

LES MILLS SPRINT **20**

MUSIC

01. ACCELERATED WARM-UP

02. MIXED CONDITIONING 1

03. STRENGTH / POWER TABATA

04. MIXED CONDITIONING 2

05. FLUSH

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MUSIC

01 **Better Than Ever** (3:03)
Flight Facilities feat. Aloe Blacc
© 2019 Future Classic.
Written by: Lyell, Gruzman, Dawkins III

02 **Machina** (5:01)
Wilkinson
© 2019 UKF.
Written by: Ellis, Wilkinson, Malinga

Got Me (3:40)
Atomic Drum Assembly
© 2019 Island Life Recordings.
Written by: Serrell

03 **Bhangra Jam** (4:19)
Kool Hertz
© 2013 Breakfast Paradise Recordings.
Written by: Hertz

Glitter (4:50)
DJ Zinc & Macky Gee
© 2019 Bingo Bass.
Written by: Pettit, McGeorge, Brien

04 **Got Me** (3:32)
Atomic Drum Assembly
© 2019 Island Life Recordings.
Written by: Serrell

Machina (5:02)
Wilkinson
© 2019 UKF.
Written by: Ellis, Wilkinson, Malinga

05 **Crush** (2:15)
DUCKWRTH
Courtesy of the Universal Music Group.
Written by: Mooncie, Knowles, Lee



RELEASE SUMMARY



L-R: Dee Rowell and Glen Ostergaard

This release is a standout!

Our traditional Accelerated Warm-up has a bit more flow to it this time, as well as a touch of Strength Training.

Next we encounter 3 Power Intervals – 40/60/80 seconds. We use the 80-second effort to test our fitness and mental state.

A series of short Sprints follow to keep the heart rate up. The benefit here is the shifts of Position change the muscle recruitment and keep us mentally fresh.

Strength Intervals are next and they are slow, steady and purposeful before we dive head first into a six-round Power Tabata – 30 on, 15 off.

We work backwards from here repeating the short Sprints, which sets us up for the final 3 Power Intervals – 40/60/80 seconds. The 80-second effort provides another opportunity to test our fitness and mental state.

Get on a bike. Do this workout. Get fitter.

CREDITS

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PRESENTERS

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

Dee Rowell (Australia) is a LES MILLS SPRINT and RPM Trainer/Presenter, a BODYSTEP and LES MILLS TONE Instructor/Presenter, and a BODYATTACK Instructor. She works as a registered nurse in Brisbane and is also a Les Mills Ambassador for BODYSTEP, RPM and LES MILLS SPRINT.

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.

RELEASE FEEDBACK

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



01. ACCELERATED WARM-UP

TRACK FOCUS

- Prepare your class for the HIIT workout ahead by clearly coaching LPT.
- This track is short, so coach your class to find intensity quickly.

WORKOUT PLAN

3x 20 second Jump combos using Moderate – Heavy Load

Note: Work 1 has a 30–second Strength phase using Heavy Load

Music	Interval	LPT & Coaching Tips		
0:05	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>3x Power jumps combos ahead with a Moderate – Heavy Load to engage the heart, lungs and legs!</i>		
0:46	WORK 1	M–H	4x Jump combo	
			Stand 3secs	Power
			Sit 3secs	Power
1:07		H	Sit 30secs	Strength
1:37	REST	<i>Rest. Here comes the game–changer – another 4x Jump combo. Note: Option to take Moderate Load with Power Tempo.</i>		
1:58	WORK 2	M–H	4x Jump combo	
			Stand 3secs	Power
			Sit 3secs	Power
2:18	REST	<i>Add a little more on the dial. 4x jumps and we’re away! Enjoy your workout!</i>		
2:39	WORK 3	M–H	4x Jump combo	
			Stand 3secs	Power
			Sit 3secs	Power



01. BETTER THAN EVER 3:03mins

WORK 1

Use Layer 1 & LPT cues to coach the first block of Work. Focus on good Technique and creating a feeling of success.

