

LES MILLS
sprint

RELEASE

7

FEATURES:

BORN TO MOVE: NEW RESEARCH

RPM VS SPRINT

NEW RESEARCH: LES MILLS SPRINT



OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

Sprint 7

Sprint 7 is HIIT on a bike!

Spend time before class to ensure participants are correctly set up. Do the short 'on bike' set up you would have practiced at Initial Module Training before you push play – seat height and handle bar position are important. Due to some technical issues we don't have an example of this in the Masterclass but be sure to do one!

Remind everyone their comfort is key and we are using the bike as a training tool just like any other piece of gym equipment.

Our workout starts with a short, Accelerated Warmup. It's engaging and uplifting.

The switch is flicked in Mixed Conditioning 1 by hitting the last interval of 'Redemption' again before launching into a series of Sprint, Strength, and Power intervals – 11 intervals in total – 1x 60 second Power interval, 4x 30 second Sprints, 2x 60 second Strength phases, and 4x 30 second Power efforts. This is maximal training!

Mixed Conditioning 2 starts with a more relaxed approach to 'Redemption' giving the class a mental refresher, yet keeping physical intensity high, before hitting the last 10 intervals again.

Fatigue hits fast and our aerobic and anaerobic systems are stressed which improves our cardiovascular fitness and provides the body with the impetus to consume calories – Burger time!

We flush the muscles and congratulate the class on a training session well done!

Be sure to check out the Health & Safety tips we have included as a result of global feedback – we love hearing from you guys and we are proud to say at the time of writing this we have 750+ clubs utilising Sprint on their timetables.

Bring on 1000!

Thanks
The Sprint Team

The Fine Print

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

LES MILLS SPRINT

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KEY

LOAD

L Light

M Moderate

H Heavy

LPT Load, Position
and Training

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

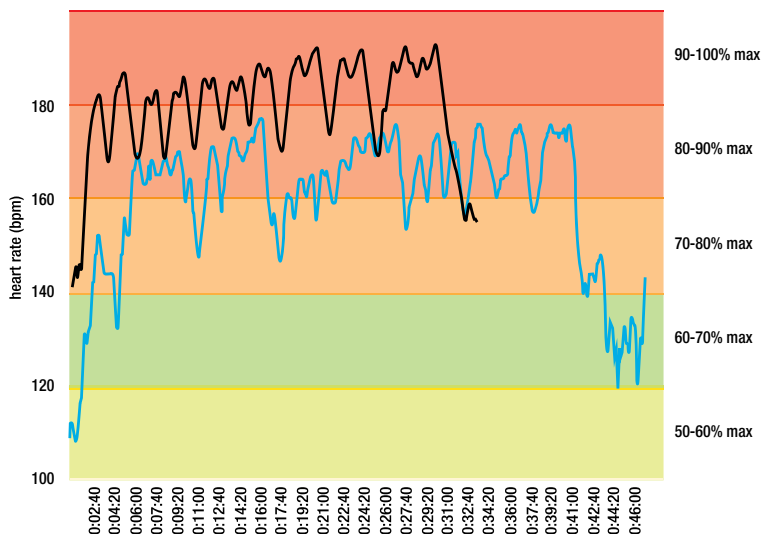
1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublikealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

RPM vs. SPRINT

RPM and **SPRINT**. Two workouts on a bike which initially appear similar, but look more closely and they are quite different. Let's compare them.

TYPE OF TRAINING	RPM	SPRINT
	RPM is 45 minutes of Cardio Peak Training. Moderate to high-intensity efforts with active recoveries. Each effort blends into the next and we encourage constant motion. Three classes per week, as part of a balanced training schedule, creates a leaner body shape and improvements in aerobic fitness and cardiovascular health.	SPRINT is 30 minutes of High-Intensity Interval Training (H.I.I.T). Participants spend up to 20 minutes above 85% of their maximum heart rate, and experience rapid shifts in body composition and metabolic health. Each effort is followed by complete rest and participants are encouraged to stop moving. We recommend no more than 2 H.I.I.T. workouts per week.

In this heart rate profile you can see the difference in duration and intensity between **RPM** and **SPRINT**.



KEY:

RPM — **SPRINT** —

TEACHING METHODS

Let's compare teaching methods using the 'STATE SHOW SAY' tool:

STATE is our State Of Mind; it's the mindset that we bring to each class.

SHOW is What We Show our participants in class; it's how we 'walk the talk'.

SAY is What We Say to coach and enhance our participants' experience.

