

LES MILLS SPRINT 32

MUSIC

01. ACCELERATED WARM-UP

02. POWER ENDURANCE

03. SPRINTS

04. STRENGTH POWER

05. SPRINTS

06. POWER ENDURANCE

07. COOLDOWN

DECLARATION OF INTENT

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MUSIC

- 01

Start Small (5:36)

Ninajirachi

© 2022 NLV Records.

Written by: Wilson
- 02

Baddest (5:24)

Zibal

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Written by: Morisco-Tarr
- 03

Cannon (2:15)

Jim Junk

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- 04

What Would I Do (6:23)

TOJA

Courtesy of Les Mills Music Licensing Ltd.

Written by: Wijnenga, Linde
- 05

Cannon (2:15)

Jim Junk

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- 06

Peak (5:21)

Rockwell & Novelist

© 2022 Obsolete Medium.

Written by: Green, Kankam
- 07

Love Is Real (3:18)

Loods & Mall Grab

© 2022 Steel City Dance Discs distributed by LG105.

Written by: Alexander, Loods



SPRINT 32



L-R: Glen Ostergaard, Khiran Huston, Bronté Terrell, Billy Aw

SPRINT™ 32 is on the beat, and we train hard and fast to reach our athletic potential.

We start easy before dropping into a 4-minute steady Power push that elevates our heart rate into the training zone.

Power Endurance to follow with 60-second efforts; now we are engaged.

Sprint Tabata to maintain our heart rate in the training zone but release muscle tension.

The highlight – a Beat Test, 3x 2-minute efforts of Strength Power, where intensity and cadence increase every 30 seconds. Matching the beat will require huge effort but brings big results.

The final push is a second Sprint Tabata and the peak will accumulate muscle fatigue not yet seen in a SPRINT workout.

You might notice there is no Floor Coaching in this release however feel free to choose a few moments when you teach this in your clubs. Mixing it up keeps the workouts feeling fresh and keeps everyone on their toes!

Maximize your time – focus on Load and Tempo and you'll reap the rewards!

Glen and the SPRINT team



PRESENTERS

Billy Aw (Singapore) is a LES MILLS SPRINT and LES MILLS GRIT™ Trainer/Presenter/Instructor, a BODYPUMP™ and RPM™ Presenter/Instructor and Les Mills THE TRIP™ Instructor. He lives in Singapore.

Bronté Terrell (United Kingdom) is a LES MILLS SPRINT, LES MILLS GRIT and LES MILLS CORE™ Instructor and a BODYPUMP Presenter/Instructor. She lives in London.

Glen Ostergaard (New Zealand) is the Creative Lead for LES MILLS SPRINT, BODYPUMP and RPM and lives in Auckland. He is father to three children and is an avid runner, cyclist and weightlifter.

Khiran Huston (New Zealand) is a Creative/Trainer/Presenter/Les Mills Ambassador for LES MILLS SPRINT and BODYPUMP, a Creative Lead/Trainer/Presenter/Les Mills Ambassador for LES MILLS TONE™, and a Les Mills Ambassador for BODYBALANCE™, LES MILLS THE TRIP, LES MILLS GRIT, and RPM. She works as Group Fitness Project Manager at Les Mills International in Auckland.

TEACHING THIS RELEASE

Mixing and Matching

We do not allow mixing and matching of LES MILLS SPRINT workouts due to the unique nature of each release – particularly the specific combination and duration of the Work and Rest Intervals used to achieve the HIIT benefits.

To ensure continuity and flow in each workout, we push play and go!

We also suggest you use recent releases to keep you and your participants up to date with new training concepts, and occasionally throwback to an older release.

RELEASE FEEDBACK

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

CREDITS

Creative Lead – Glen Ostergaard

Creative Directors – Diana Archer Mills, Khiran Huston

Technical Consultant – Bryce Hastings

Production Coordinator – Juliet Mora

Special Thanks – Chris Richardson for his expertise

FLOOR-COACHING: SAFETY & TIPS

To ensure everyone’s safety during Floor Coaching, we suggest the following tips be considered:

1. Use non-slip cycle shoes 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.

Floor Coaching is optional and the following tips are useful guidelines to follow:

1. Always approach people with Care & Respect
2. We Floor Coach no more than 2-3 times in a workout
3. Avoid Floor Coaching in the Accelerated Warm-Up or the last Interval of the last Track
4. Use your bike as an anchor point when delivering Track Intros



