



LES MILLS
THE TRIP
7

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	Am I Wrong © 2016 Les Mills Music Licensing Ltd. Written by: Pimentel, Paak	Wildfyre	4.12
2	Almeria © 2015 Nowadays Records. Written by: Koutchoukov, Preau	Everydayz, Phazz	3.56
3	Smoke & Retribution © 2016 Les Mills Music Licensing Ltd. Written by: Staples, Streten, Lowther	The Architects	5.50
4	Naked © 2016 Les Mills Music Licensing Ltd. Written by: Sholler, Ehlers, Then	Send Your Regards	5.36
5	Almeria © 2015 Nowadays Records. Written by: Koutchoukov, Preau	Everydayz, Phazz	3.36
6	Magnets © 2016 Les Mills Music Licensing Ltd. Written by: G. Lawrence, H. Lawrence, Napier, Yelich	Eviction Number 4	4.42
7	Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzle	Sigma & Diztortion feat. Jacob Banks	3.40
	Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzle	Sigma & Diztortion feat. Jacob Banks	3.41
8	Almeria © 2015 Nowadays Records. Written by: Koutchoukov, Preau	Everydayz, Phazz	4.23
9	Rafael Courtesy of the Universal Music Group. Written by: Field	Beatenberg	2.27
10	Always Like This Courtesy of the Universal Music Group. Written by: Steadman	Bombay Bicycle Club	1.22

MESSAGE FROM LES MILLS JNR:

Hey team!

We are really excited to bring you TRIP 7. The workout is intense and feels so good, the visuals are a great match and keep you in the workout, and the music – did I mention the music? We are stoked with the music.

This TRIP is set in a sophisticated futuristic landscape. We dive deep and travel through a series of chambers before resurfacing.

Track 1 – We land and ride the surface of a city. A futuristic, dense city, brought to life by beat matched lights.

Track 2 – Our first chamber. Our first challenge. We get participants into an intense working zone early! The countdown timer creates a sense of anticipation and urgency. We are really happy with how the tunnels look and feel.

Track 3 – We drop deeper into another futuristic city filled with neon lights. Buildings come from above and below, and strange objects move and form as we ride by. The colour palette and hazy reflection on the road is stunning! Hope you enjoy this one.

Track 4 – We enter a different part of the city that tests us with powerful climbs. Each climb takes us to another section of the city as we travel through massive circular rings. Take note of the subtle colour evolution and beat matching elements through this track. Beautiful. The bass drops are mean too.

Track 5 – We are back in another chamber. Our challenge is to keep intensity high and keep our participants engaged! The road profile changes and recoveries are slightly shorter compared to the previous chamber.

Track 6 – A desolate area of our foreign world. Remnants of a once vibrant city remain as we travel through the isolated land and luminescent caves. Fantastic road in this track, really fun ride. Don't go too hard as the next two tracks are pretty intense.

Track 7 – Something completely different. We go off road and fly through an incredibly intense race track. We encounter six competitors who don't go easy on us. Stunning environment with hundreds of lights inside the cave which are exciting to ride through. Hope you like this new style!

Track 8 – Final chamber. Final challenge tunnel to take us back to the surface of our world. This is an incredible finish that requires a ton of extra effort. Two extra blocks and even less recovery time mean we really have to dig in and grind it out. Beat the beat is a great new addition.

Track 9 – Back on the surface. A relaxed, celebratory piece of music chills us out as we glide through the same landscape we started on. The water is really beautiful as we cool down and celebrate the end of another TRIP.

Thanks so much for being part of this exciting journey with us team. We really value everything you do with THE TRIP and hope you are as inspired as we are! Look forward to meeting you sometime and catching up.

