

LES MILLS SPRINT **28**

MUSIC

01. ACCELERATED WARM-UP

02. MIXED CONDITIONING 1

03. MIXED CONDITIONING 2

04. FINISHER

05. COOLDOWN

DECLARATION OF INTENT

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MUSIC

01

Last Time (3:21)

Subsonic

© 2021 Elevate Records.

Written by: Peters

02

Come Down (4:15)

Lee Mvtthews feat. PRINS

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Written by: Prins, Lee, Matthews

Light of Mine (3:17)

WHIPPED CREAM & Jimorrow

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Written by: Cecil, Dryer, Wincorn, Farber, Seeley

Junglist (DJ KARA Remix) (3:01)

DJ Phantasy x Doktor

© 2021 Viper Recordings.

Written by: Hannon, Virgin

03

Come Down (4:15)

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Junglist (DJ KARA Remix) (3:01)

DJ Phantasy x Doktor

© 2021 Viper Recordings.

Written by: Hannon, Virgin

04

Crazy (4:20)

Wooli & Codeko feat. Casey Cook

© 2021 Ophelia.

Written by: Puleo, Sammons, Cook, Clark

05

Heavy (3:23)

Flight Facilities feat. Your Smith

© 2021 Future Classic.

Written by: Smith, Gruzman, Lyell, Ma

ALT
05

Gimme All You Got (3:23)

Ella Faye

Courtesy of Epidemic Sound.

Written by: Unknown



RELEASE SUMMARY



L-R: Khiran Huston, Glen Ostergaard, Laura Johnson

LES MILLS SPRINT Release 28 is the perfect Interval workout – you will build fitness, burn calories and quite possibly, have a whole heap of fun!

An upbeat and engaging Accelerated Warm-up will set the tone before we 'lay it down thick' with two huge blocks of work. Timed to be 10 minutes each, you begin with 4x 40-second efforts of maximum Power and 20-second Rests, followed closely by a mini Sprint and Strength Tabata and a 3-minute Endurance Power effort. Then, you will repeat the work.

The focus in the 20-minute Mixed Conditioning tracks is to train smartly across all the efforts – maximizing your Power, Speed and Strength.

My favorite Finisher has us hitting six huge 20-second Power efforts at a 1:1 Work to Rest ratio. This means you can fully explore the top end of your fitness and push yourself to new heights.

Enjoy the workout.
Glen

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, and an avid runner, cyclist and weight lifter.

Khiran Huston (New Zealand) is a LES MILLS SPRINT, LES MILLS TONE™, LES MILLS THE TRIP™, RPM, BODYPUMP and 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.

Thanks to Laura Johnson (New Zealand)

CREDITS

- Program Director** – Glen Ostergaard
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Dr. Jackie Mills
- Technical Consultant** – Bryce Hastings
- Production Coordinator** – Juliet Mora

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

- Introduce the class to PLT and set the expectation of what HIIT is and how your class can achieve maximum results. Use the longer lead time into the Work Interval to hook into the Training Tempo.

WORKOUT PLAN

1x 60-second Power using Moderate to Heavy Load

1x 40-second Power using Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:05	INTRO	Set up Workout Plan: 2x blocks of Power Training to accelerate the heart rate. Find a Light to Moderate Load and start to hook into the Tempo.		
WORK 1				
0:48		M-H	Stand 10secs	Power
0:58		M-H	Sit 10secs	Power
1:09		M-H	Stand 10secs	Power
1:19		M-H	Sit 30secs	Power
1:52	REST	Block 1 done! Next block is 40 secs of Power. Find a Light Load and find Tempo; this is the work before the work. We focus on maximum effort today! You don't have to worry about intensity – the workout structure takes care of that for you!		
WORK 2				
2:35		M-H	Stand 10secs	Power
2:45		M-H	Sit 10secs	Power
2:56		M-H	Stand 10secs	Power
3:06		M-H	Sit 10secs	Power



01. LAST TIME 3:21mins

TECHNIQUE AND COACHING

WORK 1

Let's prepare our class for the Training zone by coaching the basics to get them into the work quickly. We do this by setting up the right Position, Load and Tempo.

