

RPM **99**

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

TRUSTFALL (3:38)

P!nk
© 2023 RCA Records, a division of Sony Music Entertainment.
Written by: McDaid, Moore, Gibson

02

TRUSTFALL (2:09)

P!nk
© 2023 RCA Records, a division of Sony Music Entertainment.
Written by: McDaid, Moore, Gibson

High And Low (3:31)

Empire Of The Sun
Courtesy of the Universal Music Group.
Written by: Steele, Littlemore, Sloan, Mayes

03

High And Low (2:14)

Empire Of The Sun
Courtesy of the Universal Music Group.
Written by: Steele, Littlemore, Sloan, Mayes

What You Do To Me (5:29)

SUB-X
Courtesy of the Universal Music Group.
Written by: Hartman, Pearn, Liassi

04

Remind Me (3:24)

Tom Grennan
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Written by: Bell, Rycroft, Brennan

Remind Me (1:55)

Tom Grennan
© 2023 Insanity Records Limited under exclusive license to Sony Music Entertainment UK Limited.
Written by: Bell, Rycroft, Brennan

05

WANT NEED LOVE (Dimension Remix) (4:09)

Prospa
Courtesy of the Universal Music Group.
Written by: Blumler, Smith

WANT NEED LOVE (Dimension Remix) (2:06)

Prospa
Courtesy of the Universal Music Group.
Written by: Blumler, Smith

06

Strong (5:51)

Ghost Charmer
© 2023 Les Mills Music Licensing Ltd.
Written by: Madley, Price, Gibson

07

Barricade (4:41)

Axwell
Courtesy of the Universal Music Group.
Written by: Sodahl, Pontare, Santos, Pournouri, Al Fakir, Fondell, Ingrosso, Hedfors

Barricade (2:32)

Axwell
Courtesy of the Universal Music Group.
Written by: Sodahl, Pontare, Santos, Pournouri, Al Fakir, Fondell, Ingrosso, Hedfors

08

Anti-Hero (Kungs Remix) (3:15)

Taylor Swift
Courtesy of the Universal Music Group.
Written by: Swift, Antonoff

ALT
02

Sunrise Sunset (5:45)

Duplex Heart
Courtesy of Epidemic Sound.
Written by: Unknown



RPM 99



L-R: Bas Hollander, Dee Rowell, Amy Lu, Bram Prima Halim, Glen Ostergaard

Welcome to RPM 99™. In this class, we invite our riders to find their place in the peloton. There is an opportunity to sit in the group and shelter if they are feeling wary or to wear the leader's jersey if they are feeling amazing. Either way, we include everyone – Coaching and encouraging each rider to reach their personal potential.

The music in this class is stunning! We kick off the workout with *TRUSTFALL* – beautiful melodic and engaging. Then, we go classic with *High And Low* to lift the Intensity . A familiar remix to climb into, *Remind Me* has a unique energy, perfect for the Mixed Terrain. *WANT NEED LOVE* is a powerful uplifting beat in Track 5 that takes this ride to another level, before we are haunted and enticed into riding smooth, flat and fast. The final *Barricade* is physically and mentally challenging.

We love this release we hope you will also.

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
- Special Thanks** – Dan Cohen for his Coaching expertise

PRESENTERS

Glen Ostergaard (New Zealand) is the Creative Lead for RPM, BODYPUMP™ and LES MILLS SPRINT™. He lives in Auckland and is a father to three children and an avid runner, cyclist and weightlifter.

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Bas Hollander (The Netherlands) is a LES MILLS SPRINT, LES MILLS GRIT™, LES MILLS THE TRIP™ and a BORN TO MOVE™ Ambassador. He is also a Director and Producer in the Production Team at Les Mills International and is based in Auckland.