STATE	In RPM we are "Leading a smooth ride over rolling terrain, where everyone finds their own place in the pack".	In SPRINT we are "Training with like-minded people, focused on giving our absolute max to each interval".
	In RPM we SHOW "Great cycling technique and enjoyment of the ride".	In SPRINT , "We don't ride. We work. We rest".
SAY	SAY in RPM is "Coached using P.R.P. and is inclusive and fun".	In SPRINT , it's coached with "L.P.T. Using enthusiasm and empathy".

COACHING TOOLS

We use different coaching tools in the two programs.

COACHING TOOLS	RPM	SPRINT
	P.R.P. – Position, Resistance and Pace. Position is our program-specific Positions such as Ride Easy, Racing and Standing Climb. Resistance is our Base, Racing, Attack and Climbing Resistances. These can also be referred to as "Gears" but we avoid using "Load" or "Weight" – these are reserved for SPRINT. We describe how the Resistance feels by using muscle pressure or breathing cues such as, "The legs are tight and strong" or "The lungs feel full". We also use visualization, eg "The climb is getting steeper". Pace is Slow, Medium, Fast or On The Beat, and we use rhythm cues to enhance these tempos.	L.P.T. – Load, Position and Training. Load is Light, Moderate or Heavy. We also refer to it as "Weight", but we avoid using "Resistance" or "Gears" because we use these in RPM. We still use muscle pressure and breathing cues but when we use visualization we refer to other modes of training, eg "It's like a heavy squat" or "Imagine someone pulling you back". Position is simply Sit or Stand, and we vary hip and hand positions. Training is Sprint, Power, Strength and Rest. The music is a guide and we can move off the beat: Sprints are as fast as possible, Power is on the beat or a bit faster, Strength is on the beat or a bit slower, and when we Rest we stop moving.

So there you have it! Two programs that may appear similar but are in fact very different. The type of training, teaching methods and coaching tools each serve to create the key differences between **RPM** and **SPRINT**. Use these tools in your next class to ensure each program retains its unique essence.

NEW RESEARCH: LES MILLS SPRINT

LES MILLS SPRINT is HIIT on a bike.

High-Intensity Interval Training (HIIT) is riding a wave of popularity in the fitness industry and has proved to be hugely popular with participants.

HIIT delivers two specific training benefits:

- Accelerated improvements in fitness
- Rapid changes in body composition

Those who participate in HIIT get fit and lose body fat – fast. This method of training changes our biochemistry and speeds up results. Your body keeps working hard long after the 30-minute workout has finished.

LES MILLS GRIT™ has been scientifically designed to deliver the benefits of HIIT and our research proves that it works: people get leaner, fitter, and stronger.

So why HIIT on a bike?

For many people, cycling is more manageable than a LES MILLS GRIT workout. It requires less skill than lifting weights, and removes the impact generated when we run or jump.

New research proves that LES MILLS SPRINT delivers on the HIIT promise.

Thirty-six active adults, aged 18 to 65 years, participated in a study at Fitology in Penn State, USA. All participants had cycling experience, and were actively doing at least 3x 60-minute cardio sessions per week.

The team was split into two groups. The control group kept their exercise regime exactly the same. The other group replaced one 60-minute session with 2x 30-minute LES MILLS SPRINT classes, so that both groups completed the same number of training hours.

The LES MILLS SPRINT group demonstrated significant improvements in just 6 weeks:

- Cardio fitness increased by 9.7%
- Body fat decreased by 5.8%
- Leg strength increased by 11.9%

Improvements were also seen in blood pressure levels and other factors that are predictors of cardiovascular disease.

LES MILLS SPRINT is therefore a fantastic option for High-Intensity Interval Training. It's proven to generate great results in just 6 weeks, and is the perfect option for those who can't lift weights or do high-impact exercise. Incorporating 2x 30-minute classes into a weekly training plan is all that is required to get fit, burn fat, and build strength – fast.

For a full report on this study, visit :

<http://fitnessresearch.edu.au/journal-view/high-intensity-interval-cycling-improves-physical-151>

FLOOR COACHING: SAFETY TIPS

To ensure everyone's safety during Floor Coaching we suggest the following tips be considered;

1. Use of non-slip MTB style cycle shoes like the Reebok cycle shoes worn by the Presenter team and/or non-slip flooring
2. Clear pathways to walk through and access bikes and enter/exit the stage
3. Remember to avoid manually adjusting participants' Load
4. If there is not adequate space to move safely, and the floor is slippery, we recommend you coach from your bike until these concerns can be addressed.

