



LES MILLS
THE TRIP
5

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	Always Alright © 2013 Rough Trade Records under exclusive licence from ATO Records. Licensed courtesy of Rough Trade Records Ltd by arrangement with Beggars Group Media Ltd. Written by: Howard, Fogg, Cockrell, Johnson	Alabama Shakes	4:03
2	Gosh © 2015 Young Turks Recordings Ltd. Licensed courtesy of Young Turks by arrangement with XL Recordings Ltd / Beggars Group Media Ltd. Written by: Smith	Jamie xx	2:55
3	Down To Earth © 2014 Future Classic. Written by: Gruzman, Lyell	Flight Facilities	7:23
4	Blaze Up The Fire © 2015 Les Mills Music Licensing Ltd. Written by: Pentz, McNaughton, Meckseper, Walsh	Reggie Island	6:18
5	Wildfire © 2015 Les Mills Music Licensing Ltd. Written by: Foulds, Nagano, Bodin, Wallin, Wirenstrand	Satellite Surf	1:38
6	Gosh © 2015 Young Turks Recordings Ltd. Licensed courtesy of Young Turks by arrangement with XL Recordings Ltd / Beggars Group Media Ltd. Written by: Smith	Jamie xx	2:55
7	Raptor © 2015 Les Mills Music Licensing Ltd. Written by: Whyte	Occy	5:59
8	Ryderz © 2015 Les Mills Music Licensing Ltd. Written by: Rogers	Two Tapz	6:14
9	Indian Summer © 2015 Les Mills Music Licensing Ltd. Written by: Saha	J Breezz	4:27

MESSAGE FROM LES MILLS JNR:

Hey crew,

TRIP 5 and I'm really excited about this one. It's easily the best TRIP workout we have created to date and it's set the bar for Immersive Fitness!

Track 1 we start on our planet, rolling through an old deserted country town. As we get warm we move onto the open road and cruise through the countryside.

Track 2 things start to get different. We take off from our planet and climb vertically through the solar system. We work hard until we arrive on our second planet, the beginning of track 3, where we encounter hills and some achievable sprints to really kick up the heart rate.

Track 4 things get twisted. We've got a corkscrew ride, where our world literally twists around us as we switch from a climbing road to a sprinting road. Trippy, intense track!

Then we cool off and drop into the underbelly of the city for track 5. This is a flush track to prepare us for another launch.

Track 6 we leave the alien planet behind, and just like track 2 climb vertically and float through stunning solar systems.

We hit our last, daunting, intense world. The next two tracks are about absolutely going for it. We start with mountain climbs and downhill sprints in Track 7. A massive physical track.

Our final working opportunity is Track 8, where we finish by powering through intense seated and standing power climbs. Intense, and such a high!

Track 9 we're ready to get out of the planets we've visited on our trip so we take off and head towards home. A couple of nice, speed sections to wind us down as we head home to earth.

I really hope you guys enjoy this one, we're honestly stoked with it. Thanks so much for being part of this innovative fitness experience!

Cheers
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 - Khiran Huston

1 Southern Rock

1/1 = 106rpm

Always Alright 4:03 mins

1

SET THE SCENE:

Some southern rock to get us underway.

PROFILE:

15 second speed - Repeat x2
60 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	0:00	8x8	Seated Recovery	Light	1/2	Kick off with a bit of hype "lets have an amazing workout" and then focus on a simple set up of position & pace "tip forward to the handlebars, cruisy leg speed". Then its use of the the resistance dial "turn the dial until you feel light pressure, we turn to the right to make it heavier, turn to the left to make it lighter"
	0:36	8x8	Sit	+	3/4	
	1:12	4x8	Sit	Moderate	1/1	
2	1:30	8x8	Sit	-	3/4	Small opportunity to connect before the next speed phase "looking forward to riding with you guys today as we discover some crazy worlds"
	2:02	4x8	Sit	Moderate	1/1	
3	2:25	4x8	Sit	+	1/2	During the seated climb coach the slow rhythm, and heavier leg pressure to create the climbing sensation. Drop in a bit of technique "keep your hips back and drop your heels to help you push the heavier load". When you stand let the music take over until you cue the acceleration.
	2:43	4x8	Sit	Heavy	1/2	
	3:00	8x8	Stand	+	1/2	
	3:36	3x8	Stand		3/4	
	3:50	2x8	Sit	Moderate	1/2-1/4	

CELEBRATE

Great song and so don't fill it with too much. Set up Resistance & Pace to match whats happening on screen. Don't be too descriptive with the visuals, let the class discover things for themselves.

2 Interplanetary

1/1 = 69rpm

Gosh 2:55 mins

2

SET THE SCENE:

A 2 minute vertical climb to our next world.

