

# LES MILLS SPRINT **UNITED**

## MUSIC

**01. ACCELERATED WARM-UP**

**02. MIXED CONDITIONING 1**

**03. SPRINTS**

**04. MIXED CONDITIONING 2**

**05. COOLDOWN**

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# MUSIC

01

**Blinding Lights** (4:45)

The Weeknd

© 2020 The Weeknd XO, Inc., marketed by Republic Records, a division of UMG Recordings, Inc.

Written by: Quenneville, Balshe, Holter, Sandberg, Tesfaye

02

**Your Love** (3:37)

Friction & Kanine

© 2019 Elevate Records.

Written by: Keeley, Bossert

**Daddy Fat Sax** (3:20)

Big Boi

Courtesy of the Universal Music Group.

Written by: Patton, Sheats

**We Are The Energy** (3:01)

Metrik

© 2020 Hospital Records.

Written by: Ellis, Mundell

03

**Champion** (4:20)

Book & Haviah Mighty

© 2019 Champion.

Written by: Mighty, Chillak

04

**We Are The Energy** (2:59)

Metrik

© 2020 Hospital Records.

Written by: Ellis, Mundell

**Daddy Fat Sax** (3:20)

Big Boi

Courtesy of the Universal Music Group.

Written by: Patton, Sheats

**Your Love** (3:39)

Friction & Kanine

© 2019 Elevate Records.

Written by: Keeley, Bossert

05

**Don't Mind** (2:53)

Louis The Child

Courtesy of the Universal Music Group.

Written by: Pollack, Hauldren, Kennett, Leff



# LES MILLS SPRINT UNITED

We are SPRINT UNITED.

This release brings together presenters from our global family to create a unique experience. We are UNITED by our love for HIIT training and inspirational music and this is evident when you see the team bring their absolute best to the bike.

The Accelerated Warm-up gets us in the training zone before we hit it hard and fast.

Mixed Conditioning 1 blows our heart rate into the stratosphere with 2x 80-second Power phases. With barely enough time to breathe we move into multiple slow Strength and Power sets that burn the legs and test our limits. We maintain the high work rate with 2x 60-second efforts to complete this round of training.

Sprints are up next. We have 4x phases that ‘frizzle’ the nervous system. It’s that simple.

Mixed Conditioning 2 reverses the sequence of it’s counterpart – 2x 60 seconds of Power runs, into multiple Strength & Power sets, and finishing how we started with 2x 80-second Power blowouts!

Did someone just say happy training?

We complete SPRINT UNITED with a reflective Cooldown and stretch. A great opportunity to celebrate this life changing time in our lives.

# CREDITS

**Program Director** – Glen Ostergaard  
**Chief Creative Officer** – Dr. Jackie Mills  
**Creative Director** – Dr. Jackie Mills  
**Technical Consultant** – Bryce Hastings  
**Production Coordinator** – Lily Roelofs  
**Special thanks to** – Dan Aux, George FM DJ, for music sourcing and suggestions

# PRESENTER

**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.

# SHADOWS

- Aldrin Dela Vega** (United Arab Emirates)
- Anna Lowery** (United States)
- Billy Gani** (Indonesia)
- Brad Wharakura** (China Hong Kong)
- Dallas Blacklaw** (Australia)
- Daniela Gajardo** (Chile)
- Erica Marsh** (United States)
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- Lauren Downey** (United Arab Emirates)
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- Travis Standiford** (United States)
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- Yuji Kojima** (Japan)



# 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

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# 01. ACCELERATED WARM-UP

## TRACK FOCUS

- Prepare your participants physically and mentally for the workout ahead.

