



GLOSSARY

MUSIC

EXPRESS FORMATS

01. PACK RIDE

02. PACE

03. HILLS

04. MIXED TERRAIN

05. INTERVALS

06. SPEED WORK

07. MOUNTAIN CLIMB

08. RIDE HOME / STRETCH

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GLOSSARY

KEY RPM RIDING POSITIONS

Throughout the ride, we use different riding positions. These impose slightly different demands on the body and the working muscles. Changing positions brings maximum benefits, avoids over-stressing the body and brings variety to the ride, which is an important factor in indoor cycling.

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

BIKE SETUP

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

SEAT HEIGHT

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

SEAT FORE AND AFT

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

HANDLEBAR HEIGHT

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

HANDLEBAR FORWARD AND BACK

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

RIDE EASY

Layer 1

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



Layer 2

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

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

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*





GLOSSARY

Layer 2

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

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

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

RACING (FORWARD)

Layer 1

- *Reach arms forward*
- **Slide forward**
- *90-degree angle at your upper arm and torso*
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs braced**
- *Lengthen the back of your neck and tuck in chin*
- *Eyes in front of the handlebars*
- **Toes slightly down**
- *Hips, knees, ankles in line*
- *Middle of kneecap in line with middle of foot*



Layer 2

- *Slide forward on the saddle to bring the knee over the Push Point*
- *Helps you recruit more quads*
- *Toes down, creating small, quick circles with the feet*
- *Keep your body still, hips and upper body; brace your belly*

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

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 up**
- *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.



GLOSSARY

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 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.

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 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 slide 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'.



GLOSSARY

PULLBACK CLIMB

Layer 1

- ***Small shift back of your hips, upper body stays upright***
- ***Abs braced***
- ***Chest up***
- ***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 up 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

Don't Start Now (5:05)

Dua Lipa

© 2019 Dua Lipa Limited under exclusive license to Warner Records UK, a division of Warner Music UK Limited.
Written by: Schwartz, Ailin, Kirkpatrick, Lipa

02

Everywhere (4:56)

Roosevelt

© 2019 W Records under license from Greco-Roman Ltd.
Written by: Lauber

03

Realligator (6:07)

MagnusTheMagnus

Courtesy of the Universal Music Group.
Written by: Lidehall

04

Meant For This (4:38)

Atomic Drum Assembly

© 2019 Island Life Recordings.
Written by: Serrell

05

Caution (5:43)

The Killers

Courtesy of the Universal Music Group.
Written by: Rado, Cameron, Everett, Flowers, Vannucci

06

You're Not Alone (6:34)

ARTY feat. Griff Clawson

© 2020 Armada Music B.V.
Written by: Stolyarov, Fränkel, Annema, Clawson, Bassock

07

Blue Monday (Extended Mix) (6:43)

Above & Beyond

© 2019 Anjunabeats.
Written by: Hook, Sumner, Morris, Gilbert

08

Know Your Worth (3:00)

Khalid & Disclosure

© 2020 RCA Records, a division of Sony Music Entertainment.
Written by: Robinson, Napier, Lawrence



RPM UNITED

The RPM UNITED release is a very special class. It brings together Trainers and Presenters from all corners of the globe to share this fantastic ride in an extremely turbulent time.

Inspirational music and cycling is our common bond and you will see this in the hearts and faces of the presenters as you watch the class – enjoy!

A smooth engaging Warm-up sets the road ahead in *Don't Start Now*. The track connects us to the road and the workout. The focus here is on cycle set, our basic riding position.

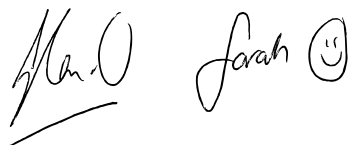
The Pace track *Everywhere* is a familiar sound which makes us feel safe and a little reminiscent as we roll flats and terraced climbs.

In Track 3, Hills, we begin to train in earnest with a series of slow climbs with heavy climbing Resistance, interlaced with faster climbs that push the heart rate up. Slow for strength and fast for cardio kick – happy training time!

The Mixed Terrain track 'clips' along as we hold the beat through Ride Easy and Racing until we hit the song of the class in Track 5, *Caution*. It is powerful, uplifting, driving, indie rock at its best! It is a classic RPM song.