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	32:00 with Track 08
	28:35 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 = 125rpm

TRACK FOCUS

- Coach the basics using Position, Resistance and Pace (PRP). Use inclusive language so participants know they have autonomy on how they take the ride today
- Set the scene of the workout ahead by focusing on Connection with your class using a warm and welcoming tone in your voice, and body language

TRACK PROFILE

3 easy blocks with 5 opportunities to ride onto the beat using Racing Resistance

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro / (Piano)	2x8	Seated Recovery	•	1/2
	0:12	V1 / Picture a place	8x8	Ride Easy	BO	3/4
	0:43	B up / _ are we running	4x8	Ride Easy	•	3/4+
	0:58	C / Close your eyes	8x8	Racing	RO	1/1
2	1:28	Br /	1x8	Transition	↘	3/4
	1:33	V2 / Jump with me	8x8	Ride Easy	•	3/4
	2:03	C / Close your eyes	8x8	Racing	RO	1/1
	2:33	Ref / _ fall, I'm not	8x8	Ride Easy	•	3/4
	3:04	C / Close your eyes	2x8	Racing	RO	3/4+
	3:11	It's a trustfall	6x8	Racing	•	1/1
3	3:35		33x8	REPEAT BLOCK 2		



01. TRUSTFALL 5:47mins

TECHNIQUE AND COACHING

BLOCK 1

Focus on setting up clear PRP – Position, Resistance and Pace – to get your class moving well from the start. Be warm and welcoming with your tone and language to connect with your riders and help set the foundation for the workout ahead.

- *Base Resistance – light Connection in our muscles, somewhere comfortable that we could ride at all day*
- *Cycle SET – **hips back in the saddle, hands shoulder-width apart, upper body relaxed, little brace through your core***
- *Racing Resistance – good pressure in your muscles but you can still accelerate onto the rhythm*
- *You might be on the rhythm; you might be near the rhythm*

BLOCK 2

Once you can see your class is moving well bring attention to how the Resistance should feel as they start to feel warmer in their bodies and find the Pace in their legs. What Layer 2 cues can you use to achieve this?

- *Two rounds ahead of us. Each round has two opportunities to accelerate onto the rhythm*
- *The rhythm is going to indicate the journey that we take today. And the Resistance is going to dictate the level of Intensity*
- *On the rhythm, near the rhythm, whatever feels good to you right now*
- *Smooth pedal strokes, smooth rhythmic circles*
- *Starting to feel some warmth, some heat in the body*

BLOCK 3

Focus on lifting the energy in this last block to create excitement for the workout ahead and ready for the shift in Intensity in Track 2.

- *One more round together!*
- *Now that we're feeling warmer in our bodies, you might want to hit the rhythm now*
- *Starting to feel the legs light up, starting to feel the heart pump a little harder*
- *We are definitely feeling warm and we're ready for the workout!*

CONNECTION

The music in this track has such a warm, inviting feel to it. Match this by creating an inclusive and welcoming environment through your voice and body language.



02. PACE

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Sunrise Sunset* with the same Choreography.

1/1 = 131rpm

TRACK FOCUS

- Be descriptive in Coaching the feeling of Racing Resistance so your class can achieve the correct Intensity through the Racing phases
- Coach the quick transitions in Choreography by using simple and clear PRP cues

TRACK PROFILE

3 blocks with fast flats and short climbs to challenge the heart rate

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery	B👆	1/2-3/4	E
	0:07	V1 / Now we are	8x8 Ride Easy	B👆	3/4	
	0:36	PC / Alice D, you're on	4x8 Ride Easy	R👆	3/4+	M
	0:51	C / I feel both sides	8x8 Racing (Forward)	•	1/1	H
2	1:20	V2 / Let's get together	8x8 Ride Easy	↘	3/4	E
	1:50	C / I feel both sides	8x8 Racing (Forward)	R👆	1/1	M
	2:19	Br / Alice D is on her	4x8 Ride Easy	C👆	1/2	H
	2:34	She don't want	4x8 Standing Climb Accelerate on last 8cts	•	1/2	
	2:49	C / I feel both sides	12x8 Racing (Forward)	R👆	1/1	E
3	3:25		2x8 Transition			
	3:32		28x8  BLOCK 2			



ALT

02. PACE

SUNRISE SUNSET 5:45mins

Please use this song in place of *High And Low* when teaching Track 02.