## WORKOUT PLAN

3x 30/60/60-second Power Jump Combos with Moderate – Heavy Load

NOTE: 1x Jump Combo – Stand 3secs, Sit 3secs

| Music  | Interval | LPT & Coaching Tips                                                                                                                                                                              |               |       |
|--------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------|
| 0:05   | INTRO    | Explain Workout Plan. Set up Moderate – Heavy Load.<br><i>Let's set ourselves up on the bike. Here comes the beat 1, 2, 1, 2. Training tempo is Power, 3x blocks. Find Moderate – Heavy Load</i> |               |       |
| WORK 1 |          |                                                                                                                                                                                                  |               |       |
| 1:06   |          | M–H                                                                                                                                                                                              | 4x Jump Combo | Power |
| 1:28   |          | M–H                                                                                                                                                                                              | Sit 10secs    | Power |
| 1:38   | REST     | <i>Reduce and roll through. That was our opener, two big blocks and we're into it! Moderate – Heavy on the Load, lets go!</i>                                                                    |               |       |
| WORK 2 |          |                                                                                                                                                                                                  |               |       |
| 2:00   |          | M–H                                                                                                                                                                                              | 4x Jump Combo | Power |
|        |          |                                                                                                                                                                                                  | Stand 3secs   | Power |
| 2:22   |          |                                                                                                                                                                                                  | Sit 3secs     | Power |
|        |          |                                                                                                                                                                                                  | Sit 10secs    | Power |
| 2:33   |          |                                                                                                                                                                                                  | 2x Jump Combo | Power |
|        |          |                                                                                                                                                                                                  | Stand 3secs   | Power |
| 2:44   |          |                                                                                                                                                                                                  | Sit 3secs     | Power |
|        |          |                                                                                                                                                                                                  | Sit 20secs    | Power |
| 3:01   | REST     | <i>We're going to go again, same deal – 4x Jumps, Sit, 2x Jumps, Sit. Ready?!</i>                                                                                                                |               |       |
| WORK 3 |          |                                                                                                                                                                                                  |               |       |
| 3:28   |          | M–H                                                                                                                                                                                              | 4x Jump Combo | Power |
|        |          |                                                                                                                                                                                                  | Stand 3secs   | Power |
| 3:49   |          |                                                                                                                                                                                                  | Sit 3secs     | Power |
|        |          |                                                                                                                                                                                                  | Sit 10secs    | Power |
| 4:00   |          |                                                                                                                                                                                                  | 2x Jump Combo | Power |
|        |          |                                                                                                                                                                                                  | Stand 3secs   | Power |
| 4:11   |          |                                                                                                                                                                                                  | Sit 3secs     | Power |
|        |          |                                                                                                                                                                                                  | Sit 20secs    | Power |



# 01. BLINDING LIGHTS 4:45mins

## TECHNIQUE AND COACHING

### WORK 1

Use clear and concise LPT Layer 1 cues to coach the changes in Position.

- *Here comes the beat*
- *Moderate – Heavy Load, good pressure, tension in the muscles*
- *Training tempo is Power*
- *Stand, 3, 2, 1*
- ***Lift your chest, brace your belly***
- *Sit, butt back on the seat, **brace your core***
- *Sit back in the saddle, hold the tempo*

### WORK 2

A longer Interval so use Layer 2 Improve Technique cues to enhance everyone's workout. How can you help them achieve this? What will you say? Remember to always coach to what you see happening on the floor!

- *Chest lifting, running through the pedals*
- *Hips forward, drive the knees up*
- *Hips back, brace the core, strong in the saddle*
- *A cheeky little double! Here we go again!*
- *Light weight change*
- *Legs feel warmer now, heart rates lifting*

### WORK 3

Final Interval. Be upbeat and Motivating as we enter the Training zone and prepare to hit the next track hard! How will you show this? What will you say?

- *10 seconds in the hot seat*
- *The cheeky double, weight change – let's go!*
- *Sustain the Load seated Power 20 seconds, this is where it counts team*
- *Push through the final 10 seconds to get warm!*

### TRACK TIP

Match the cool vibe by using an upbeat voice and energetic body language. If your natural approach is to be aggressive and demanding, be aware of this and try to be more encouraging and positive instead.



# 02. MIXED CONDITIONING 1

## TRACK FOCUS

- Use clear and consistent LPT cues to coach Load, Position and Training.