PROFILE:

2 minute climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	4:02	2x8	Seated Recovery	Moderate	1/2	Hook into the beat while we are still on the ground so it makes sense when we take off. After liftoff let them know "it's a 2 minute vertical climb to our next world" then coach heavier leg pressure before the standing position
	4:11	6x8	Sit		1/1	
	4:30	6x8	Sit	+	1/1	
2	4:53	4x8	Stand	Heavy	1/1	"Stand. Chest up hips back"
	5:04	4x8	Sit		1/1	"Sit. Drop heels"
3	5:18	4x8	Stand	+	1/1	Keep your coaching simple. Stand & sit. Check the resistance and explain how it should feel "it should feel heavy, but you should be able to stay on the rhythm"
	5:32	4x8	Sit		1/1	
4	5:46	4x8	Stand	+	1/1	
	5:59	4x8	Sit		1/1	
5	6:13	4x8	Stand	+	1/1	The standing recovery should help keep riders take in what is happening on screen. It also helps create a gliding sensation as you land. A subtle suggestion to "watch out" just before you duck to avoid the road as it passes overhead.
	6:27	2x8	Sit		1/1	
	6:34	6x8	Standing Recovery		1/2	

CELEBRATE

A visually stunning track. Coach a heavy gear at the beginning then let the music and visuals take over. Just coach Position and Pace. By the time you enter the next world everyone should be a bit breathless but feeling awesome.

3 Super City

1/1 = 122rpm

Down To Earth 7:23 mins

3

SET THE SCENE:

A raised road over a super city. Its going to be fresh and fast.

PROFILE:

45 second climb, 30 second recovery,
30 second climb, 45 second speed,
30 second recovery, 30 second speed - Repeat x2

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	6:58	4x8	Seated Recovery	Moderate	1/2	Straight into the climb so pre cue "find a heavy gear and then its 45 seconds to the top". Once you are on the climb some simple rhythm cues and a "chest up" cue are all you need. Soak up the music
	7:13	8x8	Sit	Heavy	1/2	
	7:45	4x8	Stand	+	1/2	
2	8:01	8x8	Seated Recovery	Light	1/4-1/2	"Up ahead a short climb and two speed phases, we go heavy and slow on the climb then light and fast on the flat"
	8:32	8x8	Stand	Heavy	1/2	
	9:03	12x8	Sit	Moderate	1/1	Coach the rhythm for pace, 30 seconds left, slide forward to go faster, and "run up the ramp"
	9:51	8x8	Seated Recovery		1/2	"30 seconds of speed, leaning into the corners"
	10:22	8x8	Sit	opt +	1/1	"Lean left, lean right - now run up the ramp" don't force riders to lean, they will if they want to
3	10:53	8x8	Seated Recovery	Light	1/4-1/2	The profile is the same as Block 1 so use the same language to reinforce load, rhythm, and movement. Bring more energy to your vocals as you enter working phases and hook into the music - this is where riders will start to discover and experiment with movement and they will need some space and silence to do this. Use the "run up the ramp" cues each time you encounter them
	11:24	8x8	Stand	Heavy	1/2	
	11:56	12x8	Sit	Moderate	1/1	
	12:43	8x8	Sit		3/4	
	13:15	8x8	Sit	opt +	1/1	
	13:47	8x8	Seated Recovery		1/1 to 1/2	Chill. Breathe. Relax.

CELEBRATE

All the action happens on the winding speed sections. The climbs are chilled but not easy, so set up simply then shut up and let the eyes wander. Let the music take over!

4 Corkscrew

1/1 = 144rpm

Blaze Up The Fire 6:18 mins

4

SET THE SCENE:

It's the Corkscrew. Lets twist, flip, and roll.

PROFILE:

2 minutes climbs and sprints, 20 seconds rest, 20 second sprint - Repeat 2x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	14:20	5x8	Seated Recovery	Light	1/4	The key throughout this track is to pre cue heavy climbing load to ensure riders have enough before standing. The rest of the position and pace changes can be cued as it happens to match the visuals - its real time coaching
	14:37	8x8	Stand	Heavy	1/2	
	15:03	4x8	Sit	Moderate	1/1	Reinforce the heavier load again and stick to real time coaching - say a little less in this effort than you did in the last one
	15:16	8x8	Stand	Heavy	1/2	
	15:43	8x8	Sit	Moderate	1/1	"30 seconds to the break, do what you can, use your body weight side to side"
	16:09	8x8	Stand	Heavy	1/2	
	16:36	4x8	Standing Recovery		1/4	"Feel the fire in the legs"
	16:50	4x8	Stand		3/4	"One short 20 second sprint then we can rest"
	17:02	8x8	Sit	Moderate	1/1	
2	17:29	5x8	Seated Recovery	Light	1/4	"Halfway. Lets do that all again"
	17:45	8x8	Stand	Heavy	1/2	
	18:12	4x8	Sit	Moderate	1/1	"Its heavy but its not too challenging"
	18:25	8x8	Stand	Heavy	1/2	
	18:51	8x8	Sit	Moderate	1/1	Intensity is really starting to ramp up here so let riders know its ok if it feels a bit hard, this is where a bit more drive in your voice and some positive reinforcement will help motivate "I can feel all this energy surging through my legs"
	19:18	8x8	Stand	Heavy	1/2	
	19:45	4x8	Standing Recovery		1/4	
	19:58	4x8	Stand		3/4	
	20:11	8x8	Sit	Moderate	1/1	"Final 20 seconds and we are done. Its all downhill lets ride faster"