Speed Work unites the peloton. *You're Not Alone* enables us to be grateful for what we have and for the experience we have shared over these past few months. *Blue Monday* climbs us above the global turmoil, steady and driving a retro mountain for the ages.

Another kicker of a release. Teach it with passion, inspiration and energy.



CREDITS

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Glen Ostergaard (New Zealand) is Program Director for RPM, BODYPUMP and LES MILLS SPRINT. He began his group fitness career with BODYATTACK and is based in Auckland.

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Ricky Sahni (Vietnam)

Sanna Rönkkö (United States)

Washington Chishaya (United Kingdom)

Win Huang (China)



EXPRESS FORMATS

Please note: This format is customized to this release only. If time permits, you may include Track 8 Ride Home/Stretch; alternatively, tell your class to do their own stretches once they have left the room.

RPM UNITED 30-MINUTE FORMAT

Track 01	Pack Ride
Track 02	Pace
Track 03	Hills
Track 04	Mixed Terrain
Track 05	Intervals
Track 08	Ride Home/Stretch (If time permits)
Total Time	26:29 without Track 08 29:29 with Track 08

Mix and Match Formats: Should you wish to mix and match using different releases, please use the standardized 30-minute and 60-minute formats. Be sure to check the length of your playlist!

60-MINUTE FORMAT	30-MINUTE FORMAT
Track 01	Pack Ride
Track 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 permits)

KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	Cts	Musical Counts
HR	Heart rate	Instr	Instrumental
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	LC	Light Climbing Resistance
↘	Decrease Resistance	HC	Heavy Climbing Resistance
●	Maintain Resistance		

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current music and training principles. If you are teaching older releases, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created, but apply more modern coaching language and terminology. If using Track 8 (Ride Home/Stretch) from Release 63 onwards, then do not also teach a Track 9 (Stretch) from releases prior to RPM 63.

RELEASE FEEDBACK

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



01. PACK RIDE

1/1 = 124rpm

TRACK FOCUS

- Set up the basics of PRP: Position, Resistance and Pace
- Be open, uplifting and cheerful to welcome your participants to the workout
- Match the feel of this upbeat and fun track

PROFILE

3 rounds to get us warm and ready for the workout ahead.

		Music		Sequence/Exercise	Resistance	Pace	PI
1	0:05	Intro	2x8	Seated Recovery	●	1/2	E
	0:13	V1	6x8	Ride Easy	B↻	3/4	
	0:36	PC	4x8	Ride Easy	↗	3/4+	
	0:51	C	4x8	Racing	R↻	1/1	
2	1:07	V2	6x8	Ride Easy	↘	3/4	
	1:30	PC	4x8	Ride Easy	↗	3/4+	
	1:46	C	8x8	Racing	R↻	1/1	
	2:17	Rep	4x8	Seated Recovery	●	1/2-3/4	
	2:32	C	8x8	Racing	●	1/1	
3	3:03	Br	½x8	Transition	●	1/1-3/4	
	3:05	V3	30x8	Repeat BLOCK 2	↘ to B↻		



01. DON'T START NOW 5:05mins

TECHNIQUE AND COACHING

BLOCK 1

Use lots of basic Layer 1 cues to get your class riding well straight away. Always cue PRP, on every choreography change.

- *Hips are back in the saddle*
- *Base Resistance, light pressure in the muscles*
- *Slowly build our Pace*
- *Find Racing Resistance, pressure in the muscles but room to move*
- *Racing: **Elbows soft, chest is lifted**, we are on the beat*

BLOCK 2

Build on the Layer 1 cues, starting to use descriptive Layer 2 cues to enhance the workout and Technique.

- *Ride Easy: **Hands shoulder-width apart, chest up, butt back, light core tension***
- *This is our basic riding position to ride smoothly and efficiently*
- *Hips are back in the saddle, allowing the legs to get warm*
- *Starting to feel warmer now, another 15 seconds!*

BLOCK 3

Final block, build energy and motivation through your voice and connection to the class.

- *Light reduction, back into medium Pace*
- *We are going to do it one more time*
- *Focus now on smooth pedal circles*
- *We are warm now, ready to work harder*

CONNECTION

Intensity is low so it's a great opportunity to connect with your class and music in an upbeat and joyful way. There is plenty of opportunity to work harder later so for now focus on being welcoming.