LES MILLS SPRINT 7

1

Accelerated Warmup

Redemption > 3:56 mins

TRACK FOCUS

Quickly warmup participants and get them into the SPRINT state of mind. Be direct by using short, sharp cues.

MUSIC	INTERVAL	LOAD	POSITION	TRAINING	REPS
0:00	INTRO	Set up Moderate - Heavy Load. Like you've got weight on your legs and someone's holding onto your jersey as you start to accelerate.			
0:59	WORK 1	M-H	Stand 22secs Sit 22secs	Power	
1:44	REST	You choose where you want to Rest. Rest is just as important as Work. Explain Workout Plan for next interval using LPT.			
2:29	WORK 2	M-H	Stand 22secs Sit 22secs	Power	
3:14		M-H	Stand 4secs Sit 4secs	Power	4x
3:37	REST				

WORKOUT PLAN

2x Power efforts using Moderate – Heavy Load.
1x 40 second Power using Moderate – Heavy Load
1x 60 second Power using Moderate – Heavy Load

WORK 1

- Use Layer 1 Setup cues to establish LPT: Load, Position, Training e.g *40 second Power Training. Load is Moderate to Heavy, tempo on the beat.*

WORK 2

- Acknowledge how the body feels after the first effort.
- This set is the same as Work 1 but has a Power Kick at the end – 60 seconds in total.
- Reinforce LPT, using Layer 2 cues to Improve Execution.
- Encourage participants to hit the Power Tempo on the beat or to move a bit faster.

TRACK TIP

- The song is uplifting and upbeat. Ensure your coaching matches the music, keeping it light but still in the essence of SPRINT: direct and to the point.

2 Mixed Conditioning 1

Redemption / Roll Up / Beastmode / Pop It Off > 12:25 mins

TRACK FOCUS

Create clear separation between the 3 Training methods – Power, Sprint, Strength. Clearly indicate the changes in Training and use variety in your voice to match the different styles of Training.

MUSIC	INTERVAL	LOAD	POSITION	TRAINING	REPS
0:00	INTRO	Explain Workout Plan, then reset Moderate – Heavy Load.			
0:45	WORK 1	M-H	Stand 22secs Sit 22secs	Power	
1:30		M-H	Stand 4secs Sit 4secs	Power	4x
1:53	REST	Explain next phase of Workout Plan, then set up Light – Moderate Load.			
2:25	WORK 2	L-M	Sit 30secs	Sprint	
2:56	REST	That was good. Faster on this next one!			
3:10	WORK 3	L-M	Sit 30secs	Sprint	
3:41	REST	2 done, 2 to go!			
3:55	WORK 4	L-M	Sit 30secs	Sprint	
4:27	REST	Awesome, last Sprint now.			
4:40	WORK 5	L-M	Sit 30secs	Sprint	
5:11	REST	30 second Rest. Explain new focus. Set up Heavy Load.			

WORKOUT PLAN

1x 60 second Power using Moderate – Heavy Load with 30 seconds Rest
 4x 30 second Sprints using Light – Moderate Load with 15 seconds Rest
 2x 60 second Strength using Heavy Load with 30 seconds Rest
 4x 30 second Power using Moderate – Heavy Load with 15 seconds Rest

WORK 1

- Even though it's the same song as the Accelerated Warmup, coach this effort with more vocal and physical intensity and clearly indicate we are out of the Warmup phase.
- Reinforce Layer 1 cues while using some Layer 2 cues to increase intensity e.g. *relax the upper body, tighten through the lower body.*

WORK 2

- Setup this Interval simply e.g. *Sprints. 30 seconds on, 15 seconds off. 4 times. Load is Light to Moderate. Training tempo – as fast as you can.*
- Use Sprint cues to help your class find maximum speed, focusing on Technique and body position e.g. *hips forwards, brace abs, toes down, fix the ankle.*

WORK 3

- Continue to coach Layer 1 cues, and use the tempo of the music to drive the Workout.

WORK 4

- Use Layer 2 cues to adjust Intensity e.g. *Can you move faster for longer? Create tension across your hips to stay still in the seat.*

WORK 5

- Final Sprint. Use Layer 3 cues to motivate and drive your class to success. e.g. *100% max speed, not 98, not 99, 100 % max speed.*
- Your class will be under fatigue at this point. Let them know that it's OK if they are slowing down – it's the intention to move as fast as they can with the weight they have on that counts.