CELEBRATE

Major Lazer. Chronixx. Dancehall. Loops. Corkscrew. Mix it up and you got some crazy madness going on. This is a step up in terms of sensation so don't force people to move or lean. Instead be suggestive with your words and if they are into it they will do it.

5 Under City

1/1 = 70rpm

Wildfire 1:38 mins

5

SET THE SCENE:

We have dropped into the bottom of the city. Deep, dark, and funky.

PROFILE:

2 minute light flush

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	20:39	16x8	Seated Recovery	Light	1/2	Praise their effort, set the scene, and then let the music be the star
2	21:34	2x8	Stand	Moderate	1/4	This is just an easy slide down the hill, we roll over the top and let gravity take over
3	21:41	8x8	Sit		3/4	Find some groove in the music and if it feels good let the shoulders go and groove to the beat
	22:07	2x8	Seated Recovery		3/4-1/2	

CELEBRATE

Smooth and understated in look, sound, and feel - which is exactly what you want after the energy of the previous track. Don't say much. Keep your voice low.

6 Interplanetary 2

1/1 = 69rpm

Gosh 2:55 mins

6

SET THE SCENE:

Enter the launch pad and take off. Another vertical climb to our next world.

PROFILE:

2 minute climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	22:17	4x8	Seated Recovery	Moderate	1/2	Same as track 2 so your set up is all about generating good leg pressure before we stand.
	22:30	4x8	Sit		1/1	
	22:44	6x8	Sit	+	1/1	
2	23:04	4x8	Stand	Heavy	1/1	"A little more pressure"
	23:18	4x8	Sit		1/1	
3	23:32	4x8	Stand	+	1/1	"You want to be working hard"
	23:46	4x8	Sit		1/1	
4	23:59	4x8	Stand	+	1/1	We recognise its getting harder to push, but at the same time its where we need to be. A "hips back" and "smooth push and pull"
	24:13	4x8	Sit		1/1	
5	24:27	4x8	Stand	+	1/1	Be Silent
	24:41	2x8	Sit		1/1	
	24:48	6x8	Standing Recovery		1/2	

CELEBRATE

We have experienced something similar already so say way less this time, just some simple guidance again on Resistance and when to sit or stand.

7 Shadowland

1/1 = 139rpm

Raptor 5:59 mins

7

SET THE SCENE:

3x 1 minute intense climbs. Its going to get a bit rough and rugged.

PROFILE:

60 second climb, 30 second fast downhill - Repeat x3

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	25:12	8x8	Seated Recovery	Light	1/4-1/2	"1 minute intense climb, so lets stay seated and find heavy load"
	25:40	8x8	Sit	Heavy	1/2	Simple coaching of Pace and then push intensity with Resistance
2	26:07	4x8	Stand	+	1/2	
	26:21	4x8	Stand		1/2+	Use energy in your voice to create anticipation "Sit. Back off. Let it loose!"
	26:34	8x8	Sit	Moderate	1/1	"Lean. Halfway." are the only cues you need
	27:02	8x8	Seated Recovery		1/2-1/4	"When you see the incline, is your resistance matching, can you feel it in your legs?"
3	27:29	8x8	Sit	Heavy	1/2	"Its feels fierce, rugged, jagged" which just happens to match the visuals
	27:57	4x8	Stand	+	1/2	Say as little as possible in these fast downhill sprints
	28:10	4x8	Stand		1/2+	
	28:24	8x8	Sit	Moderate	1/1	
	28:51	8x8	Seated Recovery		1/2-1/4	"We have to finish in style, so its going to be heavy, its going to be hard. Are you in?"
4	29:18	8x8	Sit	Heavy	1/2	"Drop your heels and use all the muscles in the back of your legs"
	29:46	4x8	Stand	+	1/2	The energy and excitement in your voice should convey how much you love this program. No need to shout
	30:00	4x8	Stand		1/2+	
	30:14	8x8	Sit	Moderate	1/1	
	30:41	8x8	Seated Recovery		1/2-1/4	Breathe. Relax. Chill out.