TRACK TIP

Simple is best! Keep coaching to a minimum, saying only what is needed. Allow for connection to both the music and your class to happen.



02. PACE

1/1 = 131rpm

TRACK FOCUS

- Connect to the smooth building phases through the use of your voice in a similar way
- Challenge your class to find intensity by using correct Resistance and Pace

PROFILE

4 Pace phases with 2 climbs.

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B↶	1/2	E
	0:14	Instr	4x8	Ride Easy	↗	3/4	
	0:29	V1	4x8	Ride Easy	●	3/4	
	0:44	C	8x8	Racing (Forward)	R↶	1/1	H
2	1:13	V2	4x8	Ride Easy	↘	3/4	E
	1:27	C	8x8	Racing (Forward)	R↶	1/1	H
	1:57	Rep	2x8	Ride Easy	C↶	1/2	E
	2:04	Instr	2x8	Standing Climb	●	1/2	M
	2:12	(Bup)	4x8	Standing Climb	↗	1/2	
3	2:27	V3	20x8	Repeat BLOCK 2			
4	3:40	V4	4x8	Ride Easy	↘	3/4	E
	3:54	C	12x8	Racing (Forward)	R↶	1/1	H
	4:39	Outro	4x8	Aero Racing (Forward)	●	1/1	



02. EVERYWHERE 4:56mins

TECHNIQUE AND COACHING

BLOCKS 1 & 2

Set up the basics of PRP, teaching your class how to ride fast and Climb. Bring a focus on Resistance and Pace as that is where the intensity is.

- *Medium Pace*
- *Ride Easy: **Elbows in, chest up, hips back** light core tension*
- *Racing Resistance: Good turn clockwise, tension in the legs but room to move*
- *Racing: **Hips are forward, body relaxed, core braced***
- *Add tension to the muscles, find Climbing Resistance*
- *Standing Climb: Use your bodyweight side-to-side, **chest up, butt back***

BLOCK 3

Use Layer 2 Improve Execution and Manipulate Intensity cues to help your class ride better and work harder.

- *We do that all again, short flat, short climb and a long burst to finish*
- *Notice how your hips slide slightly forward as we accelerate towards the beat?*
- *Smooth, fast and efficient*
- *Find that Climb again, heavy gear, stand up*

BLOCK 4

Motivate your class to finish this final block riding at a good intensity. What will you do to Inspire your class here?

- *Sit back on the seat, reduce Resistance, we are rolling again*
- *We have one minute to bring us home*
- *We are a fitter planet*
- *Now we are starting to feel really warm!*

PERFORMANCE

This track is not a loud 'in your face' track. Use the builds in the music to build into the work phases with your voice and body language.

TRACK TIP

Teach the track as 'plateaus' of Intensity, where the Climbs are your recovery. 2x flat, fast Racing phases, then a short incline. Another flat, fast Racing phase, a short incline. Finishing on a longer flat, fast Racing phase.



03. HILLS

1/1 = 100rpm

TRACK FOCUS

- Clearly teach the 2 different Paces and Resistances to create workout intensity
- The slower 1/2 Pace is about Strength and muscular fitness, the faster 1/1 pace is about Power and anaerobic fitness

PROFILE

2 big peaks with a slow Heavy Standing and Seated Climb, and a faster, lighter Seated Climb.

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B↻	1/4	E
	0:09	Ref	4x8	Ride Easy	LC↻	1/2	
	0:19		4x8	Standing Climb	↗	1/2	M
	0:28		4x8	Standing Climb	↗	1/2	M
	0:38	Instr	8x8	Standing Climb	H↻	1/2	H
	0:57		8x8	Standing Climb	↗	1/2	
	1:17		8x8	Power Climb	↘ to LC↻	1/1	
2	1:36	Ref	8x8	Standing Climb	H↻	1/2	M
	1:55	Instr	12x8	Power Climb	● opt ↗	1/2	H
	2:23		16x8	Power Climb	↘ to LC↻	1/1	
3	3:01	Br	¼x8	Transition	●	1/2	E
	3:02	Instr	40x8	Repeat BLOCK 1			
4	4:39	Ref	36x8	Repeat BLOCK 2			
					↘ to B↻		



03. REALLIGATOR 6:07mins

TECHNIQUE AND COACHING

BLOCK 1

Set up PRP, then clearly coach Heavy Climbing Resistance using lots of descriptive words. Highlight the Pace by role-modeling and verbally explaining it.

