



THE TRIP™

RELEASE
4

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	All Right Now © 2015 Les Mills Music Licensing Ltd. Written by: Fraser, Rodgers	Dezzy & The Moonshakes	4:30
2	Down On My Luck Courtesy of the Universal Music Group. Written by: Larsen, Dery, Sowe, Sereba	Vic Mensa	6:07
3	My Time (U-Turn Remix) © 2015 Les Mills Music Licensing Ltd Written by: Langeveld, van de Geer, Dyer	Jerrika	3:47
4	Cold Sweat Pt.1 Courtesy of the Universal Music Group. Written by: Brown, Ellis	James Brown	2:27
5	Finale © 2015 Les Mills Music Licensing Ltd. Written by: Leclercq, Petricca	Rickee Rocket	6:20
6	Roll the Bass © 2015 Mad Decent. Written by: Pentz, De Jong, Meckseper, Tarantula, Valentine	Major Lazer	5:16
7	Thunder Bay © 2011 Warp Records Ltd. Written by: Birchard	Hudson Mohawke	7:04
8	Everybody's Free © 2014 Aesop under exclusive licence to Sony Music Entertainment New Zealand Ltd. Written by: Cox, Swanston	TALA	2:50
9	Can I Kick It? © 1999 Zomba Recording LLC under exclusive licence to Sony Music Entertainment New Zealand Ltd. Written by: Reed	A Tribe Called Quest	2:25

MESSAGE FROM LES MILLS JNR:

Hey Crew,

Welcome to our fourth release of The Trip™ and it's definitely the best one yet.

For those who've been with IMMERSIVE FITNESS™ from the beginning and remember how epic the race track was in Trip 1 we reckon we've managed to do it again and then some!

At the start of Trip 4 we literally build a city. Classic rock vibes lure us in and get our legs warm before we teleport to Track 2. Here we take in more of a night-time vibe and as we sprint to the factory door it's a tight squeeze so make sure you duck!

Track 3 is a high-intensity Tabata challenge. A game within a game. Hit this track hard and have your class chasing recovery. If they walk away saying it's too easy you gotta check your coaching.

James Brown soul features in Track 4 and the downtown Chicago feel accentuates the Mo-town sounds. The road feels slick and the two big dips are standout moments in the class.

In Track 5 we ride into the year 2500 on a racetrack with space-age competitors. We battle uphill to an elevator that takes us back down again.

We stay in the year 2500 for Track 6 but it has more of a rollercoaster feel with uphill spirals and some super cool downhill sprints. The music is immense! Fill the room with sub sound. This is one of the highlights of the release when we really get what IMMERSIVE FITNESS™ is all about.

Track 7 is the mother of all mountain tracks. It's an intense grind and at the end you've climbed so high we punch through the clouds and above the buildings.

Tracks 8 and 9 close us out with some more feel-good old school hip hop from A Tribe Called Quest. It's a wind down, but there's some sprints in it. The music is uplifting with sweet beats to give you rhythm.

As the buildings collapse you get a sense we have come full circle...and that's it.

Like I said it's our best one yet, and I love you are on this trip with us.

Hootie Hoo!
Les

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

SPECIAL THANKS: Glen Ostergaard

1 ENTER THE CITY

1/1 = 118rpm

All Right Now 4:29 mins

1

SET THE SCENE:

The city builds before our eyes. Skyscrapers soar above us and long sweeping bends provide an opportunity to assimilate to the environment.

PROFILE:

15 second fast flat – Repeat x2
45 second climb
60 second fast flat

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	0:00	8x8	Recovery	Light	1/2	Let's create something special Dawn of a new day.	3-4 minutes to light up and fire up. Amping to work when you finish.
	0:33	4x8	Sit		1/2		
	0:49	4x8	Sit	+	3/4		
	1:05	4x8	Sit	Moderate	1/1		
2	1:22	6x8	Sit	-	3/4	Take a look around and get a feel for your new reality.	You are responsible for your load and speed. It's your workout.
	1:46	4x8	Sit	Moderate	1/1		
3	2:02	4x8	Sit	+	1/2	Let load slow you down. As it steepens enjoy the sensation of lifting out of the seat.	Heavy load and heavy beats feel good. Target the top of the climb.
	2:18	4x8	Sit	Heavy	1/2		
	2:34	2x8	Sit	+	1/2		
	2:43	6x8	Stand	+	1/2		
4	3:07	6x8	Sit	Light	3/4 to 3/4+	Ride fast for 60 secs!	How we feeling? Shall we ride fast for 60 secs! Just let it go!
	3:30	14x8	Sit	Moderate	1/1		
	4:26	1x8	Sit		1/2		

CELEBRATE

Ensure every person feels welcome, safe and secure. Once you achieve this build a sense of anticipation, and let riders know you are looking forward to what is about to happen.