## WORKOUT PLAN

2x 80-second Power with Moderate – Heavy Load

4x 50-second Strength / Power with Heavy and Moderate – Heavy Load

2x 60-second Power with Moderate – Heavy Load

NOTE: 1x Jump Combo – Stand 3secs

1x Strength Surge – Accelerate 3secs/on the beat 3secs

| Music  | Interval | LPT & Coaching Tips                                                                                                                                                                                           |          |  |
|--------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--|
| 0:00   | INTRO    | Explain Workout Plan. Set up Moderate – Heavy Load.<br><i>Mixed Conditioning 1, Moderate – Heavy Load, 2x 80 seconds. This is the athletic part of the workout. Make sure the weight is Moderate – Heavy!</i> |          |  |
| WORK 1 |          |                                                                                                                                                                                                               |          |  |
| 0:24   | M–H      | Stand 60secs                                                                                                                                                                                                  | Power    |  |
| 1:28   |          | Sit 20secs                                                                                                                                                                                                    | Power    |  |
| 1:50   | REST     | <i>Rest. 80 seconds in the back pocket. Let’s add another. Ready? Hit it!</i>                                                                                                                                 |          |  |
| WORK 2 |          |                                                                                                                                                                                                               |          |  |
| 2:11   | M–H      | Stand 60secs                                                                                                                                                                                                  | Power    |  |
| 3:15   |          | Sit 20secs                                                                                                                                                                                                    | Power    |  |
| 3:37   | REST     | <i>Stop. Heavy Heavy Load.</i>                                                                                                                                                                                |          |  |
| WORK 3 |          |                                                                                                                                                                                                               |          |  |
| 3:39   | H        | Sit 30secs                                                                                                                                                                                                    | Strength |  |
| 4:09   | M–H      | 4x Jump Combo                                                                                                                                                                                                 | Power    |  |
|        |          | Stand 3 secs                                                                                                                                                                                                  | Power    |  |
|        |          | Sit 3secs                                                                                                                                                                                                     | Power    |  |
| WORK 4 |          |                                                                                                                                                                                                               |          |  |
| 4:29   | H        | Sit 30secs                                                                                                                                                                                                    | Strength |  |
| 4:58   | M–H      | 4x Jump Combo                                                                                                                                                                                                 | Power    |  |
|        |          | Stand 3secs                                                                                                                                                                                                   | Power    |  |
|        |          | Sit 3secs                                                                                                                                                                                                     | Power    |  |
| WORK 5 |          |                                                                                                                                                                                                               |          |  |
| 5:18   | H        | Sit 30secs                                                                                                                                                                                                    | Strength |  |
| 5:48   | M–H      | 4x Jump Combo                                                                                                                                                                                                 | Power    |  |
|        |          | Stand 3secs                                                                                                                                                                                                   | Power    |  |
|        |          | Sit 3secs                                                                                                                                                                                                     | Power    |  |
| 6:08   | REST     | <i>Slow, sit up. From Seated to Standing, Heavy Load, one more time!</i>                                                                                                                                      |          |  |
| WORK 6 |          |                                                                                                                                                                                                               |          |  |
| 6:17   | H        | Stand 10secs                                                                                                                                                                                                  | Strength |  |
| 6:27   | H        | 4x Strength Surge                                                                                                                                                                                             | Strength |  |
| 6:47   | H        | Stand 3secs                                                                                                                                                                                                   | Strength |  |
|        |          | Sit 10secs                                                                                                                                                                                                    | Strength |  |
| 6:57   | REST     | <i>Back to Moderate – Heavy, 2x 60–second Standing and Seated Power</i>                                                                                                                                       |          |  |



# 02. MIXED CONDITIONING 1

| Music | Interval | LPT & Coaching Tips                                                                                                                                            |              |       |
|-------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------|
|       | WORK 7   |                                                                                                                                                                |              |       |
| 7:08  |          | M-H                                                                                                                                                            | Stand 40secs | Power |
| 7:52  |          |                                                                                                                                                                | Sit 20secs   | Power |
|       |          |                                                                                                                                                                |              |       |
| 8:14  | REST     | Take a break. Standing only for 60 seconds. Moderate – Heavy, strong muscle tension with a little bit of give. Only a minute right? Let's get it, get it done! |              |       |
|       |          |                                                                                                                                                                |              |       |
|       | WORK 8   |                                                                                                                                                                |              |       |
| 8:47  |          | M-H                                                                                                                                                            | Stand 60secs | Power |



# 02. YOUR LOVE / DADDY FAT SAX / WE ARE THE ENERGY 9:58mins

## TECHNIQUE AND COACHING

### WORK 1

Quickly set up the Workout Plan. Let them know they'll do this track again later. Then coach Power Training using Layer 1 LPT cues with a big focus on Tempo and Load – people will often move too quick with not enough Load. This is a challenging effort!