01. ACCELERATED WARM-UP

TRACK FOCUS

- Coach your class into the HIIT zone by clearly coaching PLT cues

WORKOUT PLAN

5x Power efforts using a Moderate – Heavy Load. Blocks 1 to 4 are each approx. 60 seconds of Work and Block 5 is approx. 30 seconds of Work

0:05	INTRO	Set up PLT and Layer 1 cues. Start to find a Moderate – Heavy Load, a strong muscle connection. Focus is simple sets of Intensity, through two variables: Load / Muscle tension and fast Tempos. Take your time, find the Load that works for you.		
0:59		M–H	Stand 28secs	Build to Power
WORK 1				
1:27		M–H	Stand 28secs	Power
1:55		M–H	Sit 28secs	Power
2:22	WORK 2	M–H	Stand 28secs	Power
2:49		M–H	Sit 28secs	Power
3:17	WORK 3	M–H	Stand 28secs	Power
3:45		M–H	Sit 28secs	Power
4:12	WORK 4	M–H	Stand 28secs	Power
4:39		M–H	Sit 28secs	Power
5:07	WORK 5	M–H	Stand 28secs	Power



01. START SMALL 5:36mins

TECHNIQUE AND COACHING

WORK 1

Set your class into a good training Position. Set up PLT before you hit the first Work phase. Hit it hard and challenge your class to work at a good Intensity here.

- *Shift forward, Power Training Tempo – on the beat or faster*
- **Chest lifted, braced core**, eyes up, shoulders down, Stand tall
- *We are starting small then going big*
- *Butt back, Sit, hold*
- *Maintain Load, stay on the beat*
- *By combining the two variables we are finding Intensity*

WORK 2 AND 3

Use Layer 2 cues to Improve Technique and Adjust Intensity.

- *Check in with the body – we want the mouth open and want to be gasping for that breath!*
- *We want to feel pressure in the legs; that lets us know that we are in the workout*
- *Sit. Now don't think of this track as your Warm-up, think of this as the start of your HIIT training*
- *If we don't feel that hit in the heart and the lungs, if we don't feel that pressure in the legs, can we challenge the Load?*
- *Number 3 – channel your inner and baddest self today*
- *Rebel and resist the urge to stop*
- *We are peaking the heart rate*
- *30 minutes is all we are going to do today. So give it your best shot!*
- *We are aiming for Maximum Intensity, doing our best and never giving up*

WORK 4 AND 5

Motivate and prepare your class mentally for the next Intensity shift in Track 2.

- *That shift of the baseline, that lets us know we are in the workout!*
- *This is HIIT training – we are spending 20 mins at 85% or above our max heart rate – the key is to get in early!*
- *We have got your back today team, but no one will have your back like you are going to have on your own*
- *We are coming to the end of that first peak, the calm before the first SPRINT storm*

TRACK TIP

Match the energy and feel of the music by using an uplifting and encouraging voice when it calls for it. Because this is the first track, don't be too aggressive; use your voice to connect with the song.



02. POWER ENDURANCE

TRACK FOCUS

- Hit each Interval as hard as you can

WORKOUT PLAN

3x 60-second Intervals – 20 secs Stand, 20 secs Sit, 4x fast Jumps

Music	Interval	PLT and Coaching Tips
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0:00	INTRO	<i>Find Tempo. Power. 3x 60-second Intervals: 20secs Stand, 20secs Sit, 4x fast Jumps.</i>
		<i>"Let's make an intention to be the baddest version of yourself and to show up at every single Interval."</i>

WORK 1		
0:05		M-H Sit Build to Power
0:43		M-H Stand 20secs Power
1:04		M-H Sit 20secs Power
1:26		M-H Stand 3secs Power
1:28		M-H Sit 3secs Power
1:31		M-H Stand 3secs Power
1:34		M-H Sit 3secs Power
1:37		M-H Stand 3secs Power
1:39		M-H Sit 3secs Power
1:42		M-H Stand 3secs Power
1:44		M-H Sit 3secs Power
1:47	REST	<i>Catch your breath. We are combining Heavy Load with a fast dynamic Tempo. This peaks the heart rate and works the muscles hard! Add a little more Load than you think you can handle!</i>