	Music		Sequence/Exercise	Resistance	Pace	PI	
1	0:00	Intro /	2x8	Seated Recovery	B↕	1/2-3/4	E
	0:07	V1 / Now we are	8x8	Ride Easy	B↕	3/4	
	0:36	PC / Alice D, you're on	4x8	Ride Easy	R↕	3/4+	M
	0:51	C / I feel both sides	8x8	Racing (Forward)	•	1/1	H
2	1:20	V2 / Let's get together	8x8	Ride Easy	↘	3/4	E
	1:50	C / I feel both sides	8x8	Racing (Forward)	R↕	1/1	M
	2:19	Br / Alice D is on her	4x8	Ride Easy	C↕	1/2	H
	2:34	She don't want	4x8	Standing Climb Accelerate on last 8cts	•	1/2	
	2:49	C / I feel both sides	12x8	Racing (Forward)	R↕	1/1	E
3	3:25		2x8	Transition			
	3:32		28x8	REPEAT BLOCK 2			



02. HIGH AND LOW 5:45mins

TECHNIQUE AND COACHING

BLOCK 1

Set the intention for this Pace track by lifting the energy through your voice as you Coach your class through this first block by using Layer 1 PRP – Position, Resistance and Pace. Be descriptive in how Racing Resistance should feel to create the right Intensity in this track.

- *Base Resistance – light muscle pressure*
- *Racing Resistance – good muscle pressure*
- *Start to accelerate your legs, finding your top Pace – 30 seconds!*
- *As we start to move quicker we start to generate heat into the muscles*

BLOCK 2

Use Layer 1 cues to set up the first Standing Climb for the ride, then Layer 2 cues in the Racing Phases to Improve Execution to help your class ride fast!

- *Cycle SET – **hands shoulder-width apart, elbows in, chest lifted, hips are back.** This is our safe place where we always return to after effort*
- *Two choices – on the beat or slightly behind it chasing the beat, whatever you’re feeling today. It’s your workout team!*
- *Climbing Resistance – Heavy Resistance to Stand on*
- *Heart rate is up, legs are getting warm, into the Training zone!*

BLOCK 3

This block is a repeat of Block 2. Think about what Layer 2 cues you can use that will help your class Manipulate Intensity or Improve Execution to get the most out of this last block. Be encouraging and energetic with your voice and your cues in the final race phase to Motivate and Inspire everyone to push their Intensity to the end.

- *Home base, Cycle SET, safe place*
- *Three efforts in, as fast as you can for 30 seconds. Let’s go to work team!*
- *Super relaxed, elbows gently rolling in, bracing down on core to stabilize the hips in the seat*
- *That stability allows you to push at a quick Pace*
- *Standing Climb – increase Resistance to where you need to Stand up; you will feel the difference*
- *Last 45 seconds team!*
- *Always remember – the beat is the road in RPM*

PERFORMANCE

This song has lots of energy and fun to it with lots of contrast as well. How can you bring it alive through your body and voice? See how Glen does this in the masterclass footage!



03. HILLS

1/1 = 66rpm

TRACK FOCUS

- Challenge your riders' strength by either maintaining or building their Climbing Resistance throughout the four identical climbs

TRACK PROFILE

4x 60 second climbs

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	2x8 Seated Recovery or Ride Easy	B🔼	1/2-3/4	E
	0:07	Instr / (Piano)	4x8 Ride Easy	↗	1/1	
	0:22	(Piano + beat)	4x8 Ride Easy	C🔼	1/1	M
	0:36	C / You just walk	4x8 Standing Climb	•	1/1	H
	0:51	Instr /	4x8 Standing Attack	•	1/1	
	1:05	Low /	4x8 Power Climb	•	1/1	
2	1:20	Br /	2x8 Transition	↘	1/1	E
	1:27	V / Let me tell	4x8 Ride Easy	•	1/1	
	1:42	B up / You just walk	4x8 Power Climb	C🔼	1/1	M
	1:57	Drop /	4x8 Standing Climb	Opt ↗	1/1	H
	2:11	C / You just walk	4x8 Standing Attack	•	1/1	
	2:26	Instr /	4x8 Power Climb	•	1/1	
3	2:40	Br /	3x8 Transition	↘	1/1	E
	2:51	Instr / (Piano)	4x8 Ride Easy	•	1/1	
	3:06	(Piano + beat)	4x8 Ride Easy	C🔼	1/1	M
	3:20	C / You just walk	4x8 Standing Climb	Opt ↗	1/1	H
	3:34		4x8 Standing Attack	•	1/1	
	3:49		4x8 Power Climb	•	1/1	
4	4:04		22x8 REPEAT BLOCK 2			



03. WHAT YOU DO TO ME 5:29mins

TECHNIQUE AND COACHING

BLOCK 1

Use this first block to set up the basics of a strong climb by using Layer 1 PRP cues.