- *Are you ready to train?*
- *Moderate to Heavy, 2 sets in the Warm-up to get you ready*
- *Stand, Power*
- ***Brace on the core***
- *Try adding more Load*
- *Big, full muscular circles*
- *Sit, **shoulders relaxed, core braced***

WORK 2

Set 2 is shorter. Your class has been introduced to the Training. Use the longer lead time to communicate the intention for the workout, which is to train at maximum effort in every Interval to achieve the HIIT effect. *Nice! That's Block 1 done and we have 1 to go.*

- *40 seconds Power*
- *10 up, 10 down, 10 up, 10 down*
- *We're going to start off with a Light Load and on Tempo; it's the work before the work*
- ***Chest up, core tight***
- *We're on or over the beat*
- *We're setting you up for success today: Glen's gonna teach you about hip and leg extension and I've got you for balance and coordination*
- *LES MILLS SPRINT is the ultimate HIIT workout on a bike*

TRACK TIP

This Accelerated Warm-up is our opportunity to set our class up for success. To do that we focus on the basics, specifically the Load, Position and Tempo required for Power Training. By doing this we prepare everyone for the start of Track 2.

Additionally, this is a great time to communicate the focus for the workout. In this review, we approach it as 'a game of two halves.' The first half is focused on 'utilizing the right muscles at the right time' to move well. In the second half, we focus on 'utilizing our new-found knowledge to perform through fatigue'.



02. MIXED CONDITIONING 1

TRACK FOCUS

- Coach your class on how to train so they are isolating and using the correct muscles to enable maximum effort in each Interval.

WORKOUT PLAN

4x 40-second Power using a Moderate to Heavy Load

6x 20-second mixed efforts of Sprints using a Moderate Load, and Strength using a Heavy Load

1x 3-minute Power using a Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Set up PLT: 4x 40 seconds on, 20 seconds off of Mixed Conditioning – everyone starts with Power. Moderate to Heavy Load. Stand up! Let's go! We're on the Tempo, on or over the beat! Chest lifted, core braced.		
WORK 1				
0:10		M–H	Stand 20secs	Power
0:30		M–H	Sit 20secs	Power
0:51	REST	Nice! Next set, we're going to teach you how to move efficiently so that when it comes to crunch time, you hit the set with maximum effort. Moving efficiently to absolutely max out!		
WORK 2				
1:12		M–H	Stand 20secs	Power
1:32		M–H	Sit 20secs	Power
1:52	REST	2 down, 2 to go! This works like a staircase. With each Work and Rest phase, we take a step up each time and naturally increase intensity. You just gotta hit each set with max effort!		
WORK 3				
2:13		M–H	Stand 20secs	Power
2:33		M–H	Sit 20secs	Power
2:54	REST	1 more! Phenomenal! So we know how to move; lock in upper body, hip extension, legs drive through the lower. Vibe to this Sprint beat! Go!		
WORK 4				
3:14		M–H	Stand 20secs	Power
3:35		M–H	Sit 20secs	Power
3:55	REST	Nice. Second part. 20/10 Sprint, Strength. Light to Moderate Load. Hips forward, toes down – go, go, go!		
WORK 5				
4:27		L–M	Sit 20secs	Sprint
4:48	REST	Flip it! Heavy, upstairs! We train Strength. Stand. Go!		



02. MIXED CONDITIONING 1

Music

Interval

PLT and Coaching Tips

WORK 6		
5:00		H Stand 20secs Strength
5:21	REST	Back to Light to Moderate Load. Free the legs, free the muscles! Sprinting! One thing I've learned about this release is there's nowhere to hide!
WORK 7		
5:32		L-M Sit 20secs Sprint
5:53	REST	Back to Strength. We know the Tempo; we know the Load. Now the steps on your staircase are smaller and it's quicker to get to the intensity.
WORK 8		
6:05		H Stand 20secs Strength
6:27	REST	Last Strength phase. An opportunity to fire up all these powerful, athletic muscles in the legs!
WORK 9		
6:38		L-M Sit 20secs Sprint
6:59	REST	Last Sprint! All-out gas. Full noise! The pyramid of intensity.
WORK 10		
7:10		H Stand 20secs Strength
7:32	REST	Back end of our Mixed Conditioning 1 block. It's continuous Power Endurance. Think about what max Power you can hold for the entire effort.

