



LES MILLS
THE TRIP
9

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 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

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	SONG TITLE	ARTIST	
1	Boss © 2017 Les Mills Music Licensing Ltd. Written by: G. Lawrence, H. Lawrence	Slick Weather	4:43
2	I'll Take You © 2015 Jarrad Rogers under exclusive license to Big Beat Records, Inc. for the United States and WEA International Inc. for the world outside the United States. Written by: Rogers, Hall	MSTR ROGERS	3:13
	I'll Take You © 2015 Jarrad Rogers under exclusive license to Big Beat Records, Inc. for the United States and WEA International Inc. for the world outside the United States. Written by: Rogers, Hall	MSTR ROGERS	1:32
3	Stadium Race Ground © 2017 Les Mills Music Licensing Ltd. Written by: Josefsson, Hedfors, Ingresso	Lead Jumper	4:17
4	Jusfayu © 2016 Invisible Firm. Written by: Kheir, Nigri, Pascoe, Agyeman	Kamau feat. No Wyld	3:28
5	Small Talk © 2016 Hear This Records. Written by: Unknown	Jarreau Vandal	4:37
6	Maybe © 2017 Les Mills Music Licensing Ltd. Written by: Carmody, Armata	Wonderful Worlds	5:37
7	Don't Owe You A Thing © 2011 Warner Bros. Records Inc. Written by: Clark	Gary Clark	3:32
8	Faded © 2016 The Hard Headed. Written by: Saamena	Ganz	3:04
9	Take Me (Not Your Dope Remix) © 2016 All Trap Music. Written by: Kick, Shield, Wright, Henshaw	JiKay & MNKN feat. Gaby Henshaw	2:55
10	Faded © 2016 The Hard Headed. Written by: Saamena	Ganz	3:15
11	Yellow © 2017 Les Mills Music Licensing Ltd. Written by: Richard	The Trying Times	2:22
12	Love Is Real © 2014 Boogie Angst. Written by: Lubbersen	Moods	1:30

MESSAGE FROM LES:

Hey Team,

TRIP 9 has us moving in a totally different direction as we TOUR, TRAIN, and COMPETE in an athletic, high performance experience.

When we TOUR we feel the ride, it's a bit more laid back, more animated. When we TRAIN we prepare physically for the upcoming challenge, and we get more athletic. When we COMPETE it's all about high performance and we go to our physical limit.

Track 1:

Our first TOUR track. The landscape is clean and refined. The architecture is futuristic and deliberately symmetrical. I love this track, it's like something we expect to see in a design magazine...in the future.

Track 2:

We transition to our first TRAIN track. We physically get into an intense training zone, ready to take on our upcoming challenge. From a design perspective, we are in the same landscape as Track 1 but the architecture is evolving and becoming asymmetrical. Some sneaky beat driven elements in this track!

Track 3:

We COMPETE. It's a figure 8 racetrack which stacks each lap on top of another. Diagnostics tell us when to advance our training and push harder to edge out the competition. I love the competitors in this track, the detail is beautiful and as how we interact with them as we race drives us to work harder! Make sure you build intensity through each lap to keep everyone working hard!

Track 4:

We back off a bit in this TOUR track. The new landscape is in the same world, but with new shapes and colours. Great feel. Great song.

Track 5:

Back on the hustle in our second TRAIN track. It's similar to Track 4 but with an evolved landscape. I love the tunnels, they are a real highlight.

Track 6:

Our second COMPETE track. It's all about intense power climbs at a fast BPM to smash your heart rate! As we travel higher we move through several stadiums housing thousands of spectators. This one is a massive mental and physical challenge.

Track 7:

We TOUR and TRAIN as we enjoy the scenery and get ready for our last, massive challenge. The rolling jumps lift intensity and prepare us for the quick transitions of Track 8. The lights are beautiful, almost soft, to create a moment of euphoria amidst the madness!

Track 8:

I think this is my favourite track to date! Our final COMPETE track. We enter our vast stadium and see the long tangled road we are about to conquer. It requires a 'big stage' mentality, and we have to rise to the occasion to succeed. Keep motivation incredibly high and celebrate success as they complete each block, saving something for the final effort.

Track 9:

We made it! Time to celebrate with fireworks as we exit our stadium and revisit landscapes to take us back to the start of this awesome journey.

We love this one, and we hope you do to! In the next instalment expect something radically different as we...well you will just have to wait and see!