- Cycle SET – **hips back in the saddle, brace the core**, lift the chest and keep shoulders down
- Climbing Resistance – Heavy pressure in the legs. Use a Resistance that gets you out of the saddle and ready to Stand
- 45 seconds of work, Standing Climb!
- Body over the crank of the pedals, **lift your chest, brace the abs**
- Standing Attack – slight lean forward, lift the chest even more and feel the work in your quads
- Power Climb – hold Resistance, hands wide, squeeze elbows down, upper body steady, hips back

BLOCK 2

Continue to build on Layer 1 cues and then bring in Layer 2 cues that will educate your class on how to climb with better Execution.

- Round 2 – we’re going to fine tune that climbing gear! Can we make it heavier? Can we make it slightly steeper?
- Feel the drag and pull in the legs
- Pull on the handlebars for more Strength
- Standing Attack – we lift the chest so we can breathe; we lean forward to get more power
- Drive the pedals down; pull back to use the glute Strength

BLOCKS 3 AND 4

Let your class know that they’re halfway! Encourage them to either maintain the Resistance they’ve had or perhaps they can add more for these last two blocks of work. As your riders start to fatigue use Layer 2 and 3 cues to help them Manipulate Intensity or Improve. Then drive them to the end by using Layer 3 cues that will Motivate them to keep pushing their Intensity all the way to the top.

- Halfway there! We’re about to make our mark on this climb
- Use your body weight side to side to help you drive down into the crank of the pedals
- You know it’s going to be worth it!
- One more opportunity to feel great!
- This is it!
- We feel good!

TRACK TIP

The working efforts in this track are all identical, which gives you the opportunity to challenge your class more as each one comes. Will it be through adding more Resistance – or perhaps maintaining Resistance is all the challenge they need?



04. MIXED TERRAIN

1/1 = 136rpm

TRACK FOCUS

- Coach the varied terrain with clear PRP cues at each Choreography change
- Match the fun, energetic feel of this track with your body and voice

TRACK PROFILE

3 rounds of Mixed Terrain with steady climbs and fast Racing phases varying in length

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	1x8 Seated Recovery	B↻	1/2	E
	0:03	V1 / Millions of hours	8x8 Ride Easy or Seated Recovery	•	1/2-3/4	
	0:32	PC / There was	4x8 Ride Easy	C↻	1/2	M
	0:46	C / I said, "I can't sing _	8x8 Standing Climb Accelerate on last 8cts	•	1/2	
	1:14	_ did it go, "Whoa _	4x8 Racing (Forward)	R↻	1/1	H
2	1:28	V2 / I needed the time	8x8 Ride Easy	↘	3/4	E
	1:56	C / I said, "I can't sing _	8x8 Standing Climb Accelerate on last 8cts	C↻	1/2	M
	2:25	_ did it go, "Whoa _	8x8 Racing (Forward)	R↻	1/1	H
	2:53	C / She said, "I don't _	4x8 Ride Easy	•	1/2	M
	3:07	_ did it go, "Whoa _	4x8 Aero-Racing (Forward)	•	1/1	H
3	3:21		32x8  BLOCK 2			

SMARTSTART

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



04. REMIND ME 5:19mins

TECHNIQUE AND COACHING

BLOCK 1

Coach Layer 1 PRP cues working towards the first Standing Climb. During the Standing Climb, remind your class what good Racing Resistance feels like as they move into their first Racing phase.

- *Ride Easy – Base Resistance. Heart rate down, then bring it up again!*
- *Easy Climbing Resistance – just enough pressure to Stand on*
- *Light grip of the handlebars*
- *Breathe in the oxygen, feeling good!*
- *Racing Resistance – good pressure in the legs allows you to go fast to find the rhythm*

BLOCK 2

Use Layer 1 PRP cues to set up the Standing Climb again and then use Layer 2 cues throughout the Racing phases to help your class ride faster with better Execution.

- *Medium Pace, easy roll*
- *Climbing Resistance – Heavy gear, enough to push you out of the seat*
- ***Chest is lifted, butt back, brace your core***
- *We're about to go fast down the other side!*
- *30 seconds in the Race!*
- *For optimal speed **hips are forward, little dip in your toes***
- *Race or Aero-race; brace your core super hard, lift through the chest*

BLOCK 3

This last block is all about having fun! No more changes in Choreography so your class knows what to expect. Challenge the Intensity while having fun by using Layer 3 Motivate and Inspire cues.