2 TOKYO TOWN

1/1 = 126rpm

Down On My Luck 6:36 mins

2

SET THE SCENE:

We teleport into a downtown Tokyo feel with neon signs. The dimly lit road requires more focus as we speed through fast flats with a "Bladerunner"vibe.

PROFILE:

45 second climb, 45 second fast flat- Repeat x2
30 second fast flat

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	4:30	4x8	Recovery	Moderate	1/2	Dark downtown and no headlights! Try some no hands riding (sit up) before you hit the base of the climb.	Don't be afraid to load up heavy. It feels good.
	4:45	4x8	Sit	Heavy	1/2		
	5:00	4x8	Sit	+	1/2		
	5:16	4x8	Stand	+	1/2		
	5:31	4x8	Sit	Light	1/2	Lean into the sweeping fast flat corners.	Sweet beats. Find rhythm, 1-2-1-2-1-2-1. Good opportunity to not say much and let the music do the work.
	5:47	5½x8	Sit	Moderate	3/4		
	6:08	12x8	Sit		1/1		
	6:54	4x8	Recovery		1/2		
2	7:09	41½x8	REPEAT BLOCK 1			Target the top!	Repeat as above but with a twist. Try challenging their effort.
3	9:49	4x8	Sit	Moderate	3/4	Take a moment. Take a breath. Take in the view before we are dragged back into the dark.	Practice your timing to hit the dip at the end of the bridge at pace!
	10:04	8x8	Sit		1/1		

CELEBRATE

Some cool opportunities to introduce and acclimatise riders to lean, drop, lift, and saddle slide to create some motion master moments. Don't have to overdo it, almost coax them into it, so they hardly realise whats happening. You want it to become intuitive, especially for newer riders, before they encounter track 4 and beyond.

3 TABATA GAME HOUSE

1/1 = 60rpm

My Time 3:47 mins

3

SET THE SCENE:

My house my rules. Rule One – use a Heavy load. Rule Two – work as hard as you can. Rule Three – ride hard in whatever position you choose!

PROFILE:

20 seconds ON, 10 seconds OFF - Repeat x6

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	10:38	11x8	Recovery	Moderate	1/4	Set up the Tabata Game House Challenge – 20 seconds Work – 10 seconds Rest – as hard as you can!	Grab heavy load. When the effort starts move your legs as quick as you can.
	11:23	5x8	Sit	Heavy	1/1+		
2	11:44	2½x8	Recovery		1/4	Second effort usually the hardest, but will you challenge yourself with more load?	
	11:54	5x8	Stand	opt +	1/1+		
3	12:13	7½x8	REPEAT BLOCK 2			Sit	Did someone say Game House? More like Hard House!
4	12:44	7½x8	REPEAT BLOCK 2			Stand	Make this the hardest effort so far.
5	13:14	7½x8	REPEAT BLOCK 2			You choose. Sit. Stand. Quick. Quicker. Heavy. Heavier!	Two left then we recover for 3 minutes.
6	13:43	7½x8	REPEAT BLOCK 2			Let's bust out of this house. Sit. Stand. Up to you.	Last chance – until next time.

CELEBRATE

The challenge is to get people working harder than ever before. Encourage them to find someone working harder than them and match their effort. Then find another until they are the one working the hardest.

4 MOTOWN MORNING

1/1 = 112rpm

Cold Sweat Pt.1 2:26 mins

4

SET THE SCENE:

Motown sounds to chill to – if you want to! Early morning and the sun is not quite up, but we are. We are heading for two EPIC dips. Rollercoaster styles!

