIQUE AND COACHING

BLOCK 1

Use simple Layer 1 cues to set up PRP for this first short block of work. Bring focus to how Racing Resistance should feel to ensure your riders are riding with the correct Resistance from the start.

- *As we head into our first 40 seconds, let's find Racing Resistance: Good muscle tension with room to accelerate onto the beat*
- **Hands wide on the handlebars**
- *Come onto the rhythm – 1, 2, 1, 2*
- *The rhythm is our road in RPM*
- *When you have good Racing Resistance it gives that light pressure in the legs and feels like the wheel has just met the road*

BLOCK 2

Reinforce great PRP through Layer 1 cues and then think about how you can use Layer 2 cues to Improve Technique or Manipulate Intensity. This will help challenge your class to work harder or perhaps just help them sustain the longer 60-second Racing effort.

- *Allow the Resistance to slow the legs, bring it back to Ride Easy position, light reduction*
- **Cycle SET: Chest is lifted, hips back in the saddle, light core brace to help anchor us in the seat and bring energy in the legs**
- *Next up, 60 seconds!*
- *Keep your upper body relaxed*
- *To help us sustain the longer effort, **slide your hips forward and dip your toes***
- *Aero-race – a more compact position where we can focus on smooth, small and fast pedal strokes*

BLOCK 3

Continue to use Layer 2 cues to Manipulate Intensity and then use Layer 3 cues to Motivate and Inspire your class to the finish line.

- *It's the beautiful blend of rhythm and Resistance that makes RPM*
- *Starting to feel that workout now! Heart rate is up! Starting to go from closed-mouth breathing to open-mouth breathing*
- *One more! 60 seconds, exactly like that*
- *How good does this feel?*
- *Last 30 seconds with us!*

PERFORMANCE

Think about how you can use your vocal contrast and body language in this track to highlight the highs and lows of the music. This will create excitement and energy as we move into the first working track of the class, encouraging your riders to work hard.



03. HILLS

1/1 = 69rpm

TRACK FOCUS

- Be descriptive on how Climbing Resistance should feel to ensure your class gets the most out of each block of work
- Coach the option to accelerate in the last 15 seconds of Blocks 3 and 4 to increase the Intensity if riders want to
- Match the fun, playful feeling of the music with your voice and body language

TRACK PROFILE

4 blocks of 45-second climbs with the opportunity to accelerate in the last 15 seconds of Blocks 3 and 4

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	R↻	½	E
	0:07	V / Rise up this	8x8 Ride Easy	↗	1/1	M
	0:35	Drop / Don't worry	4x8 Standing Climb	C↻	1/1	H
	0:49	Singing, don't	4x8 Power Climb	•	1/1	
	1:02	Instr / (Synth/up beat)	4x8 Standing Attack	•	1/1	
2	1:17	Br /	1x8 Transition	•	½	E
	1:20	V / Rise up this	8x8 Ride Easy	↘	1/1	M
	1:48	Drop / Don't worry	4x8 Standing Climb	C↻	1/1	H
	2:02	Singing, don't	4x8 Power Climb	•	1/1	
	2:16	Instr / (Synth/up beat)	4x8 Standing Attack	•	1/1	
3	2:30	Br /	1x8 Transition	•	½	E
	2:33	V / Rise up this	6x8 Seated Recovery	↘	½	M
	2:53		2x8 Ride Easy		1/1	
	3:01	Drop /	4x8 Standing Climb	C↻	1/1	H
	3:15		4x8 Power Climb	•	1/1	
4	3:29	Outro /	4x8 Standing Attack	•	1/1-1/1+	
			Opt to 1/1+			
4	3:43		21x8 BLOCK 2			



03. THREE LITTLE BIRDS 5:01mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 cues to set up PRP: Position, Resistance and Pace to prepare your class for the first 45-second climb.

- *Ride Easy, find the rhythm – 1, 2, 1, 2*
- *Climbing Resistance: Heavy pressure in the muscles*
- *45 seconds, Standing Climb!*
- **Chest lifted, light core brace, upper body relaxed**
- *Power Climb: Hips back, **stronger core brace** to push the energy and power into your legs*
- *Final 15 seconds – Standing Attack! **Lean in slightly, hips come forward***

BLOCK 2

Let your class know that this round is identical to the first, challenging them to see if they can go heavier in Resistance by knowing this. Use Layer 1 cues again to reinforce great PRP and then use Layer 2 cues to Improve Execution to help them ride and feel the heavy Climbing Resistance throughout the working block.

