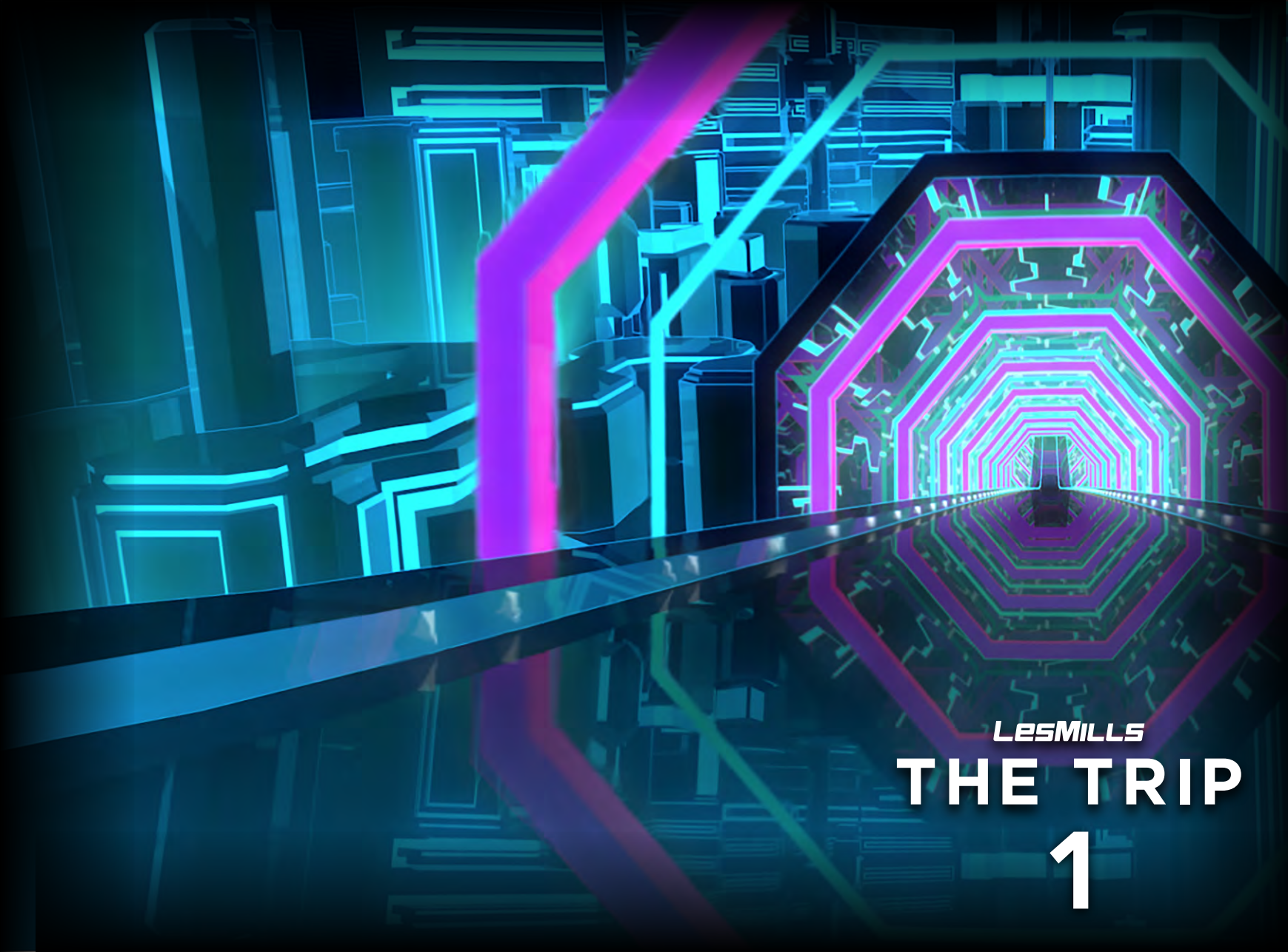




LES MILLS

THE TRIP

1

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

**BLAH BE LOUD
AND HEARD**

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

	SONG TITLE	ARTIST	
1	Sympathy For The Devil © 2016 Les Mills Music Licensing Ltd. Written by: Jagger, Richards	Cersei's Demise	4:50
2	I Stand Alone © 2016 Les Mills Music Licensing Ltd. Written by: Ahlund, London	Aching For Home	3:28
3	HyperParadise (Flume Remix) © 2013 Future Classic. Written by: Streten, Dubber, Stuart	Hermitude	4:13
4	Blympic © 2014 Les Mills Music Licensing Ltd. Written by: M. Newport, C. van de Geer, J. Langeveld	Bounty Hunter	3:26
5	Alive © 2016 Les Mills Music Licensing Ltd. Written by: Kannard, Milton, Banks, Young	Pineapplehead	4:46
6	Make It © 2013 Les Mills Music Licensing Ltd. Written by: Unknown	Gekko Town	2:33
7	Revolution (Boaz van de Beatz Remix) © 2013 Mad Decent Under Exclusive License to Because Music. Written by: Pentz, Somani, Kai	Diplo feat. Faustix and Kai	7:00
8	Catch Me © 2016 Les Mills Music Licensing Ltd. Written by: Oude, Faria, Mohammad, Mirzazadeh, Roelandschap, Rondhuis, Steele, Taihutu	Those Glory Days	4:56
9	Happy Endings © 2016 Les Mills Music Licensing Ltd. Written by: Unknown	A Cruel & Unusual Punishment	4:43
10	Runnin' © 2013 Dawn Raid Ent. / Dirty Records / Duck Down Music. Written by: Dallas, J. Iusitini, A. Iusitini, Britt, Motzer, Mo	David Dallas	1:44

MESSAGE FROM LES MILLS JNR:

Hey team!

We have remastered our original workout. Extending the experience by adding new tracks, as well as enhancing and in some cases extending the tracks we love.

We begin travelling through space. Lights and geometrical shapes dance around us as we travel toward our first world.

Track 2 amps up the intensity with speed surges and strong standing phases. Coach this track with intensity! We want participants sweating by the time we get to track 3.