FLOOR-COACHING

WORK 11		
7:42	M-H	Sit 10secs Power
7:52	M-H	Stand 20secs Power
8:12	M-H	Sit 20secs Power
8:32	M	Sit 20secs Power
8:52	M-H	Stand 20secs Power
9:12	M-H	Sit 20secs Power
9:31	M	Sit 20secs Power
9:51	M-H	Stand 20secs Power
10:11	M-H	Sit 20secs Power

BACK ON BIKE



02. COME DOWN / LIGHT OF MINE / JUNGLIST 10:33mins

TECHNIQUE AND COACHING

WORK 1

As we kick off Mixed Conditioning quickly, cue PLT to get your class moving as soon as the Work phase starts. When your participants are moving, start to layer in the basics of Layer 1 cues.

- *Mixed Con 1 – everyone's gonna get up and out of their seat, Mod-Heavy, let's go!*
- *40 on, 20 off – Power*
- *On or over the Tempo*
- **Our chest is up, our core is braced**
- *Hold Load, **butt back in the saddle***
- *Soft elbows*
- **Core braced**, *big push and pull!*

WORK 2

Explain to your class that you're teaching them how to move correctly on the bike today so that they isolate and use the right muscles in Power Training. Use Layer 2 cues, Improve Execution and Adjust Intensity cueing, to achieve this.

- *Mod-Heavy Load, get up – let's go!*
- *We're going to focus on efficiency*
- *We've got the posture, upright, but how can we enhance this? By squeezing the shoulder blades and **bracing the core**, that's the stability*
- *Here comes the seated Power – sit, **butt back in the saddle***
- *Now, focus on leg extension, focus on hip extension*
- *Kick legs through, focus on glutes and hamstrings*

WORK 3

Now your team understands how to move more efficiently, this is a great opportunity to reconfirm your class concepts and focus. We use our overall class focus as an anchor point for our coaching. Continue to use Layer 2 cueing to Adjust Intensity so your class hits maximum intensity in their work set.

- *Mod-Heavy Load – Stand, run!*
- *So, even though we've locked in the upper body, we're light on the handlebars, we're crunching the core and we're pumping the knees up like pistons – that's efficiency*
- *Hold Load, Seated Power*
- *Hip drive, hip extension, glutes and hamstrings, in that order*
- **Brace down on core**, *strong grip*
- *4-3-2-out*

WORK 4

Your class is truly in the working zone now and Layer 3 Motivate cues will keep them there in this set. What will you say to keep your team motivated and feeling successful?

- *Run!*
- *Get on that beat*
- *I can feel this SPRINT beat in my bones*
- *Last 20 is seated*
- *Leg extension – it's all about the quads; it's all about the push, the power muscles*
- *Stay on the Tempo, stay in Training mode*



02. COME DOWN / LIGHT OF MINE / JUNGLIST 10:33mins

TECHNIQUE AND COACHING

WORK 5

New Interval duration. Set up the 20:10 work intervals of Sprint and Strength using PLT. Sprint is first; use Layer 1 cues to set up speed.

- *Light to Moderate*
- **Hips forward**
- *Hit it!*
- *Fast legs*
- **Core is braced**

WORK 6

Now we change to Strength. Coach PLT changes and use Layer 1 cues again to set up your class for Strength Training.

- *Flip it – Heavy, Strength, Standing*
- *Find the Tempo and if you're over the Tempo, add Load until you're stuck into the Strength Training Tempo, on or under the beat*
- *10 seconds!*

WORK 7

Back to Sprint. We can start to add concise Layer 2 Improve Execution cues here. 20 seconds is fast so just pick one focus for your Layer 2 cueing.

- *Back it down – Light to Moderate Load*
- *Sprinting – go!*
- **Hips forward, toes slightly dipped, arms relaxed, core braced**
- *Small, fast circles, 10 seconds*
- *One thing I've learned about this release is that there's no hiding*

WORK 8

Strength Training again. Anchor your Layer 2 coaching to your track focus. Doing it this way makes it easier for your class to understand what they're doing and why they're doing it.

- *Your staircase is smaller and it's quicker to get to the top, and like Glen said, there's nowhere to hide*
- *This is more efficient*
- *This is how you accelerate your fitness and that's what you came for today*

WORK 9 AND WORK 10

Last 2 sets of 20:10 and your class will be feeling the Training effect intensely here. Use Layer 3 Motivate cues to help your class train the very best they can.