- *Release just enough pressure to find the rhythm again*
- *3 more rounds, short and steep! So don't be afraid to really crank up the Resistance*
- *Climbing Resistance: Heavy, heavy pressure in your legs*
- *As that gear gets heavier think about the big push down through your glutes and quads*
- *Power Climb: **Hips drive back, big push down through the ball of your foot***
- *We're going to be alright!*
- *Final 15 seconds, Standing Attack! Lean in and feel more quad drive here*

BLOCK 3

Another 45-second climb however this time there is the option to accelerate in the last 15-second Standing Attack. By now your class should feel confident on how to ride with great Technique and Execution, so what Layer 2 cues can you use to Manipulate Intensity? Make sure to option the acceleration in the Standing Attack so your class can decide which challenge they want to feel – strong and steady or faster with a heart rate kick!

- *2 down, 2 to go. You can keep the slow, strong steady Pace or an opportunity for a little more Intensity*
- *Heavy gear, Climbing Resistance, Standing Climb!*
- *Locked and lifted!*
- *Firm grip on the handlebars, find more stability for a powerful push*
- *Your choice when we stand – you can accelerate or you can keep it strong and steady*
- *Hit the gas if you're accelerating! Knees up!*

BLOCK 4

The last block and it's identical to Block 3. Time to really drive your class to the end by using Layer 3 Motivate and Inspire cues!

- *Legs are heavy, breathing is heavy!*
- *This is it, final Hill Climb!*
- *You choose your poison – hit the gas or stay strong and steady!*
- *Final 15 seconds – here we go!*
- *Whatever way you're moving, we're with you to the top!*

TRACK TIP

Be clear in giving the option of the acceleration in the 15-second Standing Attack of Blocks 3 and 4 so that your class can choose where they want to take it. This will ensure everyone feels successful and can find their own challenge in the workout.

PERFORMANCE

A well-known song with a fun and uplifting vibe! Think about how you can match the energy of the music while still driving your class to feel the physical intensity of the climbs. Dee does this on the Masterclass by focusing on her body language being open and then matching the big highs and lows with her voice, while using inclusive language in her cueing.



04. MIXED TERRAIN

1/1 = 160rpm

TRACK FOCUS

- Pre-cue the fast transitions throughout the track, in and out of the seat, by using clear PRP
- Match the upbeat and high energy of the song by using lots of vocal contrast

TRACK PROFILE

4 blocks of Mixed Terrain with short climbs and 6 opportunities to chase the beat

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B↻	½	E
	0:06	V1 / We've been going	4x8 Ride Easy	C↻	½	
	0:18	PC / _ I've been thinking	4x8 Standing Climb Accelerate on last 4cts	•	½	M
	0:30	C / All of these nights	8x8 Racing (Forward)	↘ to R↻	¾++	H
2	0:54	V2 / Levitating, got me	4x8 Ride Easy	C↻	½	E
	1:06	PC / _ I've been thinking	4x8 Standing Climb Accelerate on last 4 cts	•	½	M
	1:18	C / All of these nights	8x8 Racing (Forward)	R↻	¾++	H
	1:42	Instr / (Guitar)	4x8 Aero-Racing (Forward)	•	¾++	
	1:54	Low /	4x8 Ride Easy	•	½	M
	2:06	C / All of these nights	8x8 Racing (Forward)	•	¾++	H
3	2:30	Br /	3x8 Seated Recovery	↘	½	
	2:38	V3 /	16x8 BLOCK 1			
4	3:26	V4 /	32x8 BLOCK 2			

SMARTSTART

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



04. ALL THESE NIGHTS 5:04mins

TECHNIQUE AND COACHING

BLOCK 1

Use Layer 1 PRP cues to set up your class up for this first block. The first Standing Climb happens quickly so be clear in explaining Position and Resistance to make sure everyone finds the Standing Climb safely and successfully.

