

LES MILLS SPRINT **25**

MUSIC

01. ACCELERATED WARM-UP

02. POWER ENDURANCE

03. MIXED TABATA

04. STRENGTH

05. MIXED TABATA

06. POWER ENDURANCE

07. TIME TRIAL

08. COOLDOWN

DECLARATION OF INTENT

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MUSIC

- 01

Repeat (2:55)

Earl St. Clair

Courtesy of the Universal Music Group.

Written by: Goudie, Milton, Johnson II
- 02

In A Moment (4:20)

Lee Mvtthews feat. Watson

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Written by: Lee, Matthews, Paul-Watson, Tofa-Levine
- 03

Jimmy Shake (4:40)

Apashe, 740 Boyz & Dose

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Written by: De Buck, Rosa, Vargas
- 04

Auto (3:13)

MagnusTheMagnus

Courtesy of the Universal Music Group.

Written by: Lidehall
- 05

Jimmy Shake (4:40)

Apashe, 740 Boyz & Dose

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Written by: De Buck, Rosa, Vargas
- 06

In A Moment (4:20)

Lee Mvtthews feat. Watson

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Written by: Lee, Matthews, Paul-Watson, Tofa-Levine
- 07

Sensory Division (4:46)

Dimension

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Written by: Etheridge, Douwma, Douglas, Brooks
- 08

So What (2:57)

Louis The Child feat. A R I Z O N A

Courtesy of the Universal Music Group.

Written by: Esquite, Hannah, Labugen, Hauldren, Kennett, Pulford



RELEASE SUMMARY



L-R: Khiran Huston, Glen Ostergaard, Tommi Wong

We promise if you fully commit to SPRINT 25™, it will push your fitness to another level. Are you in?

We have a classic pyramid workout that begins with an Accelerated Warm-up, before moving straight into a Power Endurance track. From here, it's Mixed Tabata, where our class will be challenged with 8x Intervals that alternate between Sprints and Standing Power. The peak of the pyramid is Strength, which uses progressive Heavy Load change the training stimulus. Then it's back down the other side with Mixed Tabata, Power Endurance, and we finish with a Time Trial that stops just short of 5 minutes.

A workout that elicits a high percentage of max VO2 in a 30 minutes will result in great cardiovascular adaptations and improvements in performance. The trick is to continually create unique combinations of Load, Position, and Training tempo (LPT) in addition to varied Interval durations, to provide maximum stimulus and enjoyment. Yes, enjoyment!

So what is max VO2? It's the maximum rate of oxygen our body can use during exercise which means our body can better handle activities that require more oxygen like running, swimming, or everyday life.

SPRINT 25 delivers on the unique combination, providing a bit of everything to create another ultimate workout for you and your class.

The Accelerated Warm-up has 3x Intervals, and our focus as always is to get the body moving towards the training zone which is 85% of our max heart rate. Try stepping up from 60%, then 70%, then 80% through each Interval and have fun with the music and create some hype!

Track 2 is game on! Power Endurance across 3x 60-second Intervals of Standing and Seated Power. We encourage our class to achieve their maximum intensity in each Interval by coaching them find the right Load and Training Tempo.

Next, we are into Mixed Tabata! 8x alternating Intervals of Sprint and Standing Power, where we clearly coach changes of Load and Training Tempo to help everyone find their max in each short block. The two Training Tempos provide variation and allow us to push harder. Using less Load in the Sprints gives us room to really ramp up during the Power efforts.

Track 4 is pure Strength and we coach our class to use Heavy Load while staying true to the Strength Training Tempo. The challenge is to progressively add Load to find the tipping point where we are just about to fall off the beat. Ultimately we build our capacity for Power and Speed.

Track 5, we return to Mixed Tabata. Just like the first time doing this track, we coach the changes of Load and Training Tempo to help everyone find their max. Reinforce the rationale for mixing Sprints and Power together – everyone should be pushing harder!

Track 6 bring us back to Power Endurance with 3x 60-second efforts, and our main goal here is to inspire and motivate everyone, including ourselves, to push as hard as they can as fatigue hits hard.