- *Slow Climb to begin with Heavy Climbing Resistance*
- *This one is super slow, about 50rpm, which is going to build deep strength and fitness into our bodies*
- *Standing Climb: **Little side-to-side, chest up, butt touches the top of saddle**, 1, 2, 1, 2*
- *We are working Strength and increasing our fitness!*
- *Very soon we are going sit down, reduce to a lighter Climbing Resistance and a faster Pace.*
- *Power Climb: **Hips back in the saddle.***
- *Its twice as fast as the slow Climb, 1, 2, 1, 2*
- *Working a different muscular energy system*

BLOCKS 2 & 3

Follow up with Layer 2 cues that will Educate, Improve Execution and Manipulate intensity, all to help your riders work efficiently and harder.

- *Slow, add Heavy Climbing Resistance and slow Standing Climb*
- *Hold the Resistance, sit back, slow Power Climb*
- *Hips are back to get more leverage through the legs*
- *Strong core tension and firm grip on the handlebars to have a solid brace to drive Resistance from*
- *At the very last second reduce to light Climbing Resistance and speed up*
- *Notice how that feels? Instantly your heart rate spikes! Yeah! That's why I like it so much!*
- *You're breathing heavy, yeah?*
- *This is about 50rpm, its slow, you build strength and lean muscle*
- *Very soon, we are going to sit and reduce to light Climbing Resistance and double the tempo. Build your anaerobic fitness here*

BLOCK 4

Final Block, encourage your class to stay in the work by motivating them to finish. Show your love for intensity by role-modeling working hard.

- *Last phase of work*
- *Let's peak our fitness now!*
- *What I love about this track is we are just training!*
- *How good does this feel?!*

PERFORMANCE

Hook into the driving beat and simple choreography by cueing only what you need to. Don't overpower the music by talking too much. Let the music fill the room and the workout to happen.

TRACK TIP

Make sure your class doesn't back off too much Resistance when riding at 1/1 Pace. How can you coach them to both ride at the right Pace and Resistance?



04. MIXED TERRAIN

1/1 = 126rpm

TRACK FOCUS

- Teach your class to ride at 1/1 for most of the track, and look out for the 1/1+ bursts.
- Connect with the fun, quirky song by expressing enjoyment through the use of your voice and face.

PROFILE

1 flat Racing phase, then 2 rolling efforts where we are riding on the beat for most of the time.

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	½x8	Seated Recovery	●	1/2	E
	0:02	V1	4x8	Ride Easy	B🕒	1/1	H
	0:17	C	4½x8	Racing (Forward)	R🕒	1/1	
	0:34	Instr	6x8	Aero Racing (Forward)	● opt ↗	1/1+	
2	0:57	V2	4x8	Ride Easy	↘	1/1	E
	1:13	C	4x8	Racing (Forward)	R🕒	1/1	H
	1:28	Instr	4x8	Seated Recovery	●	1/2	M
	1:43		4x8	Ride Easy	C🕒	1/2	
	1:59		4x8	Standing Climb Accelerate on the last 8cts	↗	1/2	
	2:14		4x8	Ride Easy	↘ to R🕒	1/1	
	2:29		4x8	Racing (Forward)	●	1/1 or 1/1+	H
3	2:44	Br	½x8	Transition	●	1/1-3/4	E
	2:46	V3	28x8	Repeat BLOCK 2	↘ to B🕒		



04. MEANT FOR THIS 4:38mins

TECHNIQUE AND COACHING

BLOCK 1

Set up the basics using Layer 1 PRP cues, working towards the first fast Racing phase. Highlight riding on the beat for this entire block. Use the Speed Coaching cues to help them ride fast.