- *Ride Easy, on the Slow Pace*
- *Climb is coming quickly so add enough Resistance on the bike to stand up on*
- *Racing Resistance, into the chase and onto the race!*
- **Hips forward, dip toes!**
- *Slightly challenging and so good for your fitness!*

BLOCK 2

Use clear Layer 1 PRP cues again for the quick transition into the Standing Climb. Start to incorporate Layer 2 cues in the Racing phases to help your class ride better and faster.

- *Slowing back on half pace, **hips back in saddle***
- *Add Resistance to find the slow pace before you take the easy climb*
- *Racing Resistance: Good pressure to chase the beat!*
- *15 seconds – Aero-Racing!*
- *Slow, do what's good for you*
- *30 seconds, halfway through!*
- *Chasing the beat!*
- *Notice how your heart rate picks up on these efforts. These are the ones that make you fit!*

BLOCKS 3 AND 4

Blocks 3 and 4 are a repeat of Blocks 1 and 2. Now that your class is familiar with the choreography and how it feels, focus on how you can Manipulate Intensity by using Layer 2 cues. The final block of work is the longer one so it's all about Motivating and Inspiring to help everyone to the finish line. Do this by using Layer 3 cues and physically working hard with them!

- *Exactly halfway*
- *Take a rest, take Ride Easy*
- *Just enough Resistance to balance on, Standing Climb*
- *Enough to balance, but not enough to really slow you down. That's how it should feel*
- *Lean in, let's grab the magic!*
- *These peak efforts really build that fitness*
- *2 short flat, fast races*
- *Bring those hips forward to make it easier for you to ride quicker*
- **Dip your toes and brace your belly to stabilize your hips and engage the leg muscles**
- *Allow the Resistance to slow the legs and recover*
- *We've just got to go there! Last phase is flat, not too long. Here's the peak!*

TRACK TIP

The speed of this track is fast at 160rpm so ensure you coach your class to 'chase the beat' in the Racing phases.



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Describe Attack Resistance so your class can get the most out of this Intervals track
- Bring Intensity to this track by focusing on Layer 2 coaching to really maximize your riders' potential

TRACK PROFILE

4 rounds of Intervals – Blocks 1 and 3 are 40 seconds long, Blocks 2 and 4 are 60 seconds

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro /	8x8	Seated Recovery or Ride Easy	B🔒	½	E
	0:19	(Synth)	8x8	Ride Easy	↗↗	1/1	M
	0:44	(Heavy synth)	4x8	Standing Attack	A🔒	1/1	H
	0:55	Drop /	4x8	Racing	•	1/1	H
	1:06	(Heavy synth)	4x8	Standing Attack	•	1/1	
	1:17	Drop /	4x8	Racing	•	1/1	
2	1:28	Low / _ break these	8x8	Ride Easy	Opt • or ↘	1/1	M
	1:50	(Heavy synth)	16x8	8x COMBINATION 1x8 Standing Attack 1x8 Racing	A🔒	1/1	H
	2:34	Drop / (Bleep)	8x8	Racing	•	1/1	H
3	2:57		32x8	REPEAT BLOCK 1			
4	4:25		32x8	REPEAT BLOCK 2			



05. OFFENDER (DIMENSION & GRAFIX REMIX)

5:56mins

TECHNIQUE AND COACHING

BLOCK 1

Profile the work ahead and then clearly cue PRP with a focus on Position and Resistance. Do this by using Layer 1 cues to ensure your class is using true Attack Resistance and riding with the correct Pace so they can feel the Intensity of this Intervals track.

- *This one is designed to push your top-end fitness. It works to get you fit super fast*
- *Hook into the rhythm first and then start to build strong Attack Resistance*
- *Attack Resistance: A demanding grip of the legs with little room to move*
- *10 seconds of Standing Attack!*
- *10 seconds up, 10 seconds down, twice*
- *Racing: **Hips back in the saddle, hands long on the handlebars***
- *If you're holding rhythm okay, try adding more Resistance*
- *Standing Attack: **Hips forward, chest lifted, hips locked in tightly***
- *Racing: **Hips back so you can access your hamstrings here***

BLOCK 2

This block is longer and the transitions are faster between Standing Attack and Racing. Let your class know what's ahead and then use Layer 1 PRP cues to clearly communicate the changes of choreography throughout this block. Amy does this on the Masterclass by using lots of timing cues to count the transition between positions.