Final working track is the 4 minutes and 45 seconds of Time Trial. We encourage our class to sustain their intensity right to the end by trying to stay on the Training Tempo, using the correct Load to stay on or above 85% of their max heart rate.

What a workout! It doesn't let up from the moment we push play.



CREDITS

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Chief Creative Officer – Dr. Jackie Mills

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Production Coordinator – Tifaine Ellis

PRESENTERS

Glen Ostergaard (New Zealand) is Program Director for LES MILLS SPRINT, BODYPUMP™ and RPM™ and lives in Auckland. He is father to three children, an avid runner, cyclist and lifter.

Khiran Huston (New Zealand) is a LES MILLS SPRINT, LES MILLS TONE™, LES MILLS THE TRIP™, RPM, BODYPUMP, and a LES MILLS GRIT™ Trainer/Presenter. She is a Les Mills x Stages Ambassador and on the New Zealand TAP team. She is based in Auckland where she works as an Agile Coach.

Tommi Wong (New Zealand) is a LES MILLS SPRINT, LES MILLS THE TRIP and an RPM Instructor. She lives in Auckland.

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

- Get the body ready for the workout ahead. Have fun with the awesome music and create hype to get your class excited!

WORKOUT PLAN

2x Power using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips	
0:05	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Little tension in the muscles. Two jumps up and down, Moderate to Heavy on the Load.</i>	
	WORK 1	M-H	
0:39		Stand 6secs	Power
0:45		Sit 6secs	Power
0:51		Stand 6secs	Power
0:57		Sit 6secs	Power
1:03	REST	<i>Light reduction of Load. Round 2, add Moderate to Heavy Load to prepare and go again.</i>	
	WORK 2	M-H	
1:32		Stand 6secs	Power
1:38		Sit 6secs	Power
1:44		Stand 6secs	Power
1:49		Sit 6secs	Power
1:55		Sit 25secs	Power
2:19		Stand 6secs	Power
2:24		Sit 6secs	Power
2:30		Stand 6secs	Power
2:36		Sit 6secs	Power
2:42		Stand 6secs	Power
2:48		Sit 6secs	Power



01. REPEAT 2:55 mins

TECHNIQUE AND COACHING

WORK 1

Use clear LPT and Layer 1 cues to coach your class through the first Interval, allowing them to move with good Technique and feeling a sense of success.

- *Lift up, **hips forward, brace abs***
- *Sit back in the seat, **chest up, brace abs***

WORK 2

Use Layer 2 cues that will help your class Improve their execution and adjust their Intensity, with the goal to work harder. Towards the end of the Interval, 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?

- *Load, stand*
- *Hips forward, lean into it*
- *Now I am starting to feel it biting into my muscles*
- *Stand up*
- *Down to hold*
- *Sustain the pressure to help lift the heart rate*
- *When the workout comes it's going to come in pretty quickly*
- *Calling this Load our starting load for the next track*

TRACK TIP

This track is the scene-setter for the workout ahead, so don't be too aggressive. You need to be upbeat, welcoming and use lots of connection.



02. POWER ENDURANCE

TRACK FOCUS

- Encourage your class to achieve their maximum Intensity in each Interval by helping them find the right Load and Training Tempo.

WORKOUT PLAN

3x 60-second Power using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips	
0:00	INTRO	Explain Workout Plan. Set up M-H Load. <i>Power Endurance. 3x 1-minute Power with 20 seconds rest. Moderate to Heavy or just above. Now we go!</i>	
	WORK 1	M-H	
0:21		Stand 20secs	Power
0:43		Sit 20secs	Power
1:05		Stand 20secs	Power
1:26	REST	<i>Nice work, the scene is set. Block 2 of Power Endurance. 20 up, 20 down. 20 back up. Let's elevate that heart rate even more!</i>	
	WORK 2	M-H	
1:47		Stand 20secs	Power
2:09		Sit 20secs	Power
2:30		Stand 20secs	Power
2:51	REST	<i>Final set of Power Endurance. We've set ourselves up in Round 1, we've learnt how to do it in Round 2, now it's time to truly feel it. 20 up, 20 down, 20 up. Are you ready?</i>	
	WORK 3	M-H	
3:13		Stand 20secs	Power
3:34		Sit 20secs	Power
3:56		Stand 20secs	Power



02. IN A MOMENT 4:20 mins

TECHNIQUE AND COACHING

WORK 1

Coach PT quickly to find the workout straight away. Coach the basics here.