PROFILE:

40 second flush, 20 second climb, DIP #1
40 second fast flat, 20 second climb, DIP #2

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	14:26	10x8	Recovery	Light	1/2	Ease away from the Tabata Game House and chill to some funky sounds. When climbing try and slide your back wheel out as you round the corners.	Good opportunity to reflect on the hard effort put in during the previous track – how good was that? Some you were absolutely crushing it!
	15:09	5x8	Stand	Heavy	1/2		
	15:30	1x8	Sit	Moderate	3/4		
	15:34	1x8	Sit		1/1		
2	15:38	10x8	Sit	Light	1/1	Who's riding with pace up front? Feel free to tuck in behind if you are not quite ready for speed.	Reflect on the first dip and build anticipation as you head toward the second dip. Here we go again!
	16:21	5x8	Stand	Heavy	1/2		
	16:43	1x8	Sit	Moderate	3/4		
	16:47	1x8	Sit		1/1		

CELEBRATE

Lets be honest its all about the dips. Highlight the wow moment by setting up with clear simple cues at the top of each climb "sit, reduce, run, sprint" and then just let it happen. It's a beautiful thing.

5 UPHILL BATTLE

1/1 = 92rpm

Finale 6:17 mins

5

SET THE SCENE:

We teleport to the year 2500. Four thrilling laps in a futuristic city of huge scale. Intense uphill efforts as you compete with a blue and red rider. Hit the start line hard, maintain effort and save a little for each finishing line.

PROFILE:

40 seconds intense uphill effort
40 seconds rest
Repeat x4

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	16:53	4x8	Recovery	Light	1/2	We are up against two other riders and this is Lap 1. Take a big gear and show them how good we are.	Whoa they are super-fast. They must have a bigger gear than us. Try grabbing more load.
	17:04	4x8	Sit	Medium	1/2		
	17:14	4x8	Stand	Heavy	1/1		
	17:24	4x8	Sit		1/1		
	17:34	8x8	Stand	+	1/1		
	17:56	8x8	Recovery		1/2 - 1/4		
	18:20	8x8	Recovery	BRAKE	STOP		
2	18:40	28x8	REPEAT BLOCK 1			Will we catch them this time?	Work as hard as before, harder would be better.
3	20:16	28x8	REPEAT BLOCK 1				Try breaking the room into teams/groups.
4	21:53	4x8	Sit	Medium	1/2	Final Lap. I just received word the mechanics have upgraded the blue and red bike. Expect a battle on our hands.	No matter what don't let the gap get wider, and if it does put in a little extra effort and I guarantee you will be rewarded.
	22:03	4x8	Stand	Heavy	1/1		
	22:14	4x8	Sit	+	1/1		
	22:24	8x8	Stand	+	1/1		
	22:45	8x8	Recovery		1/2 - 1/4		

CELEBRATE

This track is hard, and it should be. You can choose to make it a battle for the individual or the team. Front row or back row? Odd or even numbered bikes? Girls or guys? You can ride this so many different ways. Also our first opportunity to use our brakes (if your bike is fitted with one) which sets us up for the Downhill Race.

6 DOWNHILL RACE

1/1 = 149rpm

Roll the Bass 5:16 mins

6

SET THE SCENE:

What goes up must come down. The downhill speed sections are a rollercoaster ride but get ready to use your brakes!

PROFILE:

60 seconds moderate uphill effort
60 seconds downhill speed
Repeat x2

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	23:11	4x8	Recovery	Light	1/2	The uphill sections give a sense of being pulled uphill – visualize a tow rope or invisible force sucking you up the climb. Lean left! The downhill sections require fearless pace, and something tells me you won't go off the road so really lean into the corners. Look out for warning signs to BRAKE.	The last track was tough so don't set out to smash them in this track. Emphasize the downhill speed sections and get people reacting to what they see – lean, lift, drop, swerve, and BRAKE! When you summit the climb stay up and slow down. Try & peer over the drop – bet you can't.
	23:23	4x8	Sit	+	1/2		
	23:36	4x8	Sit	Moderate	1/2		
	23:49	4x8	Sit	+	1/2		
	24:02	4x8	Stand	Heavy	1/2		
	24:15	4x8	Sit or Stand		1/2 - 1/4		
	24:27	8x8	Sit	Moderate	1/1		
	24:53	4x8	Sit	BRAKE	1/2 - 1/4		
2	25:06	8x8	Sit	Moderate	1/1		
2	25:32	44x8	REPEAT BLOCK 1			Uphill – lean right!	Which way is the drop?
3	27:52	10x8	Recovery	BRAKE	1/2 - 1/4		

CELEBRATE

This track is certainly not recovery but it shouldn't be super hard either so don't drive too hard or aggressive – you can save that for the next track.