- *Moderate–Heavy Load!*
- *Jump up, **hips forward***
- *Sit down, **hips back***
- ***Chest up, brace core***
- *Slow legs, heavy load*
- *Some strength now to engage all the muscles we're about to use in this workout*
- ***Butt back in the seat**, hands are strong on the handle bars*
- ***Deep brace of your core***
- *Push forward through the pedal stroke*
- *Knees in–line with toes*

WORK 2

Use Layer 2 cues to Improve Technique and Adjust Intensity

- *Hips forward, uses your quads more*
- *Hips back, feel those hamstrings and glutes kick in!*
- *Chest up and shoulders down*
- *Stay up for the last one till the break*

WORK 3

Motivate your class by being upbeat and encouraging. One way is to create excitement through the use of your voice. What can you do to get your class hyped for the workout ahead?!

TRACK TIP

We have 3 minutes to set the scene and get physically and mentally prepared for the intensity to come. Be enthusiastic and energetic but refrain from being aggressive to ensure a positive training environment is established.



02. MIXED CONDITIONING 1

TRACK FOCUS

- Use LPT to clearly coach the different training variables.
- Coach your class to work hard in the first 3 intervals to set a benchmark for this workout.

WORKOUT PLAN

3x Power: 40 / 60 / 80 seconds using Moderate – Heavy Load

1x Sprint 20 seconds using Light – Moderate Load

2x Sprint 20 seconds using Light – Moderate Load and Power 20 seconds using Moderate Load

Note: Work blocks have been rounded for ease of coaching.

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Power training 40/60/80 set a Moderate – Heavy load – Standing Power!</i>		
WORK 1				
0:11		M–H	Stand 40secs	Power
0:53	REST	<i>Rest! Welcome to SPRINT 20! We’ve set the bar high; now we’re going to test our limits. Increase our capacity, but sustain the intensity! 60 seconds. We start hard, we maintain intensity in the middle and then we ‘go for it’ at the end. Moderate – Heavy Load; find that good weight under foot!</i>		
WORK 2				
1:36		M–H	Stand 60secs	Power
2:40	REST	<i>Now, we really push our comfort zone – 80 seconds at that place you don’t wanna go. But we’re going there today! It’s about managing it, try breaking it down into 4x 20–second blocks.</i>		
WORK 3				
3:23		M–H	Stand 80secs	Power
4:49	REST	<i>Good job everybody! Let’s sprint – Light to Moderate Load with fast legs! 20–second sprint, then a break!</i>		
WORK 4				
5:25		L–M	Sit 20secs	Sprint
5:46	REST	<i>Rest. Do whatever you need to do right now. Up next, 20–second Sprint, then 20–second Standing Run!</i>		
WORK 5				
6:20		L–M	Sit 20secs	Sprint
6:42		M	Stand 20secs	Power
7:04	REST	<i>Same deal as the last one – same Load and Training Tempo. Accelerate towards the 20–second Sprint. On your marks, get set, SPRINT!</i>		
WORK 6				
7:48		L–M	Sit 20secs	Sprint
8:11		M	Stand 20secs	Power



02. MACHINA / GOT ME 8:41mins

WORK 1

Set up LPT and the Workout Plan quickly in the short introduction. Set the expectation of what these Power Training Intervals should feel like, so your class goes hard from the very beginning. Use Layer 1 cues to find good Technique.

- *This sets the benchmark for today, so let's set the bar high!*
- *You're either on or above the beat*
- **Hips are forward, brace your core**
- *Push the handle bars away!*

WORK 2

We add 20 seconds to the Interval, warn your class before using Layer 2 Improve Execution cues. This helps them move better, so they can manage the longer interval and with max intensity.