- *First 20 seconds we are going to run a little quicker than the beat!*
- *There's 20 seconds back on tempo*
- *We are going to surge and pull back, 4 times in total*
- **Body weight slightly forward, chest up**
- *Surge – 2/3% quicker!*
- *Sit, hold, Seated Power. Back on Tempo. **Brace through your belly***

### WORK 2

Repeat Work 1. Use Improve Execution and Adjust Intensity Layer 2 cues that will help enhance your participant's performance output.

- *This is the athleticism of Sprint, second effort in we are hitting our max*
- *Body weight forward, feel those quads!*
- *20 seconds of surge, 20 seconds in the saddle*
- *Take more Load if you think you need more*
- *Seated Power – where the breathing catches up with the heart!*

### WORK 3

Only 3–4 seconds break so coach Heavy Load first. Use Layer 1 cues to coach the seated Strength phase, then teach your class to reduce slightly to a Moderate – Heavy Load, to allow the legs to accelerate into Power. Coach Position and Tempo in the quick transitions.

- *Onto the half beat, Training Tempo – slow Strength!*
- *Once you get your breath back, Heavy Heavy seated Load*
- **Hips back in the saddle, brace the belly**
- *We've got 4x accelerations off the seat, with Moderate – Heavy Load*
- **Hips forward, hips back**
- *Keep the Tempo up*
- *These things burn big time!*

### WORK 4 & 5

Use Layer 2 cues that will Educate your class how to move more efficiently and then work harder! What will you say?

- *Heavy and slow, seated Strength*
- *More Load if you can handle it!*
- *Moderate – Heavy Load, Stand / Sit on the beat*
- *Keep the tempo high with reduced Load, it creates a burn in the muscles. Pre-fatigues telling the body it needs to burn fat!*



# 02. YOUR LOVE / DADDY FAT SAX / WE ARE THE ENERGY 9:58mins

## TECHNIQUE AND COACHING

### WORK 6

Last Strength phase of this track, we are using Standing Strength, with a Strength acceleration/surge. Your class will need you to help them get through, Motivate using Layer 3 cues.

- *With this Heavy Load we are going to accelerate*
- *It wont be fast – 2/3% quicker*
- *Accelerate / slow / surge / on beat*
- *It's almost your max Load*
- *I want you to Sit and hold this Heavy Load*

### WORK 7 & 8

Back to Power for the final 2 blocks. Motivate your class to finish with max Intensity. Use Layer 3 cues and role-model Intensity to the end.

- *On the beat – these two 60-second efforts are here to build and sustain your fitness*
- *Lifting nice and tall, kicking your knees through*
- *Sit back in the saddle, stay strong here*
- *Let's get it done, we are the energy!*
- *Final bend, 150 meters to the end! Hang on, you can do this*
- *ETA 10 seconds, if you want to make a little break, go!*

### TRACK TIP

Be clear with LPT cues. It's a busy track with many types of Training. If the correct Load or Pace isn't used, the Training response will not be met. Be descriptive with Load and Training Tempo cues.



# 03. SPRINTS

## TRACK FOCUS

- Use the Intro or Rest phase to set the focus for each Interval, then in the Work phase use short cues to reinforce that focus.