MUSIC	INTERVAL	LOAD	POSITION	TRAINING
5:55	WORK 6	H	Stand 15 Secs Sit 15 Secs Stand 15 Secs Sit 15 Secs	Strength
6:54	REST	You want to get stronger? Use more Load!		
7:24	WORK 7	H	Stand 15 Secs Sit 15 Secs Stand 15 Secs Sit 15 Secs	Strength
8:23	REST	You choose how you Rest, roll or stop. Find Moderate – Heavy Load. Now we train Power.		
9:23	WORK 8	M-H	Stand 15secs Sit 15secs	Power
9:53	REST	Adjust your Load if you need to.		
10:07	WORK 9	M-H	Stand 15secs Sit 15secs	Power
10:37	REST	It's a 400m dash, but I want you to treat it as 100m!		
10:54	WORK 10	M-H	Stand 15secs Sit 15secs	Power
11:21	REST	One more to go!		
11:38	WORK 11	M-H	Stand 15secs Sit 15secs	Power
12:08	REST	Well done! You made it to the end of your first block!		

WORK 6

- Explain the change to the Workout Plan using LPT. Coach the Strength focus with Heavy Load.
- Use Layer 1 cues to get your class moving with good Technique.

WORK 7

- Floor Coaching – coach those who need to improve Position first.
- Reinforce the feel of the Load: *The kind of weight that burns deep into your muscle fibers.*
- Coach how to move the Heavy Load using Layer 2 cues.

WORK 8

- Explain the change to the Workout Plan using LPT. Coach the Power focus and Moderate – Heavy Load: *Load needs to feel firm and tight.*
- Use Layer 1 cues to get moving with good Technique.
- Challenge your class to move on or ahead of the beat.

WORK 9

- Reinforce the Training tempo and Load as participants will be starting to fatigue and may not use the correct Load.
- Use Layer 2 cues Improve Execution or Adjust Intensity.
- Be positive and upbeat in your Coaching.

WORK 10

- Floor Coaching – *how high can you pick up your knees by bracing hard through the core?*
- Keep it positive so everybody feels successful.
- Be conscious of how you are using your voice – are you talking to the group or one on one?

WORK 11

- Final effort of Mixed Conditioning 1. Use Layer 3 cues to drive and motivate. This is where they'll need you the most.

TRACK FOCUS

Keep the intensity high as your class starts to fatigue. Continue to reinforce correct LPT and assess their Workout Intensity.

MUSIC	INTERVAL	LOAD	POSITION	TRAINING	REPS
0:00	INTRO	We are halfway! Time to re-energize the body! Set up Moderate – Heavy Load.			
0:45	WORK 1	M-H	Stand 22secs Sit 22secs	Power	4x
1:30		M-H	Stand 4secs Sit 4secs	Power	
1:53	REST	Explain Workout Plan using LPT. Maximum leg speed! Set up Light – Moderate Load.			
2:25	WORK 2	L-M	Sit 30secs	Sprint	
2:56	REST	Relax! Breathe. Rest.			
3:10	WORK 3	L-M	Sit 30secs	Sprint	
3:41	REST	How are we feeling? Two more? You've got this!			
3:55	WORK 4	L-M	Sit 30secs	Sprint	
4:27	REST	Lucky last! Last Sprint of the workout!			
4:40	WORK 5	L-M	Sit 30secs	Sprint	
5:11	REST	Explain change to Workout Plan using LPT Set up a Heavy Load.			
5:55	WORK 6	H	Stand 15secs Sit 15secs Stand 15secs Sit 15secs	Strength	

WORKOUT PLAN

1x 60 second Power effort using Moderate – Heavy Load with 30 seconds Rest
 4x 30 second Sprints using Light – Moderate Load with 15 seconds Rest
 2x 60 second Strength using Heavy Load with 30 seconds rest
 4x 30 second Power using Moderate – Load with 15 seconds Rest

WORK 1

- This interval is about re-energizing the class. Give them a chance to Rest, then refocus them back into the Work using LPT Layer 1 cues. Freshen up the body before settling into the next 10 rounds of Work. Don't let the Intensity drop too low in this block.
- Keep it fresh at the start then escalate the intensity during the Power kick before the next set of Sprints.

WORK 2

- Remind class of Workout Plan. Set up Light – Moderate Load.
- Floor Coaching: get them excited about the Sprints again: *fast legs strip fat, fact!!!*

WORK 3

- Assess what is happening in the class and adapt your Layer 2 cues to what your class needs.
- Participants will be fatigued so look out for poor Technique. Improve Execution with cues like *lift the chest, slide forward, don't tense the upper body*. Your class will require Technique pointers like these at this stage of the workout.

WORK 4

- Look for ways to enhance performance with Layer 2 Coaching but motivational Layer 3 cues will also be important to get your class through these Sprints.
- Encourage participants by letting them know they are doing well and nearing the back end of the workout.