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

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

1 Cube City Intro

1/1 = 115rpm

Am I Wrong 4:12 mins

1

SET THE SCENE:

Let's cruise the surface of this cube city

PROFILE:

50 second speed, 50 second climb, 40 second speed, 30 second climb, 20 second speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO			Seated Recovery	Light	SLOW	Glide onto the surface - "We're landing. Landing on the surface of this Cube City."
1	0:00	8x8	Sit	Light	3/4	Simply coach Light Resistance and a cruisy pace, then leave it to the Music & Visuals Adjust Resistance from Light, to Moderate, to Heavy as we slow Pace from 1/1-1/2 in preparation to stand During this climbing section we only need a couple of Position cues - "chest lifted, abs braced, shift your body weight side to side" - use your rhythm cues to keep riders hooked into the beat. Its not a super hard climb so our voice is light and lifted
	0:34	4x8	Sit		1/1	
	0:51	4x8	Sit	Moderate	1/1 - 1/2	
	1:07	4x8	Stand	Heavy	1/2	
	1:24	4x8	Sit		1/2	
	1:41	4x8	Stand	+	1/2	
2	1:57	2x8	Sit	-	1/2 - 1/1	Coach this in real time i.e. do it as you say it. Notice how Khiran builds anticipation - "and...and...and..." Let the Music & Visuals take over Same as the last piece of 'flat road'. Use Resistance to slow the legs Shorter climb, key shift here is the vocal feel. We hear the training effect in the vocals with heavier breathing, the energy lifts, and the volume increases. Let everyone hear the enjoyment in your voice
	2:06	10x8	Sit	Light	1/1	
	2:48	4x8	Sit	Moderate	1/1 - 1/2	
	3:04	2x8	Stand	Heavy	1/2	
	3:13	2x8	Sit		1/2	
	3:21	2x8	Stand	+	1/2	
	3:29	2x8	Sit		1/2	
3	3:38	4x8	Sit	Light	1/1	Create mystery - "and now we are going to delve deeper into the Cube."
	3:54	4x8	Sit		3/4	

CELEBRATE

The music hooks us in from the very beginning. Percussion and melody mix to create a smooth yet energetic beginning. Don't over coach, stick to the 80/20 Approach.

2 Chamber 1

1/1 = 75rpm

Almeria 3:56 mins

2

SET THE SCENE:

Chamber 1 - we add a gear each time we stand BUT the challenge is to start each climb with a Heavy gear.

PROFILE:

25 second climb, 25 second recovery - 4x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	4:13	4x8	Seated Recovery	Light	1/2	Use this time to "Set The Scene"
	4:39	½x8	Stand	Heavy	1/1	As we approach each climb consistently countdown - "3...2...1..."
	4:42	½x8	Sit		1/1	Layer 1 PRP through this first Block - "Heavy Resistance, Stand, Sit, add a gear, Stand, Sit, add a gear..." - Anything more than this is too much
	4:45	½x8	Stand	+	1/1	
	4:48	½x8	Sit		1/1	
	4:52	½x8	Stand	+	1/1	
	4:55	½x8	Sit		1/1	
	4:58	1x8	Stand	+	1/1	
2	5:05	8x8	REPEAT BLOCK 1			Describe Feeling - "are we feeling challenged or is it too easy?" and then basic Layer 1 Position cues during the effort - "chest up, abs braced, butt back, etc."
3	5:56	8x8	REPEAT BLOCK 1			Halfway - 2 climbs left Inspire your class by physically dominating this Block. Let them hear it in your voice
4	6:48	8x8	REPEAT BLOCK 1			Check In and genuinely Turn, See, and Acknowledge your riders. Lay down the challenge one more time
OUTRO	7:39	4½x8	Seated Recovery	Light	1/2	"Chamber number 1 done!"

CELEBRATE

Simple coaching through all three Chambers is important. Chamber 1 sets the tone for Chambers 2 and 3.

3 Fluro City

1/1 = 121rpm

Smoke & Retribution 5:50 mins

3

SET THE SCENE:

Legs are gunna get lit.