- *Straight away, go for it – don't hold back*
- *Can you find more tempo?*
- *Think about driving the knees up to the handle bars*
- *Sustain intensity!*
- *When you fatigue lift your chest. Oxygen in – energy out*
- *Final 20 seconds – give it a kick – GET IT!*

WORK 3

80 seconds now, so again warn your class of the increased duration. We continue to use Layer 2 cues to Improve Execution as well as Adjust Intensity cues to help everyone stay in the effort. Finally, use Layer 3 cues to Motivate everyone to the end.

- *Start steady – drive through the tempo*
- *Find your momentum*
- *Second 20 – pull up on your handle bars, using every muscle in your body for power!*
- *Just like that – 40 seconds down*
- *Third 20 seconds – increase your intensity now*
- *You set the benchmark – are you hitting it?*
- *Final 20! What do you want to feel like when you reach the end of this?*

WORK 4

First Sprint of the class! Set Load, then coach your class how to move fast using Layer 1 LPT cues.

- *This'll reset your muscles from the 80-second effort*
- **Hips forward on the seat**
- **Brace your core**

WORK 5

Another Sprint, followed by a Power phase. Use Layer 2 cues to Improve Execution and Adjust Intensity if needed. For the Power phase, cue the transition early and reinforce an increase to Moderate Load before coaching everyone to hang on during the Standing run.

- *Bring your elbows in and keep your chest up – breathe!*
- *Slide your hips forward, toes down and fast circles – helping you go faster*
- *Grab a Moderate Load and Stand up for 20 seconds!*
- *Lean in, lift up – stay nice and tall*
- *It's not all out – it's a Moderate Training Tempo and Load*



02. MACHINA / GOT ME 8:41mins

WORK 6

Repeat of Work 5 – what will you do to get your class through their fatigue at this point of the workout. What will you do to Motivate them to stay in the workout?

TRACK TIP

The 40/60/80 seconds of Power Training is tough – it’s Power Endurance! Set the expectation that these first three blocks of work will the set the benchmark for today, so they know to go hard!

During Work 5 and 6, set an expectation of max intensity during the Sprints. The shift to Moderate Load for the Power phase is more about holding on as opposed to driving intensity.



03. STRENGTH / POWER TABATA

TRACK FOCUS

- Use clear and consistent LPT cues to teach the difference between Strength and Power.

WORKOUT PLAN

3x 60 seconds Strength using Heavy Load

6x 30 seconds Power using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Heavy Load. <i>Straight into Heavy Strength – big turn clockwise, Heavy Load.</i>		
WORK 1				
0:08		H	Stand 15secs	Strength
0:26		H	Sit 15secs	Strength
0:43		H	Stand 30secs	Strength
1:18	REST	<i>Take a breather – you’ve got two more Strength efforts, so you need to go hard and heavy!</i>		
WORK 2				
1:35		H	Stand 15secs	Strength
1:52		H	Sit 15secs	Strength
2:09		H	Stand 30secs	Strength
2:44	REST	<i>One more of those. Stand up, get your body ready. 4, 3, 2, let’s go!</i>		
WORK 3				
3:01		H	Stand 15secs	Strength
3:18		H	Sit 15secs	Strength
3:36		H	Stand 30secs	Strength
4:10	REST	<i>Tabata – 6 times: 30 on, 15 off. Moderate to Heavy Load – take it on, Standing Power!</i>		
WORK 4				
4:24		M–H	Stand 20secs	Power
4:46		M–H	Sit 10secs	Power
4:57	REST	<i>Rest! Tabata 2, we match our max effort! Moderate – Heavy weight under foot.</i>		
WORK 5				
5:14		M–H	Stand 20secs	Power
5:36		M–H	Sit 10secs	Power
5:47	REST	<i>In the eye of the storm now – Tabata 3 and 4; they are always going to be the shaky ones. But we’ve got this!</i>		
WORK 6				
6:04		M–H	Stand 20secs	Power
6:26			Sit 10secs	Power
6:37	REST	<i>Do you feel uncomfortable? Are you struggling? Your body loves that you are doing something amazing for yourself.</i>		