- 20 seconds, Standing
- Firm grip on the handlebars, lean into the work, drive your knees, **chest up, brace your belly**
- Open-mouth breathing, work hard
- Sit, hold Load
- As soon as you sit down, you feel that pressure – the pressure that grabs the muscles and that pumps the heart rate up
- **Sit back in the saddle, brace your core here**
- Here it comes – 20 seconds left
- Up, GO!
- Set the scene in the first effort

WORK 2

Use Layer 2 Improve Execution cues to help your riders move better. Then use Adjust Intensity cues to help your class find their maximum Intensity. Reinforce the focus to achieve maximum Intensity by manipulating Load and Tempo.

- Chest up and keep the core engaged
- Optimum energy output
- Seated Power, keep the Tempo; if you're struggling, drive the hips forward and push
- In 5 seconds we stand – we're going to try to challenge the Tempo
- Feel your heart rate shoot up!

WORK 3

Final block, use Layer 3 cues to Motivate your class to find their next level of Intensity.

- We know that our hips are lifted, using our hip flexors to drive the legs up
- We're going to maintain Tempo; Sit, feel this
- You know how to move – you've just gotta feel it, that burning sensation through the legs, lungs and heart!

TRACK TIP

Leading into the effort, set up LPT and the expectation of what Intensity they need to be Training with, so that when the effort starts they know what is expected of them.



03. MIXED TABATA

TRACK FOCUS

- Focus your coaching on the changes of Load and Training Tempos to help them find their max in each short block
- Explain the rationale for mixing Sprints and Power together.

WORKOUT PLAN

8x 20-second Mixed Tabata alternating Sprint with Light – Moderate Load and Power with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips	
0:00	INTRO	Explain Workout Plan. Set up Light – Moderate Load. <i>We're moving into Tabata. 20 seconds on/10 seconds off. It's mixed – we've got Sprints and Power. Light to Moderate to start. Sprint!</i>	
0:11	WORK 1	L-M	
		Sit 20secs	Sprint
0:34	REST	<i>Rest. Well done! Power Tabata, we're going to turn it up to Moderate to Heavy, Stand up – let's go!</i>	
0:46	WORK 2	M-H	
		Stand 20secs	Power
1:09	REST	<i>Back to Light to Moderate; let's create a shift of Intensity!</i>	
1:21	WORK 3	L-M	
		Sit 20secs	Sprint
1:44	REST	<i>Your 4th of 8, back to Power. Moderate to Heavy Load again.</i>	
1:55	WORK 4	M-H	
		Stand 20secs	Power
2:18	REST	<i>Rest. Can you feel the shift? When we use Moderate to Heavy, and then when we come down and reduce, your legs feel fast?! Light to Moderate</i>	
2:30	WORK 5	L-M	
		Sit 20secs	Sprint
2:53	REST	<i>Back to Power. Moderate to Heavy Load!</i>	
3:05	WORK 6	M-H	
		Stand 20secs	Power
3:28	REST	<i>Show us everything you've got!</i>	
3:40	WORK 7	L-M	
		Sit 20secs	Sprint
4:03	REST	<i>Rest. Number 8 of 8. Not 18 seconds, not 19 but 20! Let's go!</i>	
4:14	WORK 8	M-H	
		Stand 20secs	Power



03. JIMMY SHAKE 4:40 mins

TECHNIQUE AND COACHING

WORK 1 & 2

Focus your coaching on the changes of Load and Training Tempos to help them find their max in each short block. Explain the rationale for mixing Sprints and Power together.