WORK 5

- Final Sprint of the workout! Do what you can to drive them home in their last Sprint effort, continuing to keep your Coaching positive, motivating and upbeat.

MUSIC	INTERVAL	LOAD	POSITION	TRAINING
6:54	REST	Self assess, are you at your maximum? If you've got room to for more increase Load!		
7:24	WORK 7	H	Stand 15secs Sit 15secs Stand 15secs Sit 15secs	Strength
8:23	REST	Set up a Moderate – Heavy Load, remind them of the new Power focus. Last block of Training!		
9:23	WORK 8	M-H	Stand 15secs Sit 15secs	Power
9:53	REST	3 more blocks of Training, workout done!		
10:07	WORK 9	M-H	Stand 15secs Sit 15secs	Power
10:37	REST	Make a decision, how do you want to finish your workout?		
10:54	WORK 10	M-H	Stand 15secs Sit 15secs	Power
11:21	REST	One more, your last effort of the day, here we come!		
11:38	WORK 11	M-H	Stand 15secs Sit 15secs	Power
12:08	REST	Give yourself a clap! Well done!		

WORK 6

- Coach the new focus of Strength using Heavy Load. *Feel a solid grip in the thighs.*
- There's less emphasis on Layer 1 cues as we've done this before. Now it's about getting more out of this Strength effort. Use Layer 2 cues to help your class work harder and increase their performance.

WORK 7

- Last Strength effort. The key factor is Heavy Load. Ask the class to self-assess: *are you using enough Load? Can you go heavier? It's ok to move slower than the beat. Strength Training requires Load!!!*

WORK 8

- Remind your class of the Workout Plan using LPT. Let them know what's in front of them and that this is the home stretch. *Only 4 efforts left in today's workout!*
- Set up Moderate – Heavy Load.
- It's about motivating them through the fatigue and just getting across the line! Use Layer 3 cues to help everyone get to the finish.

WORK 9

- Floor Coaching – correct Technique to enhance performance. Motivate those that look like they need encouragement to get them through.

WORK 10

- Floor Coaching – keep motivating and inspiring your class through these final two efforts!
- Keep it positive and upbeat, but don't be afraid to push them more here.

WORK 11

- Back on the bike now. Last effort of the workout. Motivate your class by showing them what working hard looks like – inspire them to do the same!

TRACK TIP

In this track, the lower limb muscles will be fatigued and there may be a visible difference in leg speed and output. As long as the 'intention' in each effort is 100% they will still achieve maximum results – even if their performance deteriorates. Draw attention to how they physically feel, let them know it's ok they are fatiguing, but motivate them to still push as hard as they can.

4

Flush & Stretch

Talk > 3:50 mins

TRACK FOCUS

Recover with an easy flush of the legs and quick stretch. Talk about the benefits of the workout and congratulate everyone.

Flush legs for 1-2 minutes.

Stretch out the Quads, Glutes and Hamstrings off the bike – remind everyone to be careful when getting off their bikes.

LES MILLS SPRINT 7

	TRACK	ARTIST	
1	Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzle	Sigma & Diztortion feat. Jacob Banks	3:56
	Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzle	Sigma & Diztortion feat. Jacob Banks	1:56
	Roll Up (Baauser Remix) (Infuze Re-Roll) © 2016 Fool's Gold Records. Written by: Flosstradamus	Flosstradamus	3:30
2	Beastmode (Designer Drugs Remix) © 2015 Fool's Gold Records Written by: Alvarado, Long	Alvin Risk feat. Hodgy Beats	3:27
	Pop It Off (VIP Mix) © 2015 Viper Recordings Written by: White, Garvey, Prescott	The Prototypes feat. Mad Hed City	3:32
	Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzle	Sigma & Diztortion feat. Jacob Banks	1:56
	Roll Up (Baauser Remix) (Infuze Re-Roll) © 2016 Fool's Gold Records. Written by: Flosstradamus	Flosstradamus	3:30
3	Beastmode (Designer Drugs Remix) © 2015 Fool's Gold Records Written by: Alvarado, Long	Alvin Risk feat. Hodgy Beats	3:27
	Pop It Off (VIP Mix) © 2015 Viper Recordings Written by: White, Garvey, Prescott	The Prototypes feat. Mad Hed City	3:32
4	Talk Courtesy of the Universal Music Group. Written by: Stretlen, Higgs, Burnett, Dickinson, David, Grigahcine	DJ Snake feat. George Mapie	3:50

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