03. STRENGTH / POWER TABATA

Music	Interval	LPT & Coaching Tips		
WORK 7				
6:53		M-H	Stand 20secs	Power
7:15		M-H	Sit 10secs	Power
7:26	REST	You've just gotta chip away at it!		
WORK 8				
7:43		M-H	Stand 20secs	Power
8:06		M-H	Sit 10secs	Power
8:16	REST	Let's go – this is it! Final 30 seconds of the track – we've got this.		
WORK 9				
8:33		M-H	Stand 20secs	Power
8:55		M-H	Sit 10secs	Power



03. BHANGRA JAM / GLITTER 9:09mins

WORK 1

Set up the Load quickly as transition is short into the first work phase. The focus is on Strength – coach Layer 1 LPT cues with an emphasis on Load. Explain that this is how you get stronger.

- Standing Strength – **chest up, butt back**
- Seated Strength – sit back in the seat, **brace through your core**
- When I say go big, turn clockwise, Standing Strength
- Standing Strength, firm grip on the handlebars, little side to side, **strong brace through your belly**

WORK 2 & 3

FLOOR–COACH

Enhance the feel of Strength Training by using Layer 2 cues to help educate your class and understand the right feel for Strength. Keep the language simple and understandable.

- Side to side, you've got to use your body to drive the pedal
- Sit back and hold the Load
- Try to keep your hips steady here, bracing through your belly
- Light touch on the Load, Stand up
- Now the wheels are going to fall off here, so it's about core activation – brace your belly
- The bigger that you can make that pedal circle, the easier it becomes!
- This is Strength Training right here – get fitter, get stronger!

WORK 4 & 5

BACK ON BIKE

Use simple and clear Layer 1 LPT cues to get your class into their first Tabata set.

- 20 seconds up / 10 seconds down
- Make this first one your max one
- **Hips forward, brace your belly and lift your chest**
- Seated Power – **hips back**, grip the handle bars
- If your chest and shoulders are down here – push it up, lift tall
- Drive the knees towards the handle bars and lift it up
- Seated Power – punch it – drive through your foot

WORK 6 & 7

FLOOR–COACH

Use Layer 2 coaching to Improve Execution where needed and then Layer 3 coaching to Motivate and get them moving as fast as they can for the 30 seconds.

- Push your hips forward – can you feel that more in your quads? Those are your big power muscles!
- Your Load is amazing – let's go for a little more tempo!



03. BHANGRA JAM / GLITTER 9:09mins

WORK 8 & 9

BACK ON BIKE

Last two Tabata blocks – a great opportunity to show your athleticism to Motivate and Inspire your class to go hard with you in these last two efforts!

- *Ask yourself: are you max'ing your efforts? Are you matching your first Tabata?*
- *What's it going to take to get you there?*
- *Just go for it! Don't hold back!*
- *We are all going to up the tempo when we Sit!*
- *Come on – a little quicker!*

TRACK TIP

This track is challenging and if we have done our job, the class will be fatiguing. Our job is to coach great Technique and most importantly – maintain it! Look out and see what's happening in the room, coach to what you see, especially as you Floor Coach.



04. MIXED CONDITIONING 2

TRACK FOCUS

- Lead your class to the final three 40/60/80-second Power Intervals and challenge them to match or better the benchmark they set earlier in the workout.