- *Set up your class with LPT, keeping cues short and to the point*
- *As fast as you can*
- **Hips are forward and toes are dipped**
- *Relax the upper body, energy in the legs*
- *Lean in, drive your knees*
- **Lift your chest, tighten your core**

WORK 3, 4, 5 & 6

In the next 4 intervals, teach your class how they can work harder or move better. Use Layer 2 cues to bring the best out of your participants. *Sprint! Pump your knees up!*

- *It's only 10 seconds – come on, you can move for 10!*
- *Let's grab that burn*
- *Relax your upper body, focus the work to your legs*
- *We're going to maximize this set*
- *Drive your knees up, increase your Power output*

WORK 7 & 8

Final 2 efforts! Look out and coach what is needed in the room. Dial up your athleticism, role-modeling HIIT training to Motivate your participants to dig deeper and push harder in these last 2 efforts!

- *Sprint! As fast as you can physically move in this set of the Tabata*
- *Last effort, come on*
- *Let's max it out – shift that heart rate above 85%*
- *Get that burn!*

TRACK TIP

By having 2 Training Tempos within this track it allows us to push ourselves a little bit harder. By using less Load in the Sprints, it gives us room to work harder in the Power efforts.



04. STRENGTH

TRACK FOCUS

- In this track, we focus on the benefits of strength training with the end goal building our capacity for Power and Speed.

WORKOUT PLAN

4x 35-second Strength using Heavy Load

Music	Interval	LPT & Coaching Tips	
0:00	INTRO	Explain Workout Plan. Set up Heavy Load. <i>Shift the focus completely to Strength, put a Heavy Load on. Stand up – let’s go!</i>	
0:08	WORK 1	H	Stand 35secs Strength
0:42	REST	<i>Rest. You are going to add something; even if it’s a little, add it now. Are you ready to get fitter? Stronger?</i>	
FLOOR COACHING			
0:59	WORK 2	H+	Stand 35secs Strength
1:33	REST	<i>Time! Rest – either Sit or Stand. What we are trying to do is build volume in the muscles and prepare ourselves for that Power phase.</i>	
1:42	WORK 3	H++	Stand 35secs Strength
2:15	REST	<i>Final Rest. Are you ready for one more phase? Add the Load to build the capacity in the legs to get stronger for SPRINT.</i>	
BACK ON BIKE			
2:32	WORK 4	H+++	Stand 35secs Strength



04. AUTO 3:13 mins

TECHNIQUE AND COACHING

WORK 1

Because this is the first time using Heavy Load, use clear Layer 1 LPT coaching to set up the Strength focus. Describe how the Load should feel.

- *On the tempo, 1, 2, 1, 2*
- *Once you're out of the seat you want to keep adding Load until you feel that Strength Load, working towards our 1 rep max, and we've got 4 sets to make that happen*
- **Chest up, butt touching the saddle, brace your core**
- *We are going to build capacity by adding Load every time you stand up*
- *So by the end of this track we should be just holding onto this beat*

WORK 2 & 3

FLOOR COACHING

Focus on better Technique and more Intensity using Layer 2 Improve Execution and Adjust Intensity cues. Challenge your class to be more efficient or explain how they can simply move better or train harder.

- *So, we want to find the tipping point. We want to stay on Tempo but we want to work on it as well – building ultimate Strength, creating the foundation for Power and Sprints*
- *You keep moving, I'm coming – I am looking for Heavy Load and just on Tempo*
- *We're at a mechanical advantage here: we can leverage off our body weight by moving side to side*
- *We're pulling the handlebars and moving side to side. We are working towards our 1 rep max!*

WORK 4

BACK ON BIKE

Motivate your class to stay in the workout in this final Strength Interval by using Layer 3 cues. How will you inspire your class to work hard all the way to the end? What will you say? What will you do?