- *Last round, we're going to have fun with it!*
- *You should feel tension in your legs in the climb*
- *Doesn't matter where you're riding – on or close to the beat, make this your own!*
- *Let's finish this! 15 seconds of Aero-Racing*

PERFORMANCE

Use short and direct cues to have participants riding well in the quick transitions, then allow the big energy in the music to land and send your riders where they need to go. How will you use your voice and body language during this track to create the fun environment?



05. INTERVALS

1/1 = 87rpm

TRACK FOCUS

- Be descriptive in what Attack Resistance feels like so your class can safely and successfully find the 1/1–1/1+ Pace during the Intervals
- Coach the gradual build of Pace into 1/1+ in the first 20 seconds of each Standing Attack – this is where the Intensity is!

TRACK PROFILE

3 Intervals – 60 seconds each

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	6x8 Seated Recovery	B↻	1/2	E
	0:17	Br /	4x8 Ride Easy	A↻	1/2	
	0:30	V1 / When in love	8x8 Standing Climb Accelerate last 16cts	•	1/2-3/4	M
	0:52	B up / When in love	8x8 Standing Attack	•	1/1– 1/1+	
	1:14	Drop /	8x8 Racing Accelerate on last 32cts	•	1/1	
	1:35	Instr /	8x8 Standing Attack	•	1/1	
	1:58	Low /	2x8 Standing Recovery	•	1/1	E
	2:04		12x8 Ride Easy	↘	1/2	
	2:37	V2 / When in love	8x8 Standing Climb Accelerate last 16cts	A↻	1/2-3/4	M
	2:59	B up / When in love	8x8 Standing Attack	•	1/1– 1/1+	
	3:20	Drop /	8x8 Racing Accelerate on last 32cts	•	1/1	
	3:42	Instr /	8x8 Standing Attack	•	1/1	
3	4:05		32x8  BLOCK 2			



05. WANT NEED LOVE (DIMENSION REMIX) 6:15mins

TECHNIQUE AND COACHING

BLOCK 1

Set up Attack Resistance first by using clear and descriptive Layer 1 Resistance cues. Then follow this up by using Position and Pace cues so that everyone is moving well. Let your class know that the first 20 seconds, where we build speed into 1/1–1/1+, is the key to the Intensity in these 60-second Intervals. Encourage them to work as hard as they can here!

- *Attack Resistance – strong pressure in the muscles helping us out of the saddle*
- *The strong pressure helps us to keep at this rhythm but we still feel powerful and able to lean into the beat whenever we want to*
- *Building! Attack! Lean in – 1, 1, 1*
- *1 minute has started! Accelerate and push over the beat!*
- *Back to the beat – 1, 2, 1, 2. Hold, Sit, Racing, go!*
- **Hips are back in the saddle, lift your chest, brace your core**
- *Standing Attack – we’re leaning in, letting the quads help with that drive down*

BLOCK 2

A repeat of Block 1. Everyone knows what is ahead of them so help them through the challenging Intervals by using Layer 2 Improve Execution cues. Fatigue will be setting in, so these cues will help them find ways to keep their level of Intensity throughout the 60 seconds.

- *Attack Resistance, slow Pace, Stand*
- *The Resistance is pushing against us – we have room to move but not a lot*
- *Find the Position in the seat where you feel the most powerful*
- *Focus on the push down, relax and pull up through the pedal*
- *I’m maxing out here!*

BLOCK 3

Last block of work!.Have a look to see what your class needs in this moment. Is it more Layer 2 cues to Manipulate Intensity ? Or perhaps Motivating and Inspiring by using Layer 3 cues. Don’t forget to be a physical role model and work hard with them.

- *Let’s focus on what our body is capable of – In this class, in this track and in this moment!*
- *Let’s see what our body is capable of!*
- *40 seconds left!*
- *Notice how hard your body is working. Admire how hard your body is working!*

TRACK TIP

The key to this track is the first 20-second acceleration in each block of work, pushing our heart rates high and forcing us into an anaerobic state, so be sure to highlight this in your Coaching.