WORK 2		
2:22		M-H Sit Build to Power
2:30		M-H Stand 20secs Power
2:51		M-H Sit 20secs Power
3:13		M-H Stand 3secs Power
3:15		M-H Sit 3secs Power
3:18		M-H Stand 3secs Power
3:21		M-H Sit 3secs Power
3:24		M-H Stand 3secs Power
3:26		M-H Sit 3secs Power
3:29		M-H Stand 3secs Power
3:31		M-H Sit 3secs Power
3:34	REST	<i>Rest! A question for you... did you want or need this recovery? There's a difference. We made an intention at the start to work as hard as we can for 3 rounds – are you at that point? To want a recovery is one thing but to need it is another!</i>



02. POWER ENDURANCE

TRACK FOCUS

- Hit each Interval as hard as you can

WORKOUT PLAN

3x 60-second Intervals – 20 secs Stand, 20 secs Sit, 4x fast Jumps

Music	Interval	PLT and Coaching Tips		
WORK 3				
4:06		M–H	Sit	Build to Power
4:17		M–H	Stand 20secs	Power
4:39		M–H	Sit 20secs	Power
5:00		M–H	Stand 3secs	Power
5:02		M–H	Sit 3secs	Power
5:05		M–H	Stand 3secs	Power
5:08		M–H	Sit 3secs	Power
5:11		M–H	Stand 3secs	Power
5:13		M–H	Sit 3secs	Power
5:16		M–H	Stand 3secs	Power
5:19		M–H	Sit 3secs	Power



02. BADDEST 5:24mins

TECHNIQUE AND COACHING

WORK 1

Use the Introduction to set the expectation of what these Power Training Intervals should feel like, so your class goes hard from the start. Use Layer 1 PLT cues to find good Technique, especially in the quick Jumps.

- Shift **hips forward, brace abs**, pump the knees and feel that heart rate rise
- Sit, shift your hips back. Our objective is to challenge the Tempo either on or over the beat
- How's the heart rate? How are the lungs?
- Time for the kicker: 4 Jumps
- Stand – shift hips forward, Sit – hips back
- As we jump out of the saddle, we force the body to fire more muscle fiber. The result... a higher heart rate!

WORK 2

Use Layer 2 Adjust Intensity cues to enhance the workout feel. How can your class work this Interval harder? What will you say to help them get there?

- Power! Stand!
- We see you! We feel you!
- This pumping in the chest makes us feel alive!
- 40 seconds, Sit! Hold on
- Dig your heels in, like you're pushing all the way into the floor. This helps you generate more Power in your legs, to jump higher and run faster!

WORK 3

The class knows how to train Power, so start to dial up Layer 3 Motivate cues to keep them in the training.

- Now challenge the Tempo, lean in to where it hurts
- And that is where we get results – right here, right now!
- Are you ready to jump? Come with me!

TRACK TIP

Using time references in this track will help your class succeed. This is a challenging track. Cue a time reference throughout, using clear pre-cues in the Jumps.



03. SPRINTS

TRACK FOCUS

- Challenge your class to find their maximum speed and maintain it for each Interval

WORKOUT PLAN

4x 20 seconds on, 10 seconds off – Sprints

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Really quick set-up. Light – Moderate Load, Tabata. 20secs on / 10secs off.		
0:05	WORK 1	L-M	Sit	Sprint
0:28	REST	1 down – 3 to go. Buckle up, fasten your seatbelt – go!		
0:39	WORK 2	L-M	Sit	Sprint
1:02	REST	2 down, 2 to go. If you’re new today we are almost halfway through the class! Just keep punching it.		
1:13	WORK 3	L-M	Sit	Sprint
1:35	REST	One more round. Think like a human cannon ball. We aim – fire!		
1:46	WORK 4	L-M	Sit	Sprint
2:08	REST			



03. CANNON 2:15mins

TECHNIQUE AND COACHING

WORK 1

Quickly set up PLT as the first Tabata starts straightaway. Coach your class to find their top speed and hold it for the entire 20 seconds.

- *Max Tempo as fast as you can*
- ***Brace your abs, lift your chest, shift hips forward***
- *Use this time to energize the body*

WORK 2

Use Layer 2 cues to Adjust Intensity or Improve Technique.

- *Relax the shoulders, soften the elbows and allow the legs to do the work*
- *An amazing way to stay in the workout but allow the heart rate to come down*

WORK 3 AND 4

Use Layer 3 cues to Inspire your class to continue to work at their full potential, finding and maintaining their max speed.