- *Sprint – butts on the saddle, last Sprint*
- **Hips forward, toes dipped slightly, fast legs**
- *Lock it in by staying relaxed up top*
- *10 more seconds*
- *Strength – Heavy, stand*
- *You're anchoring your body to the bike and you're just holding on here*
- *One, you're anchoring to the bike*
- *Two, it's strong*



02. COME DOWN / LIGHT OF MINE / JUNGLIST 10:33mins

TECHNIQUE AND COACHING

WORK 11

FLOOR-COACHING

Set up for the 3-minute continuous work set. Use PLT to set up the basics – getting your class moving safely and effectively and then use Floor Coaching as a Layer 2 tool to maximize the duration of the set and Motivate your class to stay in the work for the full work set. Get back on the bike before the set ends so you finish with your class!

- *Mod-Heavy Load, Stand, Go!*
- *What is the max Power you can hold for 3 long minutes?*
- *Keep **chest lifted**, stability out of the seat, **core braced***
- *Power in the seat, **hips back**. Firing the glutes and quads. Leg extensions equals full quads baby!*
- *Here's the key: back up one turn of Load, stay on Tempo*
- *Heart rate up, but legs feel easier – loosen the tension to keep the heart rate high*
- *Back up, put Mod-Heavy Load back on, up-up-up*
- *Core and Strength out of the seat*
- *Sit, hold hip extension, leg extension, glutes, hamstrings, quads are one muscular chain of movement*
- *20:20 as hard as you can*
- *All stability through the core when you sit*
- *The leg drive, the hip drive*
- *Peak it! 5-4-3-2-1! Time!*

TRACK TIP

The team used a 'staircase' analogy to help describe the workout plan of this track.

Every Interval is compared to a staircase, and every pedal stroke is a step: lots of small steps for Sprints and fewer larger steps for Strength.

As we approach each Interval, we ascend the staircase of Intensity, and this is communicated as a positive experience.

Each time, we are given just enough time to Rest before we go again, working at our personal max and building out fitness as we go.

Ultimately, we don't have to focus on the Intensity because the structure of the track naturally does this. All we need to focus on is working each staircase as hard as we can.



03. MIXED CONDITIONING 2

TRACK FOCUS

- Coach and educate your class on utilizing the efficient way of moving that they learned in the Mixed Conditioning 1 track. Highlight stability and the benefits of leg and hip extension under fatigue.

WORKOUT PLAN

4x 40-second Power using a Moderate to Heavy Load

6x 20-second mixed efforts of Sprints using a Moderate Load, and Strength using a Heavy Load

1x 3-minute Power using a Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Set up PLT: Mixed Conditioning 2. Moderate to Heavy Load. 4x Power efforts. Stand. Let's go!		
WORK 1				
0:10		M-H	Stand 20secs	Power
0:30		M-H	Sit 20secs	Power
0:51	REST	Nice! Feels like your heart is banging out of your chest! Feels like burning and biting in the muscles!		
WORK 2				
1:12		M-H	Stand 20secs	Power
1:32		M-H	Sit 20secs	Power
1:52	REST	This is what we were talking about: setting you up for the right muscles to be used efficiently, so when we come to the grind, we work at maximum effort.		
WORK 3				
2:13		M-H	Stand 20secs	Power
2:33		M-H	Sit 20secs	Power
2:54	REST	As we start to fatigue, the body comes back to where it's comfortable – we retrain the body. Stability through the upper body. Hips, glutes, legs, lower body – remember, treat each set like it's the last!		
WORK 4				
3:14		M-H	Stand 20secs	Power
3:35		M-H	Sit 20secs	Power
3:55	REST	Well done! That's what HIIT feels like. Back to the Sprint/Strength Intervals. Flipping it with contrast training. Light to Moderate Load, Sprint!		
FLOOR-COACHING				
WORK 5				
4:27		L-M	Sit 20secs	Sprint
4:48	REST	Heavy. Stability is key!		



03. MIXED CONDITIONING 2

Music**Interval****PLT and Coaching Tips**

WORK 6				
5:00		H	Stand 20secs	Strength
5:21	REST	Back to Sprints. Take two. Light to Moderate Load. Let it shine!		

WORK 7				
5:32	L-M	Sit 20secs	Sprint	
5:53	REST	Heavy time! Strength. Never, ever be afraid of getting stronger.		