- *Ride Easy: Hold the Resistance, hold the beat*
- ***Hips back in the saddle, chest lifted***
- *If you need to, take a light reduction to hold the beat here*
- *60 seconds – 8 fast jumps!*
- *Listen to the rhythm – 4, 3, 2, sit*
- *Power training is all about moving a Heavy Resistance, fast*
- *Focus on pushing through the first part of the pedal stroke the fastest*
- *This is your kicker – stay down, 20 seconds!*
- ***Hips forward, elbows in and down, strong stable position***

BLOCK 3

Halfway and a repeat of Block 1! Because your class is now familiar with what's ahead think about what Layer 2 cues you can use to Manipulate Intensity or Improve Execution to really get the most out of them.

- *We're going to do it again*
- *Time under pressure is what builds our fitness*
- *Pressure drives performance!*
- *Hips forward, use your quads*
- *Anchoring through your core so you can drive through your legs*
- *Open-mouth breathing, hard to speak*

BLOCK 4

The last block and a repeat of Block 2. Time to drive it home by using Layer 3 Motivate cues to keep everyone in the workout and working hard!

- *Hold the beat, hold the Resistance or if it will help you work harder in the last minute, shave a little bit of Resistance off*
- *If you backed it off, that was your short rest*
- *8 fast jumps!*
- *This is where our fitness starts to change!*

PERFORMANCE

Work hard and inspire your class by physically role-modeling the workout yourself!

TRACK TIP

Use lots of timing cues throughout the track to help your riders know when the transitions of position are coming. Not only will this help everyone ride the choreography and feel successful, it will also help them push hard to the end!



06. SPEED WORK

1/1 = 128rpm

TRACK FOCUS

- Guide your class through each Racing phase by using encouraging, positive and inclusive language
- Bring focus on Technique to help your class sustain the longer Racing phases
- Connect with the amazing sound of this track by using your body and voice to highlight the highs and lows of the music

TRACK PROFILE

Block 1 is a short 15-second acceleration followed by Blocks 2 and 3 which are 30 seconds and 90 seconds long

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	4x8 Seated Recovery	B ↺	½	E
	0:15	B up / (Pulse)	4x8 Ride Easy	•	½	
	0:30	(Pulse & clap)	4x8 Ride Easy	↗	¾	
	0:45	(Wind up)	4x8 Ride Easy	•	¾+	M
2	1:00	Low /	4x8 Seated Recovery	•	½	E
	1:15	V1 / Cause you're a	8x8 Ride Easy	•	½	
	1:45	C / I don't care, go	8x8 Ride Easy	↗	¾	
	2:15	Br /	1.5x8 Ride Easy	•	¾	
	2:20	Up beat / (Synth)	8x8 Ride Easy	↗	¾+	M
	2:50	Drop /	8x8 Racing (Forward)	R ↺	1/1	H
3	3:20	Low / Cause you're a	4x8 Ride Easy	•	½	E
	3:35	B up / Such a heavenly	4x8 Rise Easy	•	¾+	M
	3:50	Drop /	8x8 Racing (Forward)	•	1/1	H
	4:20		8x8 Aero-Racing (Forward)	•	1/1	
	4:50	(Pulse & clap)	8x8 Racing (Forward)	•	¾-1/1	
	5:20	Outro /	5x8 Ride Easy	•	½	E



06. A SKY FULL OF STARS (HARDWELL REMIX)

5:39mins

TECHNIQUE AND COACHING

BLOCK 1

This first block is simply a short acceleration close to the beat to get the legs moving quickly again. Let your class know that if they need more time to recover, then that is completely OK! We want everyone to feel ready to go for when Blocks 2 and 3 come. Set this block up by using simple and clear Layer 1 PRP cues, keeping the language inclusive and positive.