- *Like a cannon, we reload and shoot again!*
- *10 seconds!*
- *Last one, 20 seconds – let's get it!*

TRACK TIP

Use time references to break down each of the Intervals. This will make sure that your participants work for the entire 20 seconds and help them get through to the end.



04. STRENGTH POWER

TRACK FOCUS

- Coach your class through the Tempo changes on each of the speed 'ramps' using a Heavy Load to find top Intensity

WORKOUT PLAN

3x 2-minute blocks of Strength where we ramp our Tempo every 30 seconds – the 'beat' test

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	3x 2-minute blocks of Work. We need to find a Heavy Load. Once you've got it stand up!		
WORK 1				
0:08		H	Stand 30secs	Strength
0:41		H	Stand 25secs	Strength Power
1:07		H	Stand 25secs	Strength Power
1:32		H	Stand 25secs	Strength Power
1:56	REST	Back off. 1 down, let the beat be the guide. Heavy to Stand on.		
WORK 2				
2:24		H	Stand 30secs	Strength
2:51		H	Stand 25secs	Strength Power
3:17		H	Stand 25secs	Strength Power
3:42		H	Stand 25secs	Strength Power
4:06	REST	This feeling and feedback from your body, as soon as you get it you want to hold onto it for as long as you can. It's the repeatability of this set that creates the Intensity!		
WORK 3				
4:33		H	Stand 30secs	Strength
5:01		H	Stand 25secs	Strength Power
5:27		H	Stand 30secs	Strength Power
5:52		H	Stand 30secs	Strength Power



04. WHAT WOULD I DO 6:23mins

TECHNIQUE AND COACHING

WORK 1

Use Layer 1 coaching cues to set up the Strength Work, then be clear with the Tempo changes as you ramp up the Intensity.

- *Every time you hear the beep you are going to accelerate your leg speed*
- *Fine-tune the Heavy Load – you want it to sit in the muscles*
- *Come forward off the seat, firm up your grip*
- **Brace the core, chest lifted**
- *Third change, accelerate*
- *We've been set up for mechanical efficiency with good Technique. Now we are going for that muscular sting*
- *Max effort, 15% faster*

WORK 2

Challenge your class to push the Intensity further in this second block. Use Layer 2 Adjust Intensity cues to take them to that next level.

- *Metabolic ramp number 2*
- *Heavy, heavy on Tempo*
- *Start back from where you began*
- *It's the back-to-back efforts which create that fatigue*
- *It's the fatigue that gives you results*
- *If you're not feeling that muscular sting, try adding more Load*
- *Lean forward, angle your body, counter balance your weight and drive your knees up*

WORK 3

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

- *If that Tempo is becoming easy, tweak the Load; remember, Load + Tempo = Intensity*
- *Now you can feel your lungs screaming for oxygen and we've caught the attention of our anaerobic energy system, let's hold its attention*
- *Go back to the basics of Technique when you fatigue, chest lifted, core braced*
- *Now pump it! Rapid acceleration Maximum Power!*

TRACK TIP

Clearly coach the Load and Tempo changes so your class can get the most out of the Work. It's the combination of the Heavy Load with the Power RAMPs (Rapid Acceleration Maximum Power) that makes this track super challenging – when you find both, you really hit that HIIT 'Sweet spot!'



05. SPRINTS

TRACK FOCUS

- Challenge your class to find their maximum speed and maintain it for each Interval

WORKOUT PLAN

4x 20 seconds on, 10 seconds off – Sprints

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Tabata again. Light – Moderate Load. 20secs on / 10secs off.		
0:05	WORK 1	L–M	Sit	Sprint
0:28	REST	Slowing. Light – Moderate Load. 20/10 – 4 rounds. We're on round 2.		
0:39	WORK 2	L–M	Sit	Sprint
1:02	REST	Leave Load. Slow the legs. Use the Sprints to reignite the legs; allow the heart rate to drop a little, staying close to the workout.		
1:13	WORK 3	L–M	Sit	Sprint
1:35	REST	1 more. Go! Final push.		
1:46	WORK 4	L–M	Sit	Sprint
2:08	REST			



05. CANNON 2:15mins

TECHNIQUE AND COACHING

WORK 1

We get to repeat the third track again! Like before, quickly set up PLT as the effort begins straightaway. Coach your class to find their top speed and hold it for the entire 20 seconds.