Cheers
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

Presenter – Kiran Huston

Program Planner – Tenille Graham

1 Tour

1/1 = 125rpm

Boss 4:43 mins

1

SET THE SCENE:

Three phases to our ride today. We tour. We train. We compete.

PROFILE:

60 second speed, 45 second climb
20 second speed, 45 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 60 speed 45 climb	0:00	5x8	Sit Recover	L	1/2	Connect with your riders & create energy physically & vocally - clap the hands, give a shout out! Focus is Position - "Soften upper body. Relax shoulders. Our belly is nice & tight." Focus is Resistance - "We need enough Resistance to stand on. Needs to feel strong & heavy" "Extra tight through the belly. Sit. Hips back. 15 seconds"
	0:19	4x8	Sit	M	3/4	
	0:34	16x8	Sit		1/1	
	1:35	4x8	Sit		3/4	
	1:50	8x8	Sit	+	1/2	
	2:21	8x8	Stand	H	1/2	
	2:51	4x8	Sit		1/2	
2 20 speed 45 climb	3:06	4x8	Sit Recover	L	1/2	Focus is Pace - use rhythm cues and ensure riders keep their hips still Some great opportunities to Turn See Acknowledge. Keep it real & relaxed. Natural Energy. Authentic Self.
	3:22	1x8	Sit	M	3/4	
	3:26	5x8	Sit		1/1	
	3:45	2x8	Sit	+	3/4	
	3:52	8x8	Stand	H	1/2	
	4:23	4x8	Sit		1/2	
	4:38	1x8	Seated Recover	L	1/2	

TRACK TIP

Plenty of time to coach riders through each PRP transition - you wont be rushed as long as you prepare and keep in mind the focus for each transition. Check the Coaching Tips for more detail. Vocal delivery & tone is smooth & relaxed with pops of energy for contrast. This sets the benchmark for the rest of the class so be engaging and mindful that intensity only goes up from here.

2 Train

1/1 = 104rpm

I'll Take You 4:45 mins

2

SET THE SCENE:

Tour done. Let's train. We hit some big climbs and train speed on the downhill.

PROFILE:

60 second climb, 30 second speed
30 second climb, 20 second speed - x2

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 60 climb 30 speed	4:43	4x8	Sit Recover	L	1/2	"We need to make sure we have a strong gear before we climb" "Chest lifts. Belly tightens. Sit" "We need to feel the shift from Tour to Train" "Remember we're training speed so when we sit we need to go as fast as we can" The 3 transitions in this track from 1/2 to 3/4 to 1/1 are all delivered with the same rhythm to help create the intuitive feel e.g. "Sit (2,3,4) Accelerate (2,3,4) Moderate Resistance (2,3,4) and..." 3x Surges of speed - fast downhill & slow uphill "Hold Resistance. Medium Pace"
	5:01	4x8	Sit	M	1/2	
	5:20	2x8	Stand	H	1/2	
	5:28	2x8	Sit		1/2	
	5:37	2x8	Stand	+	1/2	
	5:47	2x8	Sit		1/2	
	5:56	2x8	Stand	+	1/2	
	6:05	2x8	Sit	M	3/4	
	6:14	6x8	Sit		1/1+	
2 30 climb 20 speed	6:41	4x8	Sit		3/4	
	7:00	2x8	Stand	H	1/2	"See how we have to pull on the handlebars" "Feel all that good tension building through the muscles" Surges of speed - fast downhill & slow uphill. Get Animated. "Last chance to train speed before we Compete"
	7:09	2x8	Sit		1/2	
	7:18	2x8	Stand	+	1/2	
	7:27	2x8	Sit	M	3/4	
	7:36	4x8	Sit		1/1+	
	7:55	4½x8	Sit		3/4	

3 30 climb 30 speed	8:15	2x8	Stand	H	1/2	"Tension builds. Energy surging through the legs" "Lets kick it. Go" Surges of speed - fast downhill & slow uphill
	8:24	2x8	Sit		1/2	
	8:33	2x8	Stand	+	1/2	
	8:42	2x8	Sit	M	3/4	
	8:52	4x8	Sit		1/1+	
	9:10	4x8	Sit	L	3/4	

TRACK TIP

Language and tone of delivery shifts - we are training! Coach the climbs simply so more emphasis can be placed on the downhill speed phases - we do this as speed is the main focus of the 1st Compete track. By the time we are mid way through the 2nd block, changes to PRP are becoming more intuitive so you can start to abbreviate cues and say less.