06. SPEED WORK

1/1 = 134rpm

TRACK FOCUS

- Create space at the start of this track to allow your class to recover and find their own rhythm throughout the first 90-second speed phase
- Challenge your class to find the rhythm in the last two efforts

TRACK PROFILE

Block 1 is a long 90-second Speed phase followed by two 45-second phases

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00 V1 / You've been	6x8	Seated Recovery	B↑	½	E
	0:22 Beat /	7½x8	Ride Easy	•	¾	
	0:49 Instr /	24x8	Racing (Forward)	R↑	¾+	H
2	2:18 Br /	2x8	Transition	•	½	E
	2:27 Low /	6x8	Seated Recovery	•	½	
	2:45 B up /	4x8	Ride Easy	Opt ↘	¾	M
	3:00 Br /	5x8	Ride Easy	↗	¾	
	3:19 Beat /	12x8	Racing (Forward)	R↑	1/1	H
3	4:05	28x8	REPEAT BLOCK 2			



06. STRONG 5:51mins

TECHNIQUE AND COACHING

BLOCK 1

Let your class know that this first 90-second speed phase is a chance for them to feel good again, allowing them to ride at a Pace that feels right for their body and capability in this moment. Use clear Layer 1 PRP cues to set up Resistance first and then Position and Pace as you move throughout the effort.

- *Base Resistance, easy Medium Pace*
- *This first 90 seconds, I'm going to give you a some space*
- *Whether you're on or near the beat, find your natural rhythm for now*
- *Relax, steady your breathing to help steady the effort*
- ***Slide your hips forward, dip your toes***
- *Maybe if it feels good you might want to pick up the Pace just a little here*

BLOCK 2

This block of work is 45 seconds of speed on the beat where we want to now challenge your class to ride the rhythm, challenging their speed and fitness. Use Layer 2 cues to help Improve Technique and Manipulate Intensity .

- *45-second speed effort – let's recommit to the feeling of the race*
- *Racing Resistance – a pressure that's pushing back at you, encouraging you to look for the beat*
- *Let's aim for that higher cadence now!*
- ***Hips are forward, a little toe dip***, thinking about a light knee lift to even out the pedal strokes
- *This will make it more efficient to hit the rhythm*

BLOCK 3

Final block, which is a repeat of Block 2. Your class now knows how to ride fast, so this is your chance to Motivate and Inspire them through Layer 3 cues to the finish line!

- *Every day is going to feel a little different, but as long as you are doing the best of what you've got today, that's enough*
- *We're always behind you!*
- *Alright team, let's finish it!*

PERFORMANCE

The music has a powerful message and feeling. How are you going to connect your participants with the feeling, the music and the workout? Watch the Masterclass footage to see how Amy gives focus to each block and how you can use your voice and silence to connect riders to the music and Intensity of the track.



07. MOUNTAIN CLIMB

1/1 = 66rpm

TRACK FOCUS

- Motivate your class to work hard in this final track by using lots of Layer 2 and 3 Coaching

TRACK PROFILE

3 big climbs – all 1 minute and 45 seconds!

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	3x8 Seated Recovery	B⬆	1/2	E
	0:10		5x8 Ride Easy	↗	1/1	M
	0:29	(Heavy beat) /	8x8 Standing Climb	C⬆	1/1	H
	0:58	(Up beat) /	8x8 Standing Attack	•	1/1	H
	1:27	(Down beat) /	4x8 Power Climb	•	1/1	
	1:42	Instr / (Organ)	4x8 Standing Climb	Opt ↗	1/2	
	1:56	(Pulsing beat)	4x8 Power Climb	•	1/1	
2	2:11		2x8 Transition	•	1/2	E
	2:18	V1 / Breathe in, blow	4x8 Seated Recovery	Opt ↘	1/2	M
	2:30	Breathe in, blow	4x8 Ride Easy	•	1/1	
	2:47	Br / The barricade	4x8 Standing Climb	C⬆	1/1	H
	3:02	(Windup)	12x8 Power Climb	•	1/1	H
	3:56		8x8 Standing Climb	Opt ↗	1/1	
	4:25	(Pulsing beat)	4x8 Standing Attack	•	1/1	
3	4:40		38x8  BLOCK 2			



07. BARRICADE 7:13mins

TECHNIQUE AND COACHING

BLOCK 1

There's not a lot of time to set up Climbing Resistance before we find Standing Climb in Block 1, so keep your Layer 1 PRP cues short and clear here to set everyone up into the climb quickly. Continue using Layer 1 PRP cues throughout this block to set up great PRP, getting everyone moving strongly.