WORKOUT PLAN

1x Sprint 20 seconds using Light – Moderate Load

2x Sprint 20 seconds using Light – Moderate Load and Power 20 seconds using Moderate Load

3x Power 40/60/80 seconds using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Light – Moderate Load. <i>Mixed Conditioning 2! We start with Sprints, we finish with Power. We’ve been here before. 3 Sprints to start us off. Light – Moderate Load</i>		
WORK 1				
0:23		L–M	Sit 20secs	Sprint
0:45	REST	<i>How do you feel? Struggling? That’s the good stuff right? 2nd Sprint – 20 seconds Seated Sprint, then 20 seconds Standing Power. Let’s start with a Light – Moderate Load!</i>		
WORK 2				
1:19		L–M	Sit 20secs	Sprint
1:41		M	Stand 20secs	Power
2:03	REST	<i>I feel it! Do you? One more – 20 / 20! Start to roll, find that Light – Moderate Load that grabs your muscles. How do we feel about the last Sprint of the day?</i>		
WORK 3				
2:48		L–M	Sit 20secs	Sprint
3:10		M	Stand 20secs	Power
3:31	REST	<i>Here we go team – last set 40 / 60 / 80 Standing Power. Moderate to Heavy – 40 seconds first.</i>		
WORK 4				
3:43		M–H	Stand 40secs	Power
4:26	REST	<i>Rest! 40 seconds easy – you don’t need to think; 60 and 80 will be more challenging. Next up, 60 seconds. Focus on the first 20 seconds hard and fast. Fast out of the blocks.</i>		
WORK 5				
5:09		M–H	Stand 60secs	Power
6:13	REST	<i>Remember, I said it’s a game-changer – it’s the 80 seconds that’ll improve your fitness. Think 4 blocks of 20 seconds. Stand up, walk it out. The more times you train this 80 seconds, the fitter you will be.</i>		
WORK 6				
6:55		M–H	Stand 80secs	Power



04. GOT ME / MACHINA 8:34mins

WORK 1

Use Layer 1 LPT coaching to set up this first 20-second Sprint to get your class moving safely at max tempo.

- *Straight in, short and sharp max-tempo Sprints*
- **Hips are forward and brace your core tightly**

WORK 2

Clearly coach LPT to let your class know this one is different, a 20-second Sprint with a 20-second Standing Power with Moderate Load. It's important to use Layer 1 coaching in the Standing Power to ensure your class has the correct Load and is moving safely.

- *How good does it feel to hit your max tempo?*
- *Moderate Load, for Standing Power*
- **Brace your core** to find stability; find control as you move fast

WORK 3

Final Sprint of the day! Motivate your class to drive hard to the end!

- *Last Sprint*
- *How good does it feel?*
- *Moderate Load – Standing Power run! Up-tempo!*
- *You've got this!*

WORK 4

Back to Power, use simple LPT cues and then Look, See and Respond. What do they need in this set to keep them working at their maximum effort? Remind them of the benchmark they set in the first Mixed Conditioning effort and challenge them to match it.

- *40 seconds is easy – you've just gotta drive through it*
- *Chest up – think about running high on your toes*
- *Brace your belly, steady your hips*

WORK 5

FLOOR-COACH

Second to last block of the class and your participants will be fatigued. We want to keep them focused on the training by using Layer 2 cues that will Educate them how to maintain intensity under fatigue.

- *Lift up nice and tall*
- *Relax to stay on the tempo*
- *When I say go, 20 seconds as hard as you can – increase your work rate!*

WORK 6

BACK ON BIKE

Final block of the workout and it's a kicker! 80 seconds to finish. They'll need all you can give them here by role-modeling athleticism and using Layer 3 cues.

- *Start this first 20 steadily – hitting the Training Tempo*
- *Eyes up!*
- *That's good – how are you feeling?*
- *Approaching the half way mark, we're going to step it up just that little bit more to increase your work rate – go quicker*
- *Empty the tank!*

TRACK TIP

Use time references to help your class get through this final track, especially in the final 3 efforts. Break them into 20-second segments with a focus for each segment. By giving these time checks it will help your participants finish the track successfully.



05. FLUSH CRUSH 2:15mins

WORKOUT PLAN

Flush legs for 2 to 3 minutes.

Stretch out the quads, glutes and hamstrings off the bike.



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring 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 the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 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.