Track 3 we enter our first world. Our Future World. Hill climbs are the challenge here and the music is incredible so use the energy of the beat and get participants having fun on the bike while working hard!

Track 4 we hit our Tabata challenge. 6x sets where we can push as hard as we can and really “go there” in our coaching. This is an awesome track for athletic motivation.

Track 5 we have our beloved race track. Race against our competitors and use bursts of speed to really challenge the team.

Track 6 we transition from our Future World into our Ice World. This track acts as a transportation between worlds.

Track 7 has been extended! Get ready for more steep, slow, grinding uphill battles. The extra climbs work like crazy here! Use your physicality to drive your class! If you go there and they can hear you, they'll go there too! Don't be afraid to grunt and yell!!

Track 8 we reach the highest point of the mountains and decide to sprint through the peaks. Climbs and quick sprints are our last major challenge. Use this as a point of euphoria! The track is really fun while being the physical peak of the class. Go all out!

Track 9 we take off and just like track 1 we travel through space. Use this track to get the class happy, feeling the music, feeling themselves. Our foot isn't completely off the gas but we are winding down and having a good time while we do it.

Thanks team. We hope you love the class!

Les Jnr

KEY

PACE

STOP Legs not moving

1/4 SUPER Slow

1/2 SLOW / on the half beat

3/4 MEDIUM / on the 3/4 beat

3/4+ BUILDING / just under the beat

1/1 ON THE BEAT

1/1+ AHEAD OF THE BEAT

RESISTANCE

+/- Add/Reduce Resistance

TIME Times are based on full movie / music length

CREDITS

Program Director – Les Mills Jnr

Choreography & Music – Les Mills Jnr

Chief Creative Officer – Dr Jackie Mills

Product Manager – Chris Richardson

Technical Consultant – Bryce Hastings

Program Planner – Tenille Graham

Presenter – Chris Richardson

1 Universe 1

1/1 = 116rpm

Sympathy For The Devil 4:50 mins

1

SET THE SCENE:

Ride through our universe and discover some new worlds.