BACK ON BIKE

WORK 8				
6:05		H	Stand 20secs	Strength
6:27	REST	One more! Our last Sprint. This one's for you.		

WORK 9				
6:38		L-M	Sit 20secs	Sprint
6:59	REST	Last Sprint! All-out gas. Full noise! The pyramid of Intensity.		

WORK 10				
7:10		H	Stand 20secs	Strength
7:32	REST	This is where we put everything together. You've been set up for success. We know that LES MILLS SPRINT is the ultimate HIIT training on a bike.		

FLOOR-COACHING

WORK 11				
7:42	M-H	Sit 10secs		Power
7:52	M-H	Stand 20secs		Power
8:12	M-H	Sit 20secs		Power
8:32	M	Sit 20secs		Power
8:52	M-H	Stand 20secs		Power
9:12	M-H	Sit 20secs		Power
9:31	M	Sit 20secs		Power
9:51	M-H	Stand 20secs		Power
10:11	M-H	Sit 20secs		Power

BACK ON BIKE



03. COME DOWN / LIGHT OF MINE / JUNGLIST 10:33mins

TECHNIQUE AND COACHING

WORK 1

Mixed Conditioning take 2! Use PLT to quickly get your class moving. Layer 2 cues can come in early as we've been here before. Try using LOOK, SEE, RESPOND to coach to the people in the room and their needs to keep moving.

- *Back again, repeat Mod-Heavy – go, go, go!*
- **Chest up, core braced**
- *Just when you thought you couldn't, we bring back this beat!*
- *Sit, hold, 20 down, push back in the saddle, lengthen out the lever – if you focus that on the seated phase, you'll manage*

WORK 2

Let's use the power of Silence here. This gives your class an opportunity to apply Layer 2 coaching from the previous set and gives you the opportunity to assess the room.

- *That staircase just got a whole lot bigger but we're still hitting Intensity*

WORK 3 AND 4

In sets 3 and 4, we're coaching to getting through the grind via efficiency. Using Layer 2 Educate cues will help your class understand how to retrain their bodies to perform under fatigue and then Motivate to help them stay in the set.

- *It's like an investment. You've just got to stay with it*
- *Every time you move, it's adding to your SPRINT-coin bank*
- *Push, pull, hamstrings, quads*
- *We are light and lifted when we Stand. Even though it's starting to feel really heavy, we are light*
- *Firm grip, push, push – use your big muscles to drive it to the end*

WORK 5

FLOOR-COACHING

Back to the 20 on, 10 off Work/Rest intervals here. Use PLT to set up the Sprints and then off the bike to Floor-Coach and energize your team by being out there with them.

- *20 on, 10 off – Sprint, Light-Moderate Load, **hips forward***
- **Brace core**
- *Small, fast circles – it's all about up and down, not round and round. That's efficiency*

WORK 6 AND WORK 7

FLOOR-COACHING

As you Floor-Coach, move with purpose and intent. Floor-Coaching isn't just about Improving Execution, you can Adjust Intensity, Educate and praise hard work. Celebrating success with a high five or acknowledgment can have such a positive effect on your team.

- *Strength – Heavy, heavy, half the Tempo*
- *Stability is key, driving through the core, activating through the glutes, using the back of the body and your upper body to drive the Tempo*
- *Sprint – Light-Moderate, let it shine*
- *Athlete speed!*
- *Small, fast circles; **core is braced***



03. COME DOWN / LIGHT OF MINE / JUNGLIST 10:33mins

TECHNIQUE AND COACHING

WORK 8

BACK ON BIKE

Work 8 and we're back on the bike. Physically demonstrate the Work effort to inspire your class to keep working to their max effort.

- *Heavy time – Strength*
- *Never, ever be afraid of getting stronger*

WORK 9 AND WORK 10

Final 2 sets and the class is in the red zone. Reassure them to just do their very best.

- *Sprint – We know exactly where we need to be, we know exactly where we need to go, so let the music take you there*
- *Strength – 1-2, push, pull*
- *This doesn't have to look pretty – just push down on that pedal stroke*

WORK 11

FLOOR-COACHING

Last continuous effort. Set up PLT and then announce your Floor-Coaching and why. Lift the team's energy by using positive reinforcement (Layer 3 – Motivate) and create meaning as to why you are asking them to stay in the work (Layer 2 – Educate).