## WORKOUT PLAN

4x 25-second Sprint with Light – Moderate Load

| Music  | Interval | LPT & Coaching Tips                                                                                                                                                                                                                                             |
|--------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0:00   | INTRO    | Explain Workout Plan. Set up Light – Moderate Load.<br>Reduce your Load to Light. We have Sprints. 4x 25 seconds of maximal speed.<br>Now find Light – Moderate Load, start to accelerate. It's only 25 seconds and a long recovery at the end. Ready, set, go! |
| WORK 1 |          |                                                                                                                                                                                                                                                                 |
| 0:41   |          | L–M Sit Sprint                                                                                                                                                                                                                                                  |
| 1:06   | REST     | Cruising through, If you need to Rest do so. Start to accelerate. Weights on. Sprint it out!                                                                                                                                                                    |
| WORK 2 |          |                                                                                                                                                                                                                                                                 |
| 1:44   |          | L–M Sit Sprint                                                                                                                                                                                                                                                  |
| 2:10   | REST     | Out! There's 2 out of 4, half way. Sit up if you want too. Little more Load if you can, build speed. Here we go, start line! Sprinting!                                                                                                                         |
| WORK 3 |          |                                                                                                                                                                                                                                                                 |
| 2:48   |          | L–M Sit Sprint                                                                                                                                                                                                                                                  |
| 3:14   | REST     | Last time! 4x Sprints to break the workout in half! Last turn of Load. This is the one. It's going to be hard so relax your body.                                                                                                                               |
| WORK 4 |          |                                                                                                                                                                                                                                                                 |
| 3:53   |          | L–M Sit Sprint                                                                                                                                                                                                                                                  |



# 03. CHAMPION 4:20mins

## TECHNIQUE AND COACHING

### WORK 1

Use Layer 1 cues to set LPT and to get your class moving fast.

- **Hips forward, dip toes a little, brace belly**
- *30 seconds, go!*
- **Drop shoulders, lift your chest**
- *Relax the body – help the legs go fast*

### WORK 2 & 3

FLOOR COACH IN WORK 3

Encourage your class to take their effort to the next level by using Layer 2 cues that will Improve Execution or Adjust Intensity. Clearly cue the different times of Work and Rest in these 2 blocks.

- *Fast legs! Dip toes to get small circles and faster legs*
- *If you relax the body, you'll go quicker!*

### WORK 4

BACK ON BIKE

As your class fatigues, use Layer 3 cues to Inspire and Motivate them to continue to work to their full potential.

- *Sprinting!*
- *You're a champion all day*
- *Hold on to this you can do it!*

### TRACK TIP

Use the Intro and Rest to coach how to Sprint, or to set the intention / focus for each effort. By doing this we empower people with great insights, which has the benefit of reducing how much we talk during the effort – this allows the music to be the champion and drive the workout.



# 04. MIXED CONDITIONING 2

## TRACK FOCUS

- Challenge your class to work each effort as hard as they can by using lots of Layer 2 Adjust Intensity and Improve Execution cues.

## WORKOUT PLAN

2x 60-second Power efforts using Moderate – Heavy Load

4x 50-second Strength / Power efforts using both Heavy and Moderate – Heavy Load

2x 80-second Power efforts using Moderate – Heavy Load

| Music  | Interval | LPT & Coaching Tips                                                                                                                                                           |               |                |
|--------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----------------|
| 0:00   | INTRO    | Explain Workout Plan. Set up Moderate – Heavy Load.<br><i>Remember this one? Mixed Conditioning 2! Two rounds of 60 seconds with Moderate – Heavy Load.</i>                   |               |                |
| WORK 1 |          |                                                                                                                                                                               |               |                |
| 0:11   |          | M-H                                                                                                                                                                           | Stand 40secs  | Power          |
| 0:55   |          |                                                                                                                                                                               | Sit 20secs    | Power          |
| 1:17   | REST     | <i>Rest. Stand up. Load is Moderate – Heavy. Strong tension in the muscles. Let's kick for 60, standing this time. Start to shift the weight, lean forward, on the tempo!</i> |               |                |
| WORK 2 |          |                                                                                                                                                                               |               |                |
| 1:50   |          | M-H                                                                                                                                                                           | Stand 60secs  | Power          |
| 2:57   | REST     | <i>Straight away slow, sit down, Heavy Load. Seated Strength.</i>                                                                                                             |               |                |
| WORK 3 |          |                                                                                                                                                                               |               |                |
| 3:00   |          | H                                                                                                                                                                             | Sit 30secs    | Strength       |
| 3:30   |          | M-H                                                                                                                                                                           | 4x Jump Combo | Power          |
|        |          |                                                                                                                                                                               | Stand 3secs   | Power          |
|        |          |                                                                                                                                                                               | Sit 3secs     | Power          |
| WORK 4 |          |                                                                                                                                                                               |               |                |
| 3:50   |          | H                                                                                                                                                                             | Sit 30secs    | Strength       |
| 4:19   |          | M-H                                                                                                                                                                           | 4x Jump Combo | Power          |
|        |          |                                                                                                                                                                               | Stand 3secs   | Power          |
|        |          |                                                                                                                                                                               | Sit 3secs     | Power          |
| WORK 5 |          |                                                                                                                                                                               |               |                |
| 4:40   |          | H                                                                                                                                                                             | Sit 30secs    | Strength       |
| 5:09   |          | M-H                                                                                                                                                                           | 4x Jump Combo | Power          |
|        |          |                                                                                                                                                                               | Stand 3secs   | Power          |
|        |          |                                                                                                                                                                               | Sit 3secs     | Power          |
| 5:28   | REST     | <i>Maintain Load, slow, last standing block, Heavy turn, Heavy Load, Standing Strength.</i>                                                                                   |               |                |
| WORK 6 |          |                                                                                                                                                                               |               |                |
| 5:38   |          | H                                                                                                                                                                             | Stand 10secs  | Strength       |
| 5:48   |          | H                                                                                                                                                                             | 4x Jump Combo | Strength       |
|        |          |                                                                                                                                                                               | Stand 3secs   | Strength Power |
|        |          |                                                                                                                                                                               | Sit 3secs     | Strength       |
| 6:08   |          | H                                                                                                                                                                             | Sit 10secs    | Strength       |
| 6:18   | REST     | <i>Back to the top, 2x 80 seconds. This is it! Athletic Conditioning!</i>                                                                                                     |               |                |