PROFILE:

2 minutes building speed, 30 second climb, 15 seconds speed, 15 seconds speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	0:00	5x8	Seated Recovery	Light	1/2	"Shake it out, nice and relaxed, looking forward to this!"
	0:21	12½ x8	Sit	+	3/4	Keep it simple here - focus on PRP
1	1:12	10½ x8	Sit	+	3/4+	"Little more resistance, little more pace. We're just gradually building speed and resistance"
	1:56	12½ x8	Sit	Moderate	1/1	Focus on Pace cues - 1,2,1,2
2	2:47	8½ x8	Stand	Heavy	1/2	Transition is quick so be sure to practice - "Add a couple of big heavy turns, slow the legs down..."
	3:23	4x8	Sit	Moderate	1/1	
3	3:39	8½ x8	Sit	Light	3/4	"Slow down, ease up, slight reduction" Interact with the visuals here but don't overdo it, a sound effect is all you need
	4:14	4x8	Sit	Moderate	1/1	
	4:31	2½ x8	Sit	Light	3/4	

CELEBRATE

Let everyone know how much you are looking forward to this ride, to this workout, to this experience!

2 Hyper Drive

1/1 = 158rpm

I Stand Alone 3:28 mins

2

SET THE SCENE:

Lets hit the hyper drive and go supersonic

PROFILE:

20 seconds speed surges, 20 second climb, 20 second speed surges, Recover, 40 seconds speed surges

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	4:41	4x8	Seated Recovery	Light	1/4	You only have 20 seconds so practice your introduction
1	4:54	4x8	Sit	+	3/4	4x Surges - Keep these simple - "Speed up, slow down" Remain assured but calm here, let your riders know they are doing great 4x Surges - second time doing these so more vocal urgency and challenge their Resistance and Pace "20 seconds to take you to the break"
	5:05	8x8	Sit	Moderate	3/4 - 1/1	
	5:30	8x8	Stand	Heavy	1/2	
	5:53	8x8	Sit	Moderate	3/4 - 1/1	
	6:17	8x8	Stand	Heavy	1/2	
	6:42	4x8	Standing Recovery		1/4	
2	6:54	4x8	Sit	Moderate	3/4	Warn your riders there are 8 surges, not 4! Hype it up!
	7:05	16x8	Sit		3/4 - 1/1	8x Surges - these are tough but feel so good
	7:54	2x8	Sit	Light	3/4	

CELEBRATE

Take some time at the beginning to set up the surges as these really dial up the workout, lots of vocal variation as well to highlight moments of urgency.

3 Hyper Climb

1/1 = 145rpm

HyperParadise (Flume Remix) 4:13 mins

3

SET THE SCENE:

Our universe behind us. Our future ahead of us

PROFILE:

30 second climb, 30 second building speed, 30 second climb, Recover, 30 seconds building speed, 60 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	8:00	8x8	Seated Recovery	Light	1/4	Take your time, find the space, don't say much
1	8:26	8x8	Sit	Moderate	1/2	"Take your eyes to the end of the road, 30 seconds to the top" - "Build the muscle pressure"
	8:52	8x8	Stand	Heavy	1/2	Let the music dominate
	9:19	8x8	Sit	Moderate	3/4 - 1/1	Count down and lead your riders into the climb - "3...2...1..."
	9:45	8x8	Stand	Heavy	1/2	
2	10:12	8x8	Seated Recovery	Light	1/2	Check in - "You alright? I can't hear you! Now we're talking"
	10:38	4x8	Sit	Moderate	3/4 - 1/1	Don't go too early, but be sure to build the anticipation with your voice
	10:52	4x8	Sit		1/1 - 1/1+	
	11:06	2x8	Sit		1/1 - 3/4	Drop down the dip
	11:13	16x8	Stand	Heavy	1/2	This climb is much longer so coach rhythm in the final 30seconds in particular to keep riders in the workout
	12:06	4x8	Seated Recovery	Light	1/4	