3 Compete - Stadium 1

1/1 = 126rpm

Stadium Race Ground 4:17 mins

3

SET THE SCENE:

Training done. Let's compete! We got 4 high performance laps. Every time we see a circle we add a short burst of 1/1+ speed, and every time a triangle we add a bit more gear.

PROFILE:

40 second speed, 20 second recovery - x4

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 40 speed 20 recovery	9:29	6x8	Sit Recover	L	1/2	Set The Scene - be clear & confident "Slide the hips forward, dip the toes" - lots of rhythm cues to dictate the Pace
	9:52	2x8	Sit	M	3/4	
	10:00	10½x8	Sit		1/1	
2 40 speed 20 recovery	10:40	4x8	Sit Recover	L	1/2	"We got 20 seconds to Rest" "Kick it. How quick can we move our feet. Stay on it"
	10:54	1x8	Sit	M	3/4	
	10:59	10½x8	Sit		1/1	
3 40 speed 20 recovery	11:40	4x8	Sit Recover	L	1/2	"Lets be honest. Its getting harder" Vocally becoming more demanding & urgent as we head into the final 2 laps "Right behind it, can we overtake?"
	11:55	1x8	Sit	M	3/4	
	11:59	10½x8	Sit		1/1	
4 40 speed 20 recovery	12:39	4x8	Sit Recover	L	1/2	"This is our high performance opportunity. If you're holding something back...don't" "This is what we trained for. Work a little bit harder. Stay in the lead"
	12:54	1x8	Sit	M	3/4	
	12:59	11x8	Sit		1/1	
	13:41	1½x8	Sit	L	1/2	

TRACK TIP

Language and tone of delivery shifts again - we compete! Lap 1 orientates riders and quickly sets the expectation with burts of speed or more gear. From here Laps 2, 3, & 4 get progressively demanding.

4 Tour

1/1 = 120rpm

Jusfayu 3:28 mins

4

SET THE SCENE:

So we are back to the tour. Let's use this opportunity to refresh and reenergise.

PROFILE:

15 second speed, 15 second climb
30 second speed, 30 second climb, 45 second speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 15 speed 15 climb	13:46	4x8	Sit Recover	L	1/2	Don't rush - take time to recognise the effort in the Compete track. Turn See Acknowledge. "Up onto the beat. Try rolling around the bend" Stay vocally relaxed and stretch out your cues. Just take your time. "Easy shift side to side"
	14:02	6x8	Sit		3/4	
	14:26	4x8	Sit	M	1/1	
	14:42	2x8	Sit	+	1/2	
	14:50	3x8	Sit	H	1/2	
2 30 speed 30 climb	15:06	8x8	Sit	M	1/1	"30 seconds" - lots of silence allowing riders to refresh "Its about 30 seconds to the top"
	15:38	2x8	Sit	+	1/2	
	15:46	7x8	Stand	H	1/2	
3 45 speed	16:18	8x8	Stand	M	1/1	"45 seconds left. Keep a relaxed upper body"
	17:06	2x8	Sit		1/2	

TRACK TIP

Intensity and energy pull back however we maintain a good vibe by hooking into the music - plenty of silence as we utilise the power of the 80/20 Approach. What we do say has a good feel to it, and we physically remain engaged as we stay Athletic & Animated.

5 Train

1/1 = 123rpm

Small Talk 4:37 mins

5

SET THE SCENE:

Tour done. Time to train. Climbs are bigger and we move faster. Let's focus on training Resistance.

PROFILE:

60 seconds climb, 30 seconds speed
60 seconds climb, recover, 30 seconds speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 60 climb 30 speed	17:14	4x8	Sit Recover	L	1/4	Turn See Acknowledge
	17:30	4x8	Sit	M	1/2	Spend this time shifting from Light, to Moderate, to Heavy Resistance - use at least 2x8
	17:45	1x8	Stand	H	1/2	"Feel the muscles grip tight"
	17:49	1x8	Sit		1/2	"Let's work the Resistance. Add. Stand"
	17:53	1x8	Stand	+	1/2	
	17:57	1x8	Sit		1/2	
	18:01	1x8	Stand	+	1/2	
	18:05	1x8	Sit		1/2	"Nudge the gear"
	18:09	1x8	Stand	+	1/2	
	18:13	1x8	Sit		1/2	
	18:17	2x8	Stand	+	1/2	"Big shift from side to side. Feel the muscle tension"
	18:25	2x8	Sit		1/2	"Starting to feel the training now"
	18:32	2x8	Stand	M	1/2	
	18:40	2x8	Sit		3/4	"Sit. Back off to Moderate Resistance...and..." - ensure you cue the Position before the Resistance
	18:48	8x8	Sit		1/1	