- *This is how you get that maximum Power and maximum Speed output – the foundation is Strength*
- *Are you just holding onto that beat?*
- *You can feel it through the hamstrings, glutes and through the athletic chain – you can feel this!*

TRACK TIP

Add Load every time you begin each Strength effort. Challenge your class to work with a Heavy Load to develop Strength while still maintaining the Training Tempo.



05. MIXED TABATA

TRACK FOCUS

- Coach your class the changes of Load and Training Tempos to help them find their max in each short block. Reinforce the rationale for mixing Sprints and Power together.

WORKOUT PLAN

8x 20-second Mixed Tabata alternating Sprint with Light – Moderate Load and Power with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips	
0:00	INTRO	Explain Workout Plan. Set up Light – Moderate. <i>We're back to Mixed Tabata. 20 seconds on / 10 seconds off, 8 times. Light to Moderate to start.</i>	
0:11	WORK 1	L-M	Sit 20secs Sprint
0:34	REST	<i>Moderate to Heavy Load, Standing Power. 20 seconds – let's go!</i>	
0:46	WORK 2	M-H	Stand 20secs Power
1:09	REST	<i>2 down, 6 to go. Back to Sprint, Light to Moderate Load</i>	
FLOOR COACHING			
1:21	WORK 3	L-M	Sit 20secs Sprint
1:44	REST	<i>Back to the Moderate to Heavy Load – 3, 2, 1, RUN!</i>	
1:55	WORK 4	M-H	Stand 20secs Power
2:18	REST	<i>Sit down, here we go, Light to Moderate. Lets go!</i>	
2:30	WORK 5	L-M	Sit 20secs Sprint
2:53	REST	<i>Today – who are you answerable to? YOURSELF! Moderate to Heavy back on</i>	
3:05	WORK 6	M-H	Stand 20secs Power
3:28	REST	<i>Back to Sprint. You know it, toes down and hips forward</i>	
BACK ON BIKE			
3:40	WORK 7	L-M	Sit 20secs Sprint
4:03	REST	<i>Final set, now we're deep into the workout. Moderate to Heavy Load now!</i>	
4:14	WORK 8	M-H	Stand 20secs Power



05. JIMMY SHAKE 4:40 mins

TECHNIQUE AND COACHING

WORK 1 & 2

Reset LPT for both Sprints and Power. Use those basic Layer 1 cues to help them get that good riding Technique.

- **Brace your belly** to keep your hips steady
- *Power Training, using Moderate to Heavy Load on the Power Tempo*
- *Grip the handlebars, drive the knees forward*

WORK 3, 4, 5 & 6

FLOOR COACHING

Adjust your coaching to what you are seeing in the room. Floor-coaching is a good opportunity to really focus in on the individual needs of your class. Challenge your class to push themselves as hard as they can.

- *Make sure you keep your upper body soft and relaxed*
- *Can you give just a little more?*
- *I've been watching some of you – some of you are hiding. No more hiding – lay it on the line!*
- *I know you can Sprint faster than that, come on!*
- *Max watts for 20 seconds*
- *Stay up – 5 seconds!*

WORK 7 & 8

BACK ON BIKE

Final 2 efforts of this Tabata track. Use Layer 3 cues to Motivate and Inspire your class to maintain that same Intensity that they started with.

- *Final set, now we're deep into the workout*
- *Maximum Power output, maximum heart rate, 85%+ baby!*

TRACK TIP

To keep your class in the Intensity, ensure they complete the entire 20-second effort. Often they will slow down a few seconds before they should. Try counting down the last 4 seconds to help them stay in the work.



06. POWER ENDURANCE

TRACK FOCUS

- Motivate your class to maintain Intensity as fatigue hits hard.