PROFILE:

30 second speed, 30 second climb - 2x
60 second speed, 30 second climb, 60 second speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	8:08	4x8	Sit	Light	3/4	"You wanna light up the legs?"
1	8:24	3x8	Sit	Moderate	1/1	Use rhythm cues to set the 'fast' pace. As we approach and ride the dip say - "Listen. Sloooooow. Fast!" - get Animated and lift your body during the 'slow' and then drop low into the 'fast'
	8:35	1x8	Sit		3/4	
	8:39	3x8	Sit		1/1	
	8:51	1x8	Sit		3/4	Plenty of warning here to use a strong climbing Resistance while we stay in the seat
	8:55	4x8	Seated Recovery		3/4 - 1/2	
	9:11	4x8	Sit	Heavy	1/2	
2	9:27	4x8	Stand	+	1/2	The climbs keep us in the workout but we don't go too big physically or vocally. We want to contrast the climbs to the fast downhill sections
	9:43	3x8	Sit	Moderate	1/1	Lots of vocal contrast as we roll over the top of the climb into the fast section. We get excited. Then we pull back into a more understated tone as sweep through the bends and introduce words like - "Lean. Move."
	9:55	1x8	Sit		3/4	
	9:59	3x8	Sit		1/1	
	10:11	1x8	Sit		3/4	No recovery. Straight into the climb so we remain urgent, "Slow. Add resistance. Seated climb."
	10:15	4x8	Sit	Heavy	1/2	
	10:30	4x8	Stand	+	1/2	"15 seconds to recovery!"

3 Fluro City continued

1/1 = 121rpm

Smoke & Retribution 5:50 mins

3

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
3	10:46	4x8	Seated Recovery	Moderate	1/2 - 3/4	Create some hype - "30 seconds was good right? What about we go for 60 seconds!"
	11:02	3x8	Sit		1/1	Riders should have assimilated to the terrain by now so consider saying less. Music & Visuals
	11:14	1x8	Sit		3/4	
	11:18	3x8	Sit		1/1	
	11:30	1x8	Sit	opt +	3/4	Inclusive Suggestion - "We can add a gear if we want to."
	11:34	3x8	Sit		1/1	
	11:46	1x8	Sit		3/4	
	11:50	3x8	Sit		1/1	
	12:02	1x8	Sit		3/4	Set Up the climb - 2cts "Slow" 2cts "Add Resistance" 4cts "Stay seated. Climb"
	12:06	4x8	Sit	Heavy	1/2	No recovery. Straight into the climb so we remain urgent
	12:21	4x8	Stand	+	1/2	"Are our legs working? Are our legs burning?"
4	12:37	4x8	Seated Recovery	Moderate	1/2 - 3/4	"Add a gear if you can."
	12:53	3x8	Sit		1/1	
	13:05	1x8	Sit		3/4	
	13:09	3x8	Sit		1/1	
	13:21	1x8	Sit	opt +	3/4	
	13:24	3x8	Sit		1/1	
	13:36	1x8	Sit		3/4	
	13:40	3x8	Sit		1/1	
	13:52	1x8	Sit		3/4	

CELEBRATE

Visual references are subtle as it's quite obvious to the naked eye. Plant the seed after class when you chatting to members - "The Fluro City has some real depth to it when you look between the buildings."

4 Cube Core

1/1 = 75rpm

Naked 5:36 mins

4

SET THE SCENE:

Let's get deeper into the Cube. Into the core

PROFILE:

40 second climb - 4x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	13:58	2x8	Seated Recovery	Light	1/2	Set The Scene
1	14:23	4x8	Sit		1/1 +	Use the seated phases prior to standing to hook riders into the rhythm and gather the Heavy Resistance they need when climbing - "Steeper. Harder. Heavier!" - we want to increase the intensity from the last track, but be mindful as Chamber 2 is next.
	14:36	2x8	Sit	Moderate - Heavy	1/1	
	14:49	2x8	Stand	Heavy	1/1	
	15:02	2x8	Sit		1/1	
	15:15	2x8	Stand	+	1/1	
2	15:28	12x8	REPEAT BLOCK 1			
3	16:44	12x8	REPEAT BLOCK 1			Seated phases during the climb should be the hardest, use Layer 2 cues to help riders improve execution - "Pull on the handlebars. Tight through the core. Drive the heels down" - Better execution will then allow riders to Adjust Intensity - "Grab another gear!"
4	18:01	12x8	REPEAT BLOCK 1			Vary the vocal delivery. Strong, lifted, and driving when we Stand. Low, and focused when we sit.
OUTRO	19:18	2x8	Seated Recovery	Light	1/2	"Yeah! Well done!" - Dictate the response you are looking for, a round of applause gets everyone going!