5 Train continued

1/1 = 123rpm

Small Talk 4:37 mins

5

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
2 60 climb	19:19	2x8	Sit Recover		3/4	
	19:27	2x8	Sit		1/2	"Let's find that strong Resistance"
	19:35	1x8	Stand	Heavy +	1/2	
	19:39	1x8	Sit		1/2	"Remember we're training Resistance so don't be afraid to go there. Add. Stand"
	19:42	1x8	Stand	+	1/2	
	19:46	1x8	Sit		1/2	
	19:50	1x8	Stand	+	1/2	
	19:54	1x8	Sit		1/2	"Does it feel strong underfoot"
	19:58	1x8	Stand	+	1/2	
	20:02	1x8	Sit		1/2	
	20:06	2x8	Stand	+	1/2	"Feel that tightness. Feel the muscles responding to the gear we got on"
	20:14	2x8	Sit		1/2	
	20:21	2x8	Stand		1/2	
	20:29	2x8	Sit		1/2	
3 30 speed	20:37	4x8	Sit Recover	L	1/4	"When we push the gears the muscles should instantly react"
	20:53	4x8	Sit	M	3/4	
	21:08	4x8	Sit		1/1	Encourage riders to go faster than the beat
	21:40	3x8	Sit Recover	L	1/2	

TRACK TIP

Similar to the previous Train track, we shift language and tone of delivery. This time coach the speed phases simply but with energy and put more emphasis on the climbs - we Describe The Feeling of the Resistance and urge our riders to add gears each time we stand up in the 1x8 Stand Sit sections. We do this because Resistance is the main focus of our 2nd Compete track.

6 Compete - Stadium 2

1/1 = 80rpm

Maybe 5:37 mins

6

SET THE SCENE:

Training done. Let's compete. The climbs are powerful.

PROFILE:

25 second climb, 10 second recovery, 50 second climb - 3x

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 25 seated 50 standing	21:51	4x8	Sit Recover	L	1/2	
	22:03	4x8	Sit	H	1/1	"Heavy Resistance. 25 seconds in the seat. Add Resistance. Feel the muscles pull into the gear"
	22:15	4x8	Sit		1/1	"Tummies locked on super tight"
	22:39	2x8	Stand Recovery		1/4	"Recover. Add Resistance. Stand. We have 50 seconds standing"
	22:51	8x8	Stand	+	1/1	"Feel the high performance training" - drop a "halfway" cue in there to keep everyone on task
2 25 seated 50 standing	23:39	4x8	Sit Recover	L	1/2	"We need to find that power gear"
	24:03	4x8	Sit	H	1/1	"Keep pushing the hips back. Drive the pedals from behind"
	24:27	2x8	Stand Recover		1/4	"Doesn't matter how much it is just add something"
	24:39	8x8	Stand	+	1/1	"Hips are forward to load the front of the legs. Drive the pedals from above. We got this!"
3 25 seated 50 standing	25:27	4x8	Sit Recover	L	1/2	"My heart is jumping out of my chest - what about you guys?" Turn See Acknowledge
	25:51	4x8	Sit	H	1/1	
	26:15	2x8	Stand Recover		1/4	"C'mon a little power boost. Add Resistance"
	26:27	8x8	Stand	+	1/1	"Feel that good tension, that power tension"
	27:15	2x8	Sit Recover	L	1/2	"Compete done"

TRACK TIP

Physically intense and mentally challenging - we would suggest riding this a few times before you attempt teaching it. Clearly coach the duration and Position i.e. 25 Seated or 50 Standing, to allow riders to prepare. Be Athletic more so than Animated to emphasise the intensity.

7 Tour & Train

1/1 = 110rpm

Don't Owe You A Thang 3:32 mins

7

SET THE SCENE:

This time we tour and we train. When we tour we relax, and when we train we jump out of the seat as quick as we can.

PROFILE:

10, 50, 10 and 30 second rolling jumps.