CELEBRATE

Real contrast of feel in this track with some beat driven climbs and super quick speed sections. Be playful in the climbs and hyped in the speed phases - remember your training, be Athletic and Animated.

4 Treadmill Track

1/1 = 96rpm

Blympic 3:26 mins

4

SET THE SCENE:

Challenge intensity with downhill speed, power flats, and uphill strength. Work the clock until it stops!

PROFILE:

6 rounds of 20 seconds work, 10 seconds rest

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	12:21	2x8	Sit	Light	1/2	Use this time to explain the overall Profile and then focus on Block 1
	12:34	3x8	Seated Recovery		STOP	
1	12:51	8x8	Sit	Moderate	1/1+	Downhill Speed - vocal should be higher and hyped
	13:11	4x8	Seated Recovery		STOP	Set up next phase - "Couple of big heavy turns for the power flat"
2	13:21	8x8	Sit	Moderate/Heavy	1/1	Power Flat - vocal should demand a challenging Resistance
	13:41	4x8	Seated Recovery		STOP	
3	13:51	8x8	Stand	Heavy +	1/2+	Uphill Strength - vocals should display the effort with heavy breathing and few words
	14:11	4x8	Seated Recovery		STOP	Halfway. Three to go. Back to Downhill Speed
4	14:21	8x8	Sit	Moderate	1/1+	"Challenge your legs to go as quick as they can"
	14:41	4x8	Seated Recovery		STOP	
5	14:51	8x8	Sit	Moderate/Heavy	1/1	"Come on my team! Crank it"
	15:11	4x8	Seated Recovery		STOP	"Last one. Make this the hardest so far"
6	15:21	8x8	Stand	Heavy +	1/2+	Physically take your self there in this final effort and your riders are more likely to give it everything too
	15:41	1x8	Seated Recovery		STOP	

CELEBRATE

Big gear shift required in this track both figuratively and literally. Be super clear and precue each interval clearly.

5 Race Track

1/1 = 88rpm

Alive 4:46 mins

5

SET THE SCENE:

Let's up the intensity and compete with two futuristic riders

PROFILE:

3x laps - 60, 45, & 45 seconds

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	15:47	4x8	Seated Recovery	Light	1/2	Set The Scene
	16:09	4x8	Sit	+	3/4	
1	16:31	8x8	Sit	Moderate	1/1	This track is amazing but it needs a clear set up - ride the beat in the first 8x8 then encourage riders to take more gear and kick their pace to another level. Throw in the Position changes and direction on when to lean, lift, and drop and we are well on our way to empowering everyone for Block 2
	17:14	4x8	Sit & Stand	+	1/1 - 1/1+	
	17:36	8x8	Seated Recovery	Light	1/2	
2	18:20	4x8	Sit & Stand	Moderate	1/1+	Key shifts here are a shorter effort, 45 seconds, and more leg speed Use the Recovery time to lift the energy for the final lap
	18:42	4x8	Sit & Stand	+	1/1+ - 1/1++	
	19:04	8x8	Seated Recovery	Light	1/2	
3	19:48	4x8	Sit & Stand	Moderate	1/1+	We lift the leg speed again on this lap but we still coach the same Resistance Final few seconds so go for it
	20:10	4x8	Sit & Stand	+	1/1+ - 1/1++	
	20:32	2x8	Seated Recovery	Light	1/2	

CELEBRATE

First track to get our lean on so in Lap 1 use direct cues e.g lean right, lift up, drop down. In Lap 2 its just lean, lift, drop. In Lap 3 say nothing.