CELEBRATE

The subtle shift in colour palate and introduction of beat matched light rings are amazing...BUT...the Music! Crank it up and let the bass drop!

5 Chamber 2

1/1 = 75rpm

Almeria 3:36 mins

5

SET THE SCENE:

Chamber 2 - we use our heaviest gear in the seat BUT the challenge is to use a harder gear when we stand.

PROFILE:

25 second climb, 20 second recovery - 4x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	19:34	4x8	Seated Recovery	Light	1/2	Set the scene
1	20:01	3x8	Sit	Heavy	1/1	Use a similar approach to Chamber 1. Simple coaching of Resistance & Pace to ensure everyone is finding the right intensity. Make the suggestion - "Try adding Resistance until it's hard to push" - make sure you are demonstrating this at the same time
	20:20	1x8	Stand	+	1/1	
	20:26	3x8	Seated Recovery	Light	1/2	
2	20:46	7x8	REPEAT BLOCK 1			Consistently countdown - "3...2...1..."
3	21:30	7x8	REPEAT BLOCK 1			Describe the feeling, the sensations - "Burning. Heart is lifted. Lungs are full!"
4	22:15	7x8	REPEAT BLOCK 1			The hard work is done, but keep working hard!
OUTRO	23:00	1x8	Seated Recovery	Light	1/2	

CELEBRATE

It's the mid way point of the workout and fatigue will be setting in. Be enthusiastic. Let the beat drive the workout.

6 Caves

1/1 = 116rpm

Magnets 4:42 mins

6

SET THE SCENE:

Got our glow on now - reference to intensity from Chamber 2 and the glow worms in this cave

PROFILE:

50 second climb, 50 second speed, 50 second climb, 70 second speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	23:10	8x8	Sit	Light	3/4	"We're gunna take it back a notch, just a little" - it's not as intense as the last track
	23:43	2x8	Stand	Heavy	1/2	
	23:51	2x8	Sit		1/2	
	23:59	2x8	Stand	opt +	1/2	"Hey if you want it, I'm going to, add another gear"
	24:08	2x8	Sit		1/2	
	24:16	2x8	Stand	opt +	1/2	Shift your voice to create anticipation before the drop, then get super Animated through the cambered corners and sweeping bends. Use cues like - "Hips forward. Toes down slightly" - to help riders stay on the tempo
	24:24	2x8	Sit		1/2 - 3/4+	
	24:32	12x8	Sit	Moderate	1/1	
2	25:22	4x8	Seated Recovery	Light	3/4	"Shall we do that again? Yeah let's do that again"
	25:39	2x8	Sit	Heavy	1/2	NOTE: the climb begins in the seat this time so be sure to coach riders to stay seated
	25:47	2x8	Stand	opt +	1/2	
	25:55	2x8	Sit		1/2	Similar feel in this climb to the last one
	26:03	2x8	Stand	opt +	1/2	
	26:12	2x8	Sit		1/2	
	26:20	2x8	Stand	opt+	1/2 - 3/4+	Repeat the formula from the last Block. Everyone knows what to expect now. The speed phase is a little longer than the last one but there is no real need to highlight this as its not super intense
	26:28	16x8	Sit	Moderate	1/1	
	27:34	4x8	Sit		1/1 - 1/2	Celebrate the thrill of the ride and then - "We are about to lock into our racing pod."

CELEBRATE

Everything builds to the massive cambered corners and the sweeping fast bends so be sure to keep the climbs relatively chilled so you can amp up the contrast on the other side

7 Race Track

1/1 = 85rpm

Redemption 7:21 mins

7

SET THE SCENE:

Off road - we love to race!