# 04. MIXED CONDITIONING 2

| Music  | Interval | LPT & Coaching Tips                                                                   |              |       |
|--------|----------|---------------------------------------------------------------------------------------|--------------|-------|
| WORK 7 |          |                                                                                       |              |       |
| 6:42   |          | M-H                                                                                   | Stand 60secs | Power |
| 7:47   |          |                                                                                       | Sit 20secs   | Power |
|        |          |                                                                                       |              |       |
| 8:08   | REST     | One to go! 80 seconds – thats it, done! Training simple athletic development. Finish! |              |       |
|        |          |                                                                                       |              |       |
| WORK 8 |          |                                                                                       |              |       |
| 8:29   |          | M-H                                                                                   | Stand 60secs | Power |
|        |          |                                                                                       | Sit 20secs   | Power |



# 04. WE ARE THE ENERGY / DADDY FAT SAX / YOUR LOVE 9:58mins

## TECHNIQUE AND COACHING

### WORK 1 & 2

Create excitement to help shake off the feeling of fatigue! Remind them this is the final track. This is nearly a repeat of Track 2 so use Layer 1 cues to get your class moving again and then use Layer 2 cues to Improve Execution and Adjust Intensity.

- **Chest up, hips forward**
- *This is where we get fitter, High Intensity Interval Training – this is us!*
- *Lock it down, elbows in and chest up*
- *Heart rate builds and builds, you’ve just got to sustain the energy*

### WORK 3, 4 & 5

Set up the Strength focus using Layer 1 cues straight away. Then Layer 2 Improve Execution and Adjust Intensity cues.

- *Seated Strength, **butt back in the seat**, steady with your hips*
- *It’s about 50rpm, slow Strength*
- *Reduce to Moderate – Heavy, Power!*
- *Core activation is important for driving this Heavy Load. Brace your core, grip the bars firm.*

### WORK 6, 7 & 8

Bring the workout to an end in these final 3 blocks by using Layer 3 cues to Motivate and Inspire your class to continue to work hard, right to the end! Don’t forget to keep the coaching positive and encouraging.

- *This is us, 20x 80 seconds, you and me – we are in this together*
- *Surge! Ahead of the beat*
- *Here’s the payoff – all that work leads to these final two efforts*
- *Slow it back on tempo again*

### TRACK TIP

Use lots of Motivation in this final track to help your class get through their fatigue. Use lots of positive, inclusive coaching to help them feel encouraged right to the end of the workout.



# 05. COOLDOWN

## DON'T MIND 2:53 mins

**WORKOUT PLAN**

Spin legs for 2–3 minutes.  
Stretch 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 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 Les Mills.

# 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, color 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 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.