- *Straight onto the beat, it's not fast and it's not slow*
- *It's enough to keep the energy up, keep the legs working and the heart rate high*
- *Find Racing Resistance, stay on the beat, **chest up, hips forward***
- *Aero Racing: Little surge of energy, **slide forward, toes down, slight flex at the ankle***

BLOCK 2

Use Layer 2 Improve Execution to help your class ride better. Use Layer 1 cues in the Climb, then Layer 2 cues again in the Racing phase. Challenge your class to ride ahead of the beat for the short Aero Racing phase.

- *Keep the energy high, light reduction, stay on the beat*
- *Racing Resistance, reach out, Racing*
- *Climbing Resistance, short climb then we roll back onto the flat again*
- ***Light on the bars, chest lifted, butt back***
- *Racing Resistance, Ride Easy. I want you to keep the energy up before we go again*

BLOCK 3

This is a repeat of Block 2. Motivate your class through this final block using Layer 3 cues, ones that will inspire your class to finish this track feeling successful.

- *Let's finish this track together*
- *Little surge and we are there!*
- *10 seconds!*
- *You can do this.*

PERFORMANCE

Use the music and choreography to create contrast in this track. The low Climbs, the fast Ride Easy phases and the driving rhythm in the Racing and Aero Racing blocks.

TRACK TIP

This is a challenging track as we aim to ride the 1/1 Pace for most of the track. Help your class achieve this by teaching them how they ride fast and what they can do to make it easier. What are the speed cues again?



05. INTERVALS

1/1 = 89rpm

TRACK FOCUS

- Hook into the feel of this song; energetic, uplifting and fun
- Challenge and motivate your class to work as hard as they can in each of the 3 intervals

PROFILE

3 blocks of Interval training. Round 1 is short, then rounds 2 and 3 are endurance Intervals, close to 100 seconds in length!

	Music			Position	Resistance	Pace	PI
1	0:00	Intro	1x8	Seated Recovery	B↻	1/2	E
	0:03	Instr	4x8	Ride Easy	●	1/1	
	0:14	V1	4x8	Ride Easy	↗ R↻	1/1	
	0:24		4x8	Ride Easy	A↻	1/1	M
	0:35	C	12x8	3x ATTACK COMBO			H
				2x8 Standing Attack	●	1/1	
				2x8 Racing	●	1/1	
	1:07	Instr	6x8	Racing	●	1/1	
2	1:24	V2	4x8	Ride Easy	↘	1/1	E
	1:34		4x8	Ride Easy	● or ↗	1/1	M
	1:45	C	16x8	4x ATTACK COMBO	A↻		H
				Stay Standing Attack on last 2x8			
	2:28	V3	5x8	Standing Recovery	●	1/4	E
	2:42	Instr	8x8	Standing Attack	● or ↗	1/1	H
	3:03		8x8	Racing	●	1/1	
3	3:25	Br	1x8	Transition	●	1/1	E
	3:28	V3	45x8	Repeat BLOCK 2			
	5:29	Outro	4x8	Ride Easy	↘ to B↻	1/1-1/2	E



05. CAUTION 5:43mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long set up to work towards Attack Resistance. Use your voice to build anticipation along the way. Use short Layer 1 cues to get your class moving with good Technique.

- *Hips back in the seat*
- *It's Racing Resistance plus a few gears*
- *Attack Resistance is strong pressure in the muscles*
- **Attack: Hips forward, chest up**
- **Racing: Hips back, chest up**
- *Time under tension here, hold the rhythm*

BLOCK 2

This block is longer and harder. Use Layer 2 cues to help your class Improve Execution and Manipulate Intensity. Pre-cue the recovery then tell your class that there is 40 seconds work left to the next rest.

- *This time we increase the time under tension with 4 Attacks*
- *Attack: Lean into it, as you come forward more quad engagement*
- *Sit: As you sit back, drive from the glutes and hips*
- *Standing Recovery: Slow, same distance, different intensity*
- *Attack! Stronger and fitter*
- *Open mouth breathing now!*

BLOCK 3

Final block, a repeat of Block 2. Layer 3 cues will be needed to Motivate your class to finish this track feeling success. How can you inspire your class here?

- *Reduce, roll through and recover in Ride Easy*
- *One more round*
- *Give everything in this final block*
- *20 hard up, 20 hard down. That's our training*
- *You can do this, we can do this!*

PERFORMANCE

This track is emotive and uplifting. Adjust your teaching to be encouraging and positive. The lyrics are great to connect to if you like to use them in your teaching.