6 Tunnel & Luge

1/1 = 128rpm

Make It 2:33 mins

6

SET THE SCENE:

Flush the legs with a climb and start to transition to our new world

PROFILE:

45 second climb, 30 second Recovery, 45 second fast downhill.

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	20:38	8x8	Seated Recovery	Light	1/2	
1	21:03	4x8	Stand	Moderate/Heavy	1/2	Stick to the basics - PRP is all you really need mixed in with a few relaxing reminders- "Breathe"
	21:18	4x8	Sit		1/2	
	21:33	4x8	Stand	Heavy	1/2	
2	21:48	8x8	Seated Recovery	Light	1/2	Work the lift and drop nature of the luge - Animate your body
	22:18	12x8	Sit	Light/Moderate	1/1	

CELEBRATE

After coming off three relatively intense tracks it's nice to have something a bit more relaxed so ensure your Coaching remains relatively calm and provides just enough information to get your riders feeling the freedom of Recovery

7 Ice Mountain

1/1 = 71rpm

Revolution 7:00 mins

7

SET THE SCENE:

Massive mountain challenge

PROFILE:

30, 40, 40, 40, & 40 second climbs

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	23:05	8x8	Sit	Light/Moderate	1/1	Rolling through the tunnel off the back of the luge - stay on the handlebars
1	23:31	8x8	Seated Recovery		1/2	Sit up and let everyone take it in
	23:57	8x8	Sit	Moderate/Heavy	1/1	Hook into the beat, keep it kind of mellow and give yourself somewhere to take the energy
2	24:24	4x8	Sit	Light	1/2	"Just let your eyes follow the road" - start to bring the hype During all of these climbs be your most assertive just before we Stand, this is when we want our riders to load up the Resistance and take on the challenge
	24:37	4x8	Sit		1/2-1/1	
	24:50	2x8	Stand	Heavy	1/1	
	24:57	2x8	Sit		1/1	
	25:03	2x8	Stand	+	1/1	
	25:10	2x8	Sit		1/1	
	25:17	4x8	Stand	+	1/1	
3	25:30	8x8	Seated Recovery	Light	1/2	"It's hard, it's heavy, but it's oh so good" Build the energy through this Block and almost treat it like it is the final effort of the class - "Lean with it, drop with it" - physically push yourself to your limit and take everyone with you
	25:56	8x8	Sit		1/2-1/1	
	26:23	2x8	Stand	Heavy	1/1	
	26:30	2x8	Sit		1/1	
	26:36	2x8	Stand	+	1/1	
	26:43	2x8	Sit		1/1	
	26:49	4x8	Stand	+	1/1	
CONTINUED ON NEXT PAGE						

7 Ice Mountain Continued

1/1 = 71rpm

Revolution 7:00 mins

7

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
4	27:03	4x8	Sit	Light	1/2	Take a brief moment to reset yourself
	27:16	4x8	Sit		1/2-1/1	"Rhythm is going to be your friend on this one"
	27:30	2x8	Stand	Heavy	1/1	
	27:36	2x8	Sit		1/1	
	27:42	2x8	Stand	+	1/1	Great opportunity here to leave it empty, take some silence, let the beats drop and just ride. The second time we stand we bring the Coaching back but keep it connected to the music using a vocal tempo which matches the music
	27:49	2x8	Sit		1/1	
	27:56	4x8	Stand	+	1/1	
5	28:09	8x8	Seated Recovery	Light	1/2	This is one of those moments where you do save the best for last. What will you say?
	28:35	8x8	Sit		1/2-1/1	
	29:02	2x8	Stand	Heavy	1/1	
	29:08	2x8	Sit		1/1	Be super strong across all facets of your delivery here - physically push yourself, use assertive language, give your vocals an aggressive quality at times
	29:15	2x8	Stand	+	1/1	
	29:22	2x8	Sit		1/1	
	29:28	4x8	Stand	+	1/1	
	29:41	4x8	Standing Recovery		1/4	Check in with your crew
	29:55	4x8	Seated Recovery	Light	1/2	"Wow what a climb. That was a monster"

CELEBRATE

Embrace the daunting feel throughout this track. Encouraging riders through their moments of doubt is our challenge, one we embrace with a mix of empathy and assertiveness.