- *Stand, on or over Tempo*
- *I'm coming to cash in – I'm coming around to make sure you are moving efficiently*
- *Nice, his **chest is up** and he's pumping the knees like pistons*
- *Ease off but hold the Tempo*
- *We go again – maximum effort!*
- *When that music changes, you're going to hold the Tempo and back off a bit*
- *Sweat is the currency and fitness is the money – we're going to make a big bank today!*
- *Ready, set, put it on, get up*
- *She's light, she's lifted and her knees are like pistons – that's efficiency*
- *Sit, pump, pump – if the music is still playing, we're not done!*

TRACK TIP

When we're under fatigue, it all comes down to efficiency – you're not wasting gas. Using the muscles optimally will get you through the grind. Listen to how Glen coaches efficiency in the seat in Power, focusing on hip and leg extension and drive. Listen to how Khiran focuses on efficiency out of the seat in Power, coaching stability and coordination via knee drive.



04. FINISHER

TRACK FOCUS

- Coach your class to challenge their maximum effort in each set – highlighting how the longer Rest phases facilitates this.

WORKOUT PLAN

6x 20-second Power efforts using Moderate to Heavy Load.

Music	Interval	PLT AND Coaching Tips		
0:00	INTRO	Power. 6x 20/20. Max effort 20, Rest 20. We work as hard as we can go! Full noise, full Power.		
0:22	WORK 1	M–H	Stand 20secs	Power
0:43	REST	Rest. 1 to 1 Work to Rest ratio. We are equipped with everything we need to make it through these last sets.		
1:05	WORK 2	M–H	Stand 20secs	Power
1:26		We're not climbing a staircase now – we're jumping! As hard as you can go! The highest heart rate you can maintain for 20secs!		
1:47	WORK 3	M–H	Stand 20secs	Power
2:08	REST	Halfway – 3 down, 3 to go! LES MILLS SPRINT is the most accessible HIIT class. Train with us!		
2:30	WORK 4	M–H	Stand 20secs	Power
2:51	REST	Do the work! Do the mahi! Full Power!		
3:12	WORK 5	M–H	Stand 20secs	Power
3:33	REST	Last one! Let's get fit – let's get stronger!		
3:55	WORK 6	M–H	Stand 20secs	Power



04. CRAZY 4:20mins

TECHNIQUE AND COACHING

WORK 1 AND WORK 2

Final track and it's 1:1 Work to Rest ratio which ensures Maximum Intensity. This is where we go all-out, physically and mentally. Emphasis on the longer Rest phase equates to Maximum Intensity in the Work phase.

- **Chest up, abs braced**
- *Max output – 20 rest, 20 as hard as you can go*
- *Full noise, full power*
- *Rest, longer recovery*
- *We are equipped with everything we need to make it through these last 5 sets*
- *All you need to do is hit max effort and the rest is easy*

WORK 3 AND WORK 4

Look out and assess what your class needs here – is it Silence and the Power of the music to get them through or it is Motivate? Do you need to Inspire by being an athlete on the bike? Connection with the people in front of you is key in these 2 sets.

- *We're jumping from stair to stair*
- *Mod-Heavy or just above*
- *Gooooo!*
- *When I sprint, when I'm on the bike, I feel free! Do you?*

WORK 5 AND WORK 6

Let's take the last 2 sets home. Unleash your performance heart. Drill into your love of SPRINT and HIIT as you are the reason why your class is training today – they're come to train with YOU!

- *Just 2 more*
- *40 seconds and we're done*
- *Nice and tall – full Power*
- *1 more! The most inclusive HIIT on the planet*
- *Get healthy and train with us!*

TRACK TIP

In the 20:20, you have an extended recovery. This is a real opportunity to work on your maximum output for each 20-second block. It's the perfect training environment to increase your Power output, even under fatigue due to the longer Rest phase. This last track is pure Motivation and Athleticism.



05. COOLDOWN

HEAVY 3:23mins

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Gimme All You Got* with the same choreography.

WORKOUT PLAN

Roll legs using any Training Tempo and Load for 1–2 minutes, depending on what your class needs.
Dismount off the bike. Include off-the-bike stretches. Stretching should include quads, glutes and hamstrings.
Use the Cooldown to celebrate the work and effort of the class.



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.