TRACK TIP

Remember to keep it short and simple in this track. Only say what you need to say so you don't clash with the music and choreography doesn't get lost.



06. SPEED WORK

1/1 = 130rpm

TRACK FOCUS

- Use the long build ups to coach how to ride well at speed
- Use the instrumentals to allow your class to feel the ride more by not speaking too much

PROFILE

3x 45-second Racing efforts with long build up phases.

	Music		Position		Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	●	1/2	E
	0:07	V1	4x8	Ride Easy	B↻	1/2	
	0:22		4x8	Ride Easy	↗	3/4	
	0:37	PC	4x8	Ride Easy	↗	3/4	
	0:52		4x8	Ride Easy	↗	3/4+	M
	1:07	Instr	8x8	Racing (Forward)	R↻	1/1	H
	1:36		4x8	Aero Racing (Forward)	●	1/1	
2	1:51	Br	1x8	Transition	↘	1/1-1/2	E
	1:54	V2	4x8	Ride Easy	B↻	1/2	
	2:09		4x8	Ride Easy	↗	3/4	
	2:24	PC	4x8	Ride Easy	↗	3/4+	
	2:39		4x8	Ride Easy	↗	3/4++	M
	2:54	Ref	4x8	Ride Easy	●	3/4	E
	3:08	Instr	4x8	Ride Easy	R↻	3/4-3/4++	M
	3:23		8x8	Racing (Forward)	●	1/1	H
	3:53		4x8	Aero Racing (Forward)	●	1/1	
3	4:07	Br	37x8	Repeat BLOCK 2			

↘ to B↻



06. YOU'RE NOT ALONE 6:34mins

TECHNIQUE AND COACHING

BLOCK 1

Use the long build up phase to set up the profile and PRP using Layer 1 cues. Bring clarity to what Position, Resistance and Pace your class should be riding at.

- *Ride Easy: Base Resistance, **butt back, chest up***
- *3 rounds of 45 seconds*
- *Light gear as we build, medium Pace*
- *You are not alone, let's do this together*
- *Accelerate the legs, find Racing Resistance, pressure in the legs but room to move*
- *Racing: **Hips are slightly forward in the seat, toes are dipped, chest is lifted, core is braced***
- *Aero Racing: **Keep your chest up***

BLOCK 2

Coach the recovery, then build Pace towards the beat. Use Layer 2 cues to Improve Execution and ride faster.

- *Reset your cycle set, butt back in the saddle, lift your chest*
- *Slow, one more gear and acceleration*
- *Find your Racing Resistance*
- *Let's go, 45 on the kick!*
- *You're not alone in this, we are in it together!*

BLOCK 3

A repeat of Block 2. Give your class motivation as they start to feel tired in this final block, using Layer 3 cues. How can you Motivate your class?

- *One more to go! Let's finish and complete the speed work*
- *Slow with the music*
- *45 seconds left, see you on the finish line!*
- *We are in the zone, all our brothers and sisters all riding together guys*
- *Last 15 seconds! Bring it home now!*

CONNECTION

This track is about bringing your class together, using the lyrics "*You are not alone*". How can you connect with your class and the song?

TRACK TIP

There are many Pace changes in this track, so clearly cue the choreography and physically show the Pace change.



07. MOUNTAIN CLIMB

1/1 = 67rpm

TRACK FOCUS

- Teach your class to ride strong in and out of the saddle

PROFILE

2 massive peaks. Block 1 is just over 1–minute, Block 2 is under 3 minutes!

	Music			Position	Resistance	Pace	PI
1	0:00	Intro	4x8	Seated Recovery	B↻	1/2	E
	0:14	Instr	4x8	Ride Easy	●	1/1	
	0:29		4x8	Ride Easy	C↻	1/1	
	0:43		4x8	Ride Easy	↗	1/1	
	0:57		8x8	Standing Climb (Easy)	↗	1/1	M
	1:26		8x8	Standing Climb	↗	1/1	H
	1:54		4x8	Standing Climb	↗	1/1	
2	2:09	Instr	6x8	Standing Recovery	●	1/2	E
	2:30	V1	8x8	Ride Easy	↘	1/1	
	2:59		8x8	Ride Easy	C↻	1/1	
	3:27	V2	8x8	Power Climb	↗	1/1	M
	3:56	Ref	4x8	Standing Climb (Easy)	↗	1/1	
	4:11		6x8	Standing Climb (Easy)	↗	1/1	H
	4:32	Instr	4x8	Standing Climb	↗	1/1	
	4:46		12x8	Standing Climb	↗	1/1	
	5:29		4x8	Power Climb	●	1/1	
	5:44		4x8	Standing Climb	●	1/1	
	5:58		4x8	Power Climb	●	1/1	
	6:13		4x8	Standing Climb	●	1/1	
	6:27	4x8	Standing Attack	●	1/1		
						↘ to B↻	