8 Ridge Rider

1/1 = 145rpm

Catch Me 4:56 mins

8

SET THE SCENE:

This could be as high as we go

PROFILE:

45 second climb, 15 seconds speed, 30 second climb, 30 second speed - x2

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	30:06	8x8	Seated Recovery	Light	1/2	Create a state change - "Everybody likes to ride fast, especially me"
	30:33	4x8	Sit	Heavy	1/2	Basic PRP cues, in particular rhythm and Resistance
	30:46	4x8	Sit	+	1/2	"Start to build tension, twice as steep, twice as hard, twice as heavy"
	30:59	4x8	Stand	+	1/2	Accelerate just before the top
	31:12	4x8	Sit	Moderate	1/1	
2	31:26	4x8	Sit		1/1-1/2	Stay on the handlebars and gradually slow the legs
	31:39	4x8	Sit	Heavy	1/2	
	31:52	4x8	Stand	+	1/2	
	32:05	8x8	Sit	Moderate	1/1	30 seconds - be vocally urgent in the final 15 seconds
3	32:32	4x8	Sit		1/2	Halfway. You can celebrate the fact albeit briefly
	32:47	4x8	Sit	Heavy	1/2	
	33:00	4x8	Sit	+	1/2	
	33:13	4x8	Stand	+	1/2	Take in the beat driven visuals
	33:27	4x8	Sit	Moderate	1/1	"Pump the knees"
4	33:40	4x8	Sit		1/1-1/2	
	33:53	4x8	Sit	Heavy	1/2	
	34:06	4x8	Stand	+	1/2	"Take advantage of the final hit"
	34:19	8x8	Sit	Moderate	1/1	"Max speed, run, sprint, even if the legs slow down"
	34:46	4x8	Sit		1/1 - 3/4	

CELEBRATE

Build the anticipation each time we stand in the climbs. The speed phases are super short so you don't want to miss a beat

9 Universe 2

1/1 = 124rpm

Happy Endings 4:43 mins

9

SET THE SCENE:

Lets head back through our universe and finish where we started

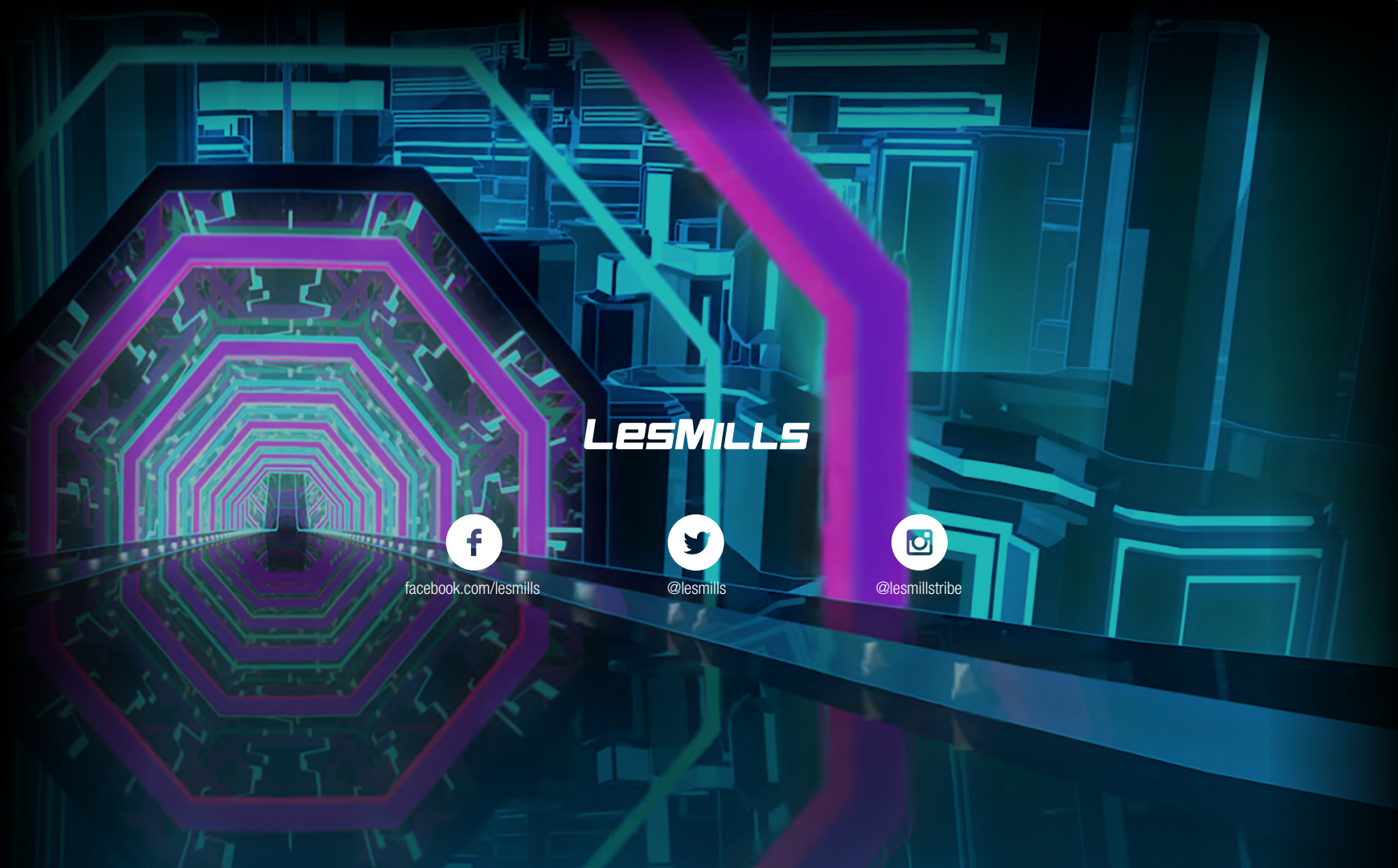
PROFILE:

30 & 60 second climb, 60 seconds speed, 30 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	35:01	4x8	Seated Recovery		1/2	Hook into the beat, simple PRP, then let the music take over
	35:16	4x8	Sit		1/2	
	35:31	8x8	Stand	Moderate/Heavy	1/2	
2	36:02	4x8	Seated Recovery	Light	1/4	This is by no means hard but it does have good energy. Resistance is just enough to stand on and it gives plenty of freedom for you and your riders to express the music. As we sit there is a brief moment where we hold the tension before releasing it to find the refreshing feel of speed 60 seconds - "Find your own rhythm" Closing stages of the ride - "Yeah this feels good" Once the music is gone get everyone back in their seats and loosen the Resistance - let's celebrate!
	36:17	4x8	Sit		1/2	
	36:32	8x8	Sit	Moderate	1/2	
	37:03	8x8	Stand	Moderate/Heavy	1/2	
	37:33	2x8	Sit		1/2	
	37:41	2x8	Sit	Moderate	1/2-1/1	
	37:49	14x8	Sit		1/1	
	38:42	2x8	Sit	Moderate/Heavy	1/1-1/2	
	38:50	8x8	Stand		1/2	
	39:20	8x8	Standing Recovery		1/4	

CELEBRATE

We are still working during this track however keep your coaching light, fresh, and easy. Find time to reflect, enjoy, unwind, and soak up this great piece of music



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