- 3 massive peaks to take us right to the top of the Mountain
- Ride Easy – **hips back in the saddle, lock in the core**
- Heavy Climbing Resistance
- Standing Climb – soft arms, **firm grip on the handlebars, elbows soft, chest lifted, hips back**, touching top of the seat
- Super steep so manage your Resistance!
- Anytime you need to Sit you can, but it's the duration that is going to create the ultimate Intensity
- Standing Attack – forward from the seat
- Power Climb – **Sit back in the seat, hips back, light grip of the handlebars and brace the core**
- Big muscles – glutes, quads, hamstrings!

BLOCK 2

Coach your class through the 45-second Power Climb phase by using Layer 2 cues, helping them ride better and work harder in this long seated phase before the final 45-second Standing Climb and Standing Attack.

- Short climb followed by a steady seated Power Climb
- Easy Climbing Resistance, easy Standing Climb
- **Chest is lifted, hips back in the saddle**
- Power Climb – let this one come to us
- Grip handlebars tightly, angle the heel down slightly so you can fully extend your legs
- Big muscles working – glutes and hamstrings!
- Squeeze your butt as you push through the pedal. Glutes and quads are big power muscles

BLOCK 3

The final block of work – not just for the track but the entire workout. Keep using Layer 2 cues to enhance the workout and then bring in Layer 3 cues to Motivate and Inspire everyone to the finish!

- Last phase – *this is the one that counts*
- Last one! Crank it on if you want to
- It's up to you now! 1 minute from the top – you decide where you're going!
- 45 seconds, Standing Climb
- Firm grip, chest lifted to breathe
- Lean into it!
- We can do it! Right to the top!

TRACK TIP

This is the final challenge and we want to use language and cues that remind our participants this is it. Coach with the music on this one, place your cues among the high and lows of the sound to drive the Intensity and give space for them to connect to the feeling. Hard work can be fun too, right? Watch how the team work hard but share their enjoyment of the ride and celebrate each moment forward. How will you do this with your riders?



08. RIDE HOME / STRETCH

1/1 = 116rpm

TRACK FOCUS

- Celebrate the hard work of the class and the great workout
- Allow the body to cool down, reducing the heart rate and recovering

TRACK PROFILE

2 short accelerations followed by upper and lower body stretches

	Music		Sequence/Exercise	Resistance	Pace	PI
1	0:00	Intro /	3x8 Seated Recovery	•	1/2	E
	0:14	I have this	8x8 Ride Easy	B↻	3/4	
	0:42	_ It's me, hi	7x8 Racing	Opt ↗	1/1	
2	1:07	Sometimes I	8x8 Ride Easy	Opt ↘	3/4	
	1:40	_ It's me, hi	7x8 Racing	Opt ↗	1/1	
3	2:05		8x8 Upper Body Stretch	•	1/2	
	2:19	_ It's me, hi	3x8 Transition off bike, shake out legs			
	2:25		2x8 Standing Quadricep Stretch L			
	2:30		3x8 Standing Gluteal Stretch L			
	2:46	_ It's me, hi	2x8 Standing Quadricep Stretch R			
	2:54		3x8 Standing Gluteal Stretch R			
	3:07		2x8 Bike supported Back Stretch			



08. ANTI-HERO (KUNGS REMIX) 3:15mins

TECHNIQUE AND COACHING

BLOCKS 1 AND 2

Coach your class to find Base Resistance to roll the legs, allowing us to recover and reduce our heart rate safely.

- *Medium Pace, Base Resistance, easy roll*
- *Time to celebrate all that amazing work and let the heart rate come down*
- *Nothing hard, nothing fast. We just want to find a space that feels good*

BLOCK 3

Coach your class through upper and lower body stretches on and off the bike, describing how to do it and where they should be feeling it. Coach your riders through the stretches and why we do them.

- *Feels so good to stretch after being on the bike for 45 minutes*
- *Quadricep Stretch – heel to butt, knees together, small tilt under your pelvis*
- *Glute Stretch – hips back in the saddle, Sit down into the stretch*



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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.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, Race, colour and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching Choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.