7 SKY HIGH CLIMB

1/1 = 68rpm

Thunder Bay 7:04 mins

7

SET THE SCENE:

Talk about sky high, we are literally up in the clouds. Four huge efforts, each one a benchmark providing an opportunity to ride the next one harder and higher. It won't be your brakes stopping you, it will be the gigantic gear you choose.

PROFILE:

75 second climb, 45 second rest – Repeat x3
60 second climb

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	28:26	4x8	Recovery	Light	1/2	Set up simply and be sure to let everyone know it's the last working track! Steady hard uphill efforts with short bursts of pace at the end to send the heart rate Sky High. Target the top!	We have got four of these to climb. How many of them will you ride hard and heavy? None? One? Some? ALL?
	28:41	4x8	Sit	Heavy	1/1		
	28:55	4x8	Sit	+	1/1		
	29:09	4x8	Stand	+	1/1		
	29:23	4x8	Sit		1/1		
	29:37	4x8	Stand	+	1/1+		
	29:51	8x8	Recovery	Light	1/2		
2	30:19		REPEAT BLOCK 1			Gather your team. Everyone in.	I'm riding this one hard and heavy. Are you with me?
3	32:13		REPEAT BLOCK 1			Target the top!	I need someone to show me the way. Shout out if your riding this hard and heavy.
4	34:05	7x8	Recovery	Light	1/2	Lean into it and don't back off – a few clouds never stopped anyone.	Getting momentum is easy. Holding momentum is hard. Each time your legs slow grip the handlebars and speed up again.
	34:30	8x8	Stand	Heavy	1/1+		
	34:58	8x8	Stand	+	1/1+		
	35:27	2x8	Stand		1/2 - 1/4		

CELEBRATE

Each effort should be EPIC and celebrated. At the same time a little dissatisfaction can go a long way "wow what an amazing effort, really good team, shame it wasn't quite your best but I'm going to give you another chance right now". Its tongue and cheek but we suggest you know your crowd before throwing these types of cues in.

8 CHILLIN' IN THE CLOUDS

1/1 = 110rpm

Everybody's Free 2:52 mins

8

SET THE SCENE:

Not much to say really. Clouds. Cool sounds. Cruisy feel. Chillax.

PROFILE:

15 second speed flush – Repeat x2
Standing active stretches

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	35:31	4x8	Stand	Heavy	1/4	Riding in the clouds – we got really high huh? Try and catch your reflection in the buildings. Land softly with your back wheel first	We smashed it and it feels good. Take a moment to take it all in and just ride the rhythm. Just breathe and relax we did it.
	35:50	8x8	Sit	Light	3/4		
	36:26	4x8	Sit	+	1/1		
	36:44	8x8	Sit		3/4		
	37:19	4x8	Sit	+	1/1		
	37:37	4x8	Sit		3/4 - 1/2		
	37:55	6x8	Sit or Stand	Moderate	1/2 - 1/4		

CELEBRATE

The lyrics say it all – It Feels Good. Give the riders next to you a pat on the back, hopefully its infectious and it spreads through the room. If not don't force it, might take a few weeks for people to loosen up.

9 EXIT THE CITY

1/1 = 96rpm

Can I Kick It 2:26 mins

9

SET THE SCENE:

The city we built breaks down until we are left with the yellow lined road.
Fade to black. Roll credits.

PROFILE:

60 second flush
Dismount

BLOCK	TIME	CTS	POSITION	RESISTANCE	PACE	THE STORY	MOTIVATE
1	38.22	18x8	Sit or Recovery	Light	1/2 - 1/4	Let's pack this ride up.	It's a box of positives!
	39.51	12x8	DISMOUNT		STOP	A little no hands riding to finish	

CELEBRATE

The next three minutes are key – how you sign off can go a long way to ensure you have these familiar faces, and more, in your class next time
“Fantastic effort guys, I love riding with you, and I have to be honest I love riding The Trip™, I find a new challenge every time, and did you see possum on the road? No? Next time then.”

LES MILLS



facebook.com/lesmills



[@lesmills](https://twitter.com/lesmills)



[@lesmillstribes](https://instagram.com/lesmillstribes)