PROFILE:

60 second recovery, 40 second power
20 second recovery, 60 second power
2x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	27:51	6x8	Seated Recovery	Light	1/4	Long lead in before we hit the start line so script carefully and don't rush - build the anticipation "We want a powerful gear so add Resistance and find the tempo" "When we sit we back off a little, we speed up a lot - Sit. Back off. Speed up."
	28:27	4x8	Sit		1/2 - 1/1	
	28:50	4x8	Stand	Heavy	1/1	
	29:12	4x8	Sit	Moderate	1/1+	
	29:35	2x8	Sit		1/2	
2	29:46	2x8	Seated Recovery	Light	1/2	This is a short recovery, 20 seconds, so provide enough warning we are pushing out to 60 seconds Be super Athletic & Animated throughout this Block - Athletic during the transitions i.e. changes in PRP - Animated as we lift, drop, avoid, overtake etc.
	29:57	4x8	Sit		1/2 - 1/1	
	30:20	4x8	Stand	Heavy	1/1	
	30:43	4x8	Sit	Moderate	1/1+	
	31:05	4x8	Stand	Heavy	1/1 opt 1/1+	
3	31:28	20x8	REPEAT BLOCK 1			Back to a shorter 40 second effort - "did we win or lose?"
4	33:26	18x8	REPEAT BLOCK 2			This one is a real fight to the finish! - Target the competitor who passes us on our left hand side at 34:15 as they will provide something to chase!

CELEBRATE

A highly interactive track with plenty of opportunities to get Athletic & Animated. Study this track in detail so you can highlight moments when competitors may overtake or we blast past

8 Chamber 3

1/1 = 75rpm

Almeria 4:23 mins

8

SET THE SCENE:

Chamber 3 - we use the hardest gear we can BUT the challenge is to stay ahead of the beat

PROFILE:

25 second climb, 15 second recovery - 6x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	35:13	6x8	Seated Recovery	Light	1/2	Set The Scene
1	35:52	2x8	Seated Recovery/Sit		1/2	Consistently countdown - "3...2...1..."
	36:05	½x8	Stand	Heavy	1/1+	Use a similar approach to Chamber 1 & 2. Simple coaching of Resistance & Pace to ensure everyone is finding the right intensity. Remember the challenge is to stay ahead of the beat, get ahead of the beat, accelerate!
	36:08	½x8	Sit		1/1+	
	36:11	½x8	Stand		1/1+	
	36:14	½x8	Sit		1/1+	
	36:18	½x8	Stand		1/1+	
	36:21	½x8	Sit		1/1+	
	36:24	½x8	Stand		1/1+	
	36:24	½x8	Sit		1/1+	
2	36:31	6x8	REPEAT BLOCK 1			Throughout the track use the Recovery phases to communicate any key coaching information, but be aware recoveries are down to 15 seconds now
3	37:09	6x8	REPEAT BLOCK 1			The intensity of this challenge starts to sink in. Get vocal so your riders know it's a challenge for you too
4	37:47	6x8	REPEAT BLOCK 1			
5	38:26	2x8	Seated Recovery/Sit	Light	1/2	Time to drop the bomb, especially those riding The Cube for the first time - "Two more!"
	38:39	½x8	Stand	Heavy	1/1+	Not much more to be said, these final two efforts will really test everybody in the class. Make sure you save some vocal intensity for these ones
	38:42	½x8	Sit		1/1+	
	38:45	½x8	Stand		1/1+	
	38:48	½x8	Sit		1/1+	
	38:51	½x8	Stand		1/1+	
	38:55	½x8	Sit		1/1+	
	38:58	1x8	Stand		1/1+	
6	39:04	6x8	REPEAT BLOCK 5			Give it absolutely everything!

CELEBRATE

This is a really hard track. Everyone knows the deal by now so let the 80/20 Approach take over. Once you have Set The Scene its just intensity, drive, and motivation

9 Cube City Outro

1/1 = 126rpm

Rafael 2:27 mins

9

SET THE SCENE:

We made it out the other side of the Cube

PROFILE:

45 second flush - 2x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	39:46	8x8	Seated Recovery	Light	1/2	Take some time, some space for Recovery, then recognise the effort - "Oh yeah!" - Applaud!
1	40:16	8x8	Sit	Moderate	3/4	
	40:47	8x8	Seated Recovery	Light	1/2	
2	41:18	12x8	Sit	Moderate	3/4	Stay in Standing Recovery until THE TRIP logo appears, then dismount Approach & Applaud
	42:04	2x8	Standing Recovery		3/4 - 1/4	

CELEBRATE

Keep it chill and reflect - we started on the surface of the Cube, went through the Core, encountered some challenges on the way

LES MILLS



facebook.com/lesmills



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



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