- *Let's take this time to reconnect to our body, re-energize, do what feels good for you*
- *Add a small gear, just above Base Resistance, Medium Pace*
- *You know what your body needs right now, we just want you to feel good again*
- *If you're feeling energized, take another gear, building pace*
- *Short acceleration just to get our body moving again*

BLOCK 2

This block is where the real work begins! A 30-second build of speed into a 30-second Race on the beat. Again, use Layer 1 cues to set up the Position, Resistance and Pace. Be descriptive on how good Racing Resistance should feel to remind your class what they want to be feeling in the legs to get the correct Intensity out of the effort. This will then set them up for success when Block 3 hits!

- *Today we're going to focus on Racing Resistance to really feel it, and then our pedal stroke to really maximize it*
- *Add a small gear clockwise, Medium Pace*
- *Our Racing Resistance is that sweet spot. It's the gear that pushes back at you but it never holds you back*
- *Find just under that feeling, just under Racing Resistance. Can you feel it?*
- *One gear to take us to that sweet spot*
- *It's only 30 seconds long!*
- **Hands wide, Racing!**
- *Think about **relaxing your upper body, hips come forward, light core brace***

BLOCK 3

The last and longest block of work! The recovery from Block 2 to the 90 seconds of work in Block 3 is short so keep your cues simple, highlighting the importance of recovery before we go again. Use Layer 2 cues in the Racing phase to help guide your class through the longer effort. See how Dee brings a focus to Improving Technique on the Masterclass by talking about the pedal stroke. Then it's all about Motivating and Inspiring through Layer 3 cues to the finish line!

- *Hold the gear, let your legs slow, Slow Pace*
- *One more extended block. 90-seconds long but don't let that scare you*
- *We're going to break it down in Block 3, 30-second sets and we are with you every second*
- *On or near the rhythm, find your challenge today*
- *As we ride fast we tend to lose our pedal efficiency so if you're moving up and down, think about round and round. Smooth rhythmic circles to help you ride fast*
- *This is where we build our cardiovascular fitness!*
- *Final 30 seconds, a rhythm that you can sustain*
- *Might not be on the rhythm, might be close, might be slower. It's all about time under tension*

PERFORMANCE

The music is absolutely amazing in this track. Don't overpower it by saying too much to ensure the music has a chance to shine!



07. MOUNTAIN CLIMB

1/1 = 66rpm

TRACK FOCUS

- Educate your class on how to ride with great Technique and Execution throughout the long climbs by using lots of Layer 2 cues

TRACK PROFILE

3 graded Intensity climbs – Block 1 is 45 seconds, followed by 60 seconds in Block 2 and 2½ minutes in Block 3

	Music		Sequence/Exercise		Resistance	Pace	PI
1	0:00	Intro /	8x8	Ride Easy	B↱	1/1	E
	0:29		8x8	Ride Easy	↗↗	1/1	
	0:58		12x8	Standing Climb	C↱	1/1	H
2	1:40	V1 /	8x8	Power Climb	•	1/1	H
	2:10		16x8	Standing Climb	Opt ↗	1/1	
3	3:08	Ref /	4x8	Standing Recovery	•	½	M
	3:22	B up /	8x8	Ride Easy	↘	1/1	
	3:50		4x8	Ride Easy	•	1/1	
	4:04		8x8	Standing Climb	C↱	1/1	
	4:34		8x8	Power Climb	•	1/1	H
	5:04		8x8	Standing Climb	Opt ↗	1/1	
	5:31		8x8	Power Climb	•	1/1	
	6:00	Outro /	8x8	Standing Climb	•	1/1	



07. RUSH 6:31mins

TECHNIQUE AND COACHING

BLOCK 1

The first block is the shortest climb at 45 seconds long. Use Layer 1 PRP cues to set up your class with great Position, Resistance and Pace straight away. This will set them up with a strong climbing foundation from the start, helping them through the track as the blocks get longer.