WORKOUT PLAN

3x 60-second Power using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips	
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Power Endurance number 2! We’ve set the benchmark by hitting the tempo; we're going to build capacity by trying to move over the tempo when we stand up!</i>	
	WORK 1	M-H	
0:21		Stand 20secs	Power
0:43		Sit 20secs	Power
1:05		Stand 20secs	Power
1:26	REST	<i>Rest. Here’s the bridge between the two. Moderate to Heavy, stand up. 20 / 20 / 20. HARD FIT AND FAST</i>	
FLOOR COACHING			
	WORK 2	M-H	
1:47		Stand 20secs	Power
2:09		Sit 20secs	Power
2:30		Stand 20secs	Power
2:51	REST	<i>Take a breather. Last Power Endurance phase – let’s make it our best one!</i>	
BACK ON BIKE			
	WORK 3	M-H	
3:13		Stand 20secs	Power
3:34		Sit 20secs	Power
3:56		Stand 20secs	Power



06. IN A MOMENT 4:20 mins

TECHNIQUE AND COACHING

WORK 1

Briefly coach Layer 1 LPT cues, then straight into Layer 2 cues to make sure your class is moving with good Technique.

- Get your **hips forward** and your **chest up**
- *We're pumping our knees up, using our core and hip flexors to make this happen*
- *We want to push through fatigue, fight through it and become untouchable – believe in yourself!*
- *Can we challenge the Tempo to build capacity, to get fitter and be more powerful*
- *Become untouchable!*

WORK 2

FLOOR COACHING

Use Layer 2 Adjust Intensity cues to keep your class in the work.

- *These are the efforts that make a difference to your fitness. Building that deep anaerobic capacity the ability to sustain and maintain max watts at a high heart rate*
- *Back in the saddle, engage your core*
- *Tempo is the key, stay on the rhythm*

WORK 3

BACK ON BIKE

Final effort, what will you do to help your class succeed? What will you say and what will you do? Your class will need you here to inspire them to finish the workout in this final 60-second effort.

- *Heart rate right through the roof! Hold it there*
- *Seated Power, hold the Tempo, holding the Intensity*
- *Whatever you put your mind to, you can do it!*
- *10 seconds to go!*

TRACK TIP

To help your class get through, break the efforts up into 3x 20-second blocks. Knowing how long they have left will be a motivator to succeed and finish with good Intensity.



07. TIME TRIAL

TRACK FOCUS

- Challenge your class to sustain their Intensity through to the end by staying on the Tempo, using the correct Load working above 85% of max heart rate.

WORKOUT PLAN

1x 285-second (4:45) Power using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Just under 5 mins – non-stop. Seated and standing. This is the track that builds anaerobic capacity. Sustaining effort over time.</i>		
WORK 1				
0:23		M-H	Stand 65secs	Power
1:28			Sit 20secs	Power
1:49			Stand 85secs	Power
3:15			Sit 20secs	Power
3:36			Stand 60secs	Power



07. SENSORY DIVISION 4:46mins

TECHNIQUE AND COACHING

WORK 1

Briefly cue the basic Layer 1 LPT cues to start, then use lots of Layer 2 cues which will Improve Execution and help them work harder. Towards the end of this track, especially the last 60 seconds, use Layer 3 cues to Motivate them to finish.

- *First find the beat, the Tempo – 85 beats per minute*
- *Load Moderate to Heavy*
- ***Chest up, hips forward off the saddle, brace your core***
- *The key here is sustaining consistent output over time*
- *Straight away you are open-mouth breathing – the place where you'll take your fitness to the next level*
- *Sit, reduce, stay on beat. Regroup and recover*
- *Back to Moderate to Heavy, here's the long one*
- *Body weight lifts up and leans forward*
- *What you're feeling is consistent muscle pressure*
- *Constant pressure will build your fitness*
- *It doesn't always have to be short and sharp efforts. These slow burners are just as hard, especially at the end of the workout*

TRACK TIP

Use lots of time references to help your class finish this track feeling successful. In the seated phases coach the change in muscle recruitment as an opportunity to actively recover.



08. COOLDOWN

SO WHAT 2:57mins

WORKOUT PLAN

Roll the legs for 2 – 3 minutes.
Stretch out the quads, glutes and hamstrings off the bike.



WE ARE ONE GLOBAL FAMILY

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 benefits 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 others, and we aim to traverse these delicate 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.