07. BLUE MONDAY 6:43mins

TECHNIQUE AND COACHING

BLOCK 1

Set up the Climb early with PRP, focusing on a solid Climbing Resistance. Use Layer 1 cues to help your class ride with good Technique.

- *One long Mountain Climb to finish with 2 peaks*
- *Heavy turn clockwise*
- *We are going to build our Climbing Resistance in the saddle before we stand*
- *Standing Climb: **Butt touching the top of the seat, chest up, belly strong***
- *Little side-to-side over the handlebars*
- *If you're feeling good, a little gear here*
- *First peaks a little shorter than the next one*

BLOCK 2

Use Layer 2 cues to reconnect back onto the Climb. What should they be feeling? Are they feeling it or do you need to use Manipulate Intensity cues to help them work harder?

- *When you sit, take the edge of the muscles just a little*
- *Ride Easy: Sit back in the saddle, chest up, core engaged, core sucks your hips into the saddle for a strong Climbing Position*
- *One gear in Power Climb, we are going to work 30 more seconds before we stand again*
- *Power Climb: **Sit back in the seat**, drive the pedal forward, grip the bars firmly, **brace your core***
- *We've come this far together, let's finish it together*
- *As the beat gets deeper the climb gets steeper!*
- *Under a minute now, so close that you can taste it, yeah?*
- *Last 30 seconds everybody, we are in this together!*

PERFORMANCE

This is a tune that may well resonate with many. Hook into the driving beats to match the heavy feel of the Climb.

TRACK TIP

To help your class succeed in this track, use lots of profile and time reference cues. This will mentally get them through the track, knowing what is ahead of them.



08. RIDE HOME / STRETCH

1/1 = 103rpm

TRACK FOCUS

- Bring your class back together as you ride home, celebrating the victory of completing the workout

PROFILE

Short spin of the legs with light Resistance and stretches off the bike.

		Music		Position	Resistance	Pace	PI
1	0:00	Intro	2x8	Seated Recovery	Bf	1/2	E
	0:09	V1	4x8	Ride Easy	●	3/4	
	0:28		4x8	Ride Easy	↗	3/4	
	0:46	C	4x8	Racing	↗	1/1	
2	1:05	V2	4x8	Ride Easy	●	3/4	
	1:24		4x8	Ride Easy	●	3/4	
	1:42	C	4x8	Racing	●	1/1	
3	2:01	Instr	2x8	Seated Recovery	●	1/2	
				Shake arms and Shoulder Rolls			
	2:10		2x8	Transition off bike			
	2:20	C	2x8	Standing Quadricep Stretch L			
	2:29		2x8	Standing Gluteal Stretch L			
	2:38	Instr	2x8	Standing Quadricep Stretch R			
	2:48		2x8	Standing Gluteal Stretch R			



08. KNOW YOUR WORTH 3:00mins

TECHNIQUE AND COACHING

BLOCK 1

Congratulate your class on completing the workout, while allowing their body to recover.

- *What a ride! Well done everyone*
- *Base Resistance on the wheel, time to bring the heart rates down*
- *Light gear change, stretch into Racing*
- *All about your recovery now*

BLOCK 2

One more gentle acceleration allowing the body to continue to recover.

- *Thank you for all riding with me today, we all have one common denominator, a love for fitness!*

BLOCK 3

Carefully transition off the bike, lead your class through each of the stretches.

- *Shake your arms, roll your shoulders*
- *Take the time to dismount off your bike*
- *Shake the legs*
- *Quad Stretch, bring the knees together*
- *Glute Stretch, sit back into it*



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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.

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