- Ride Easy, **hips back in the saddle**, find the clear slow beat
- Heavy turn clockwise, stay seated, starting to feel the base of the climb
- **Hips deep in the saddle, hands firm on the handlebars, little squeeze of the elbows together, big lift of the chest, firm brace down of the core**
- First time up, 45 seconds, a little faster
- Heavy turns, hands reach long, Standing Climb
- **Hands are soft**, wiggle the fingers if you need to
- **Elbows are bent, chest is lifted**
- **Butt touching top of the saddle and easy swing of the hips side to side**
- Everybody is different, so find the position that suits you the best

BLOCK 2

30 seconds in Power Climb before the next 60-second climb begins. Let your class know this so they can mentally and physically prepare to go again. Reinforce great Layer 1 PRP cues to set them up strongly again. Then see what they need – is it a Layer 2 cue to help them Improve Technique? Or maybe as they get tired the Intensity is dropping off and you can coach to this by using Layer 2 cues to Manipulate Intensity.

- Hold Resistance, sit back into Power Climb
- Power Climb: **Hips are back in the saddle, firm race to stabilize the hips**
- Think big circles – glutes, quads, calves and hamstrings
- This time we're going for 1 minute
- As it gets longer out of the seat, if you need to, sit down and back off the Resistance. It's about the duration and managing the load
- Make sure your hips are moving side to side. That allows you to drive the full extension of each hip

BLOCK 3

The final block and it is a long one at 2½ minutes! This is where physical fatigue may start to kick in. Use Layer 2 cues to help your class think about how they are moving their body and what they can do to improve this whether it be through Technique or Intensity. Then it's all about Motivating and Inspiring them to push hard to the top of the climb. A great way to achieve this is by being a physical role model and working hard with your class. See how the team does this on the Masterclass.

- Slow and remain standing, Standing Recovery
- Sit down to Ride Easy, edge off Resistance. Back off enough so that you can find the beat again
- Push back into the seat, press down on the handlebars, squeeze of the elbows, brace down the core, stabilize the hips
- In these sorts of tracks with duration, we are looking to increase our cycling efficiency to increase our work capacity and to get fitter and feel better!
- 2 and a half minutes!
- As it gets harder, firm up the grip on handlebars
- Power Climb: These are the challenging phases. Full extension of the hip, all the muscles are working for us
- Extend and push!
- Last 30 seconds – we're going to go!

TRACK TIP

Use lots of time cues in this intense Mountain Climb, especially in Block 3. This will help your class know where they are in the track and enable them to push themselves to the end!



08. RIDE HOME / STRETCH

1/1 = 114rpm

TRACK FOCUS

- Bring the heart rate down and flush through the legs while celebrating a great workout and effort from your class

TRACK PROFILE

One short acceleration of the legs followed by upper-body and lower-body stretches on and off the bike

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	1x8 Seated Recovery	•	1/2	E
	0:05	V1 / Yeah, of what	8x8 Ride Easy	B ↻	3/4	
	0:34	C / Oh, what a	6x8 Racing	↗	1/1	
2	0:53	V2 / _ doors fly	8x8 Upper Body Stretch	•	1/2	
	1:12	PC / I came up	3x8 Transition off bike, shake out legs			
	1:22	C / Oh, what a	3x8 Standing Quadricep Stretch L			
	1:31	Oh, what a	3x8 Standing Gluteal Stretch L			
	1:41	Oh, what a	3x8 Standing Quadricep Stretch R			
	1:51	Oh, what a	3x8 Standing Gluteal Stretch R			



08. WHAT A NIGHT 3:32mins

TECHNIQUE AND COACHING

BLOCKS 1

Find an easy Pace in the legs with at least Base Resistance to safely let the heart rate come down and the legs flush out. Use this time to celebrate the hard work your class just put in and congratulate them on their efforts.

- *Ride Easy and make sure you've got a little connection in your legs – at least Base Resistance*
- *One short acceleration, maybe a little more Resistance in your legs, hands slide wide*
- *What a ride!*

BLOCK 2

Take your time to move through some upper-body stretches before transitioning off the bike. The lower-body stretches are fast so use clear coaching to make sure your class finds each stretch successfully.

- *Let your legs slow; when you're ready sit up*
- *Upper-body stretches on the bike*
- *Dismount off bike, shake out your legs*
- *Quad Stretch L*
- *Gluteal Stretch L*
- *Swap sides*

TRACK TIP

This Ride Home/Stretch track is quite quick. If time permits let your class know they are welcome to stay around for Track 9 and hold the same stretches for longer if they feel they need to or would like to.



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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.

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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.