CELEBRATE

By now everything should be more intuitive, especially when it comes to movement through corners, so stick to simple descriptions of Resistance and Pace focusing on the transitions as you roll over the top of the climbs into the fast downhill descents.

8 Ryderz Attack

1/1 = 85rpm

Ryderz 6:14 mins

8

SET THE SCENE:

Last big track! 30 seconds of work. 20 seconds of rest. Repeat 6x. Lets run up the road!

PROFILE:

2 minute blocks of intense efforts with 20 seconds of recovery - Repeat 3x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	31:10	6x8	Recovery	Light	1/4	Plenty of time to recover after the intensity of the last track, then set up what is happening in this track "30 seconds of power climbing, and 20 seconds of recovery, we do it six times"
	31:48	3x8	Stand	Moderate	1/2	
2	32:05	2x8	Stand	Heavy	1/1	Super simple coaching - its purely workout focused here. In the Standing Recovery set up the feel for the next effort "It has to feel powerful for it to feel good"
	32:16	2x8	Sit		1/1	
	32:28	2x8	Stand	+	1/1	
	32:39	4x8	Standing Recovery	HOLD	1/2	
3	33:02	1x8	Stand	opt+	1/1	Quicker changes of Position here which adds some interest and ups the intensity.
	33:08	1x8	Sit		1/1	
	33:13	1x8	Stand		1/1	
	33:19	1x8	Sit		1/1	
	33:25	1x8	Stand		1/1	
	33:31	1x8	Sit		1/1	
	33:36	3x8	Seated Recovery	Light	1/4	
4	33:53	2x8	Stand	Heavy	1/1	The seated phases are harder so a bit of real time coaching and motivation to help your riders "This is tough, sit, drive hips, grip handlebars, you can do this"
	34:05	2x8	Sit		1/1	
	34:17	2x8	Stand	+	1/1	Use the Recovery phase to let them know they are halfway
	34:28	4x8	Standing	HOLD	1/2	

8 Ryderz Attack (continued)

1/1 = 85rpm

Ryderz 6:14 mins

8

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
5	34:51	1x8	Stand	opt+	1/1	"Punch it. Drives the knees hard. Target the top so you don't stop"
	34:57	1x8	Sit		1/1	
	35:02	1x8	Stand		1/1	
	35:08	1x8	Sit		1/1	
	35:14	1x8	Stand		1/1	
	35:19	1x8	Sit		1/1	
	35:25	3x8	Seated Recovery	Light	1/4	
6	35:42	2x8	Stand	Heavy	1/1	This is where you need to get the most out of your class. So what will you say? "Only two efforts left. Last opportunities to get super fit. How good will it feel when we finish" Dont use all your good cues at once, save some for next week and the week after
	35:54	2x8	Sit		1/1	
	36:06	2x8	Stand	+	1/1	
	36:17	4x8	Standing Recovery	HOLD	1/2	
7	36:40	1x8	Stand	opt+	1/1	Stay standing for the final 2x8, and when you reach the summit stay up and slow down before you lift off for the final time
	36:46	1x8	Sit		1/1	
	36:51	1x8	Stand		1/1	
	36:57	1x8	Sit		1/1	
	37:03	2x8	Stand		1/1	
	37:14	3x8	Standing Recovery	HOLD	1/4	

CELEBRATE

An uplifting song, its almost like a celebration but don't party too early. Bit of work to be done before that happens. Let them know there are 6 big efforts and then don't mention it again until there are 2 left.

9 Interplanetary 3

1/1 = 85rpm

Indian Summer 4:27 mins

9

SET THE SCENE:

Lets go home. Find your own rhythm.

PROFILE:

30 second fast phases - Repeat 2x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	37:30	6x8	Seated Recovery	Light	1/4	Keep it nice and chill
2	38:05	4x8	Seated Recovery		1/2	Silence
	38:28	8x8	Sit	Moderate	3/4-1/1	
3	39:13	6x8	Seated Recovery		1/4	Reflect on the ride "Thanks so much for riding with me today. That was Les Mills The Trip"
	39:47	4x8	Sit		1/2	
	40:09	8x8	Sit		3/4-1/1	
	40:54	6x8	Seated Recovery	Light	1/4	
	41:22	3x8	Dismount			

CELEBRATE

Congratulate everyone for their effort then let the music and visuals take over. Don't state the obvious. We know we are in space. Celebrate the workout instead, and let them know how much you enjoyed working out with them. Sign off.

LES MILLS



facebook.com/lesmills



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



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