- *Straight on the back of the last effort*
- **Chest lifted, abs braced**, hips still

WORK 2

Use Layer 2 cues to Adjust Intensity or Improve Technique.

- *Sprint! Like the name of the program!*
- *10 seconds*
- *Relax the body so your legs can turn faster!*

WORK 3 AND 4

Motivate your class to ride these last two Tabatas as hard as they can using your Layer 3 cues.

- *Move as fast as you can for the entire 20 seconds*
- *Final push, 10 seconds*

TRACK TIP

Hit this Tabata with full noise and energy. 4x Sprint Intervals until your last track! Coach your class to give it their all in each block. It's now or never!



06. POWER ENDURANCE

TRACK FOCUS

- Clearly coach your class through the series of long and short Jumps to feel the accumulation of fatigue

WORKOUT PLAN

3x 60-second rounds with short and long Jumps using a Moderate – Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Find a Moderate – Heavy Load, find Tempo. Long then short Jumps, then a 20-second hit to finish the block. Let’s go!		
0:21	WORK 1		4x Power Jumps	
		M–H	Stand 4secs	Power
		M–H	Sit 4secs	Power
0:42			8x Power Jumps	
		M–H	Stand 2secs	Power
		M–H	Sit 2secs	Power
1:03		M–H	Stand 20secs	Max Power
1:24	REST	We are going to repeat that 2 more times. Stand long, Stand short, then a 20-second kick at the end. We are going for consistency – repeatability to the end.		
2:07	WORK 2		4x Power Jumps	
		M–H	Stand 4secs	Power
		M–H	Sit 4secs	Power
2:28			8x Power Jumps	
		M–H	Stand 2secs	Power
		M–H	Sit 2secs	Power
2:49		M–H	Stand 20secs	Max Power
3:10	REST	Rest. Last set. Let those Jumps accumulate the fatigue. It’s that max fatigue and heart rate that is special about SPRINT! Mod – Heavy. Big chain!		
3:53	WORK 3		4x Power Jumps	
		M–H	Stand 4secs	Power
		M–H	Sit 4secs	Power
4:14			8x Power Jumps	
		M–H	Stand 2secs	Power
		M–H	Sit 2secs	Power
4:56		M–H	Stand 20secs	Max Power



06. PEAK 5:21mins

TECHNIQUE AND COACHING

WORK 1

Clearly coach your class through each movement change using PLT cues. The changes come fast so keep those cues to a minimum using 1 to 2 words each time.

- *Up, down, up, down – these are the long ones*
- **Chest lifted, abs braced**
- *Half the Jump, twice the energy*
- *Up, down, up, down, accelerate, Sit*
- *Stay up this time, 10 seconds*

WORK 2

Hit this second block hard, using Layer 2 cues to Adjust Intensity or Improve Technique. Your class will know what to do this round so the cues you'll need are more around Intensity and how they can work harder.

- *Don't be afraid to challenge the Load – we want you to sit on the Tempo*
- *We are going for fast Jumps*
- *Energy!*
- *Constant movement, constant tension*
- *Consistency is the key to success when you are training*
- *Pull up on the handlebars, use your upper body*
- *Muscular sting – can you feel it?*

WORK 3

Final block of Work! Motivate your class to smash this last block as hard as they can! The last 20 seconds of Standing Power will hurt so use time references to help them get through.

- *Long Jumps, accelerate up, Sit, drop*
- *This last set of short Jumps is the most important of the whole workout. It's that accumulation of fatigue, that muscle burn, that gives us those results*
- *Count them in your head – 4, 3, 2*
- *Stay in the muscles*
- *We are not done! We are going to use every single second*
- *20 seconds up, train, make some noise!*
- *10 seconds!*

TRACK TIP

Using clear Position cues to coach the many changes in position will help your class feel the success in this track.



07. COOLDOWN

LOVE IS REAL 3:18mins

WORKOUT PLAN

Congratulate your participants, acknowledging their efforts today, and then encourage them to roll out on the bike using a Tempo and Load that aids their recovery for 1–2 minutes. Include off-the-bike stretches. Stretching should include the quads, glutes and hamstrings. Keep the Cooldown light and positive.

Take a slower Tempo with your riders so you can all recover in the last part of this track. Encourage them to use a Light Load and an easy Tempo.



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.