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1 10 second rolling jump	27:28	6x8	Sit Recover	L	1/2	"When we jump out of the seat make sure it catches, grabs, and grips the muscle"
	27:53	3x8	Sit		1/1	
	28:06	1x8	Sit	M +	1/1	
	28:11	1x8	Stand		1/1	
	28:15	1x8	Sit		1/1	
2 50 second rolling jumps	28:20	3x8	Sit	L	1/1-3/4+	"Upper body relaxed"
	28:33	1x8	Sit	Moderate +	1/1	"We got to get out of the seat as quick as possible"
	28:37	1x8	Stand		1/1	4x Rolling Jumps: Stand 4cts & Sit 12cts
	28:42	1x8	Sit		1/1	
	28:46	8x8	Stand & Sit		1/1	
3 10 second rolling jump	29:22	4x8	Sit Recover	L	1/2	Big vocal shift here pull back so its almost lazy
	29:39	3x8	Sit		1/1	"Should feel relaxed as we tour - but get ready to train"
	29:53	1x8	Sit	M +	1/1	
	29:57	1x8	Stand		1/1	
	30:01	1x8	Sit		1/1	
4 30 second rolling jumps	30:06	3x8	Sit	L	1/1-3/4+	"Remember when we grab the gear its got to grip the muscle tight"
	30:19	1x8	Sit	M +	1/1	
	30:24	6x8	Stand & Sit		1/1	
	30:51	1x8	Sit Recover	L	1/2	

TRACK TIP

Subtle shifts in terrain so don't rely solely on the visuals for reference - know your music! The Pace rarely changes so this provides the luxury of saying less but also place more emphasis on the Muscle Sensation shifts and the quick explosive jumps from Sit to Stand.

8 Compete – Stadium 3

1/1 = 155rpm

Faded 3:04 mins

8

SET THE SCENE:

Tour train done! Have we got one more compete in us?

PROFILE:

50 second speed, 25 second climb, recovery, 50 second climb
25 second climb, 25 second speed - x2
50 second speed, 25 second climb, recovery, 50 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PAGE	COACHING & TIPS
1 50 speed 30 climb	31:01	8x8	Sit	L	1/2	"We got 1 minute of speed" Surges of speed - faster downhill & slower uphill - Athletic & Animated Ensure you precue this Position & Resistance shift early on the final downhill speed surge
	31:25	4x8	Sit	M	1/2 - 3/4	
	31:37	16x8	Sit		3/4 - 1/1	
	32:26	8x8	Stand	H	1/2	
2 50 climb	32:51	4x8	Sit Recover	L	1/4	"We climb. Its going to be strong. 50 seconds to the top" "Strong push of the pedal from behind" Direct and forceful with your voice - yet not aggressive "One more gear"
	33:03	4x8	Sit		1/4 - 1/2	
	33:15	2x8	Stand	H	1/2	
	33:21	2x8	Sit		1/2	
	33:27	2x8	Stand	+	1/2	
	33:33	2x8	Sit		1/2	
	33:40	2x8	Stand	+	1/2	
	33:46	2x8	Sit		1/2	
	33:52	2x8	Stand	+	1/2	
	33:58	2x8	Sit		1/2	
3 25 climb 25 speed	34:04	4x8	Seated Recovery	L	1/4	"Heavy Resistance we climb to the top, then we back off a little and speed up a lot" "Nudge the gear. Find that strong tension, the tension that lifts the heart rate" "When we sit we back off a little we speed up a lot"
	34:32	4x8	Sit	M	1/2	
	34:44	8x8	Stand	H	1/2	
	35:09	8x8	Sit	M	3/4 - 1/1	
4 25 climb 25 speed	35:33	4x8	Seated Recovery	L	1/4	"Halfway. We go again" "Big shift of bodyweight side to side. Grip the handlebars, c'mon pull on them"
	35:58	4x8	Sit	M	1/2	
	36:10	8x8	Stand	H	1/2	
	36:35	8x8	Sit	M	3/4 - 1/1	

8 Compete – Stadium 3 continued

1/1 = 155rpm

Faded 3:04 mins

8

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
5 50 speed 30 climb	36:59	4x8	Seated Recovery	L	1/4	Reset the expectation and let everyone know there are "two more"
	37:24	4x8	Sit	M	1/2 - 3/4	"Find the moderate tension"
	37:36	16x8	Sit		3/4 - 1/1	Surges of speed - faster downhill & slower uphill - Athletic & Animated
	38:25	8x8	Stand	H	1/2	"Hustle good Resistance. Add gears. 30 seconds to the top"
6 50 climb	38:49	4x8	Seated Recovery	L	1/4	Hype up the final climb then simple Position & Resistance cues only - let the music really pop
	39:02	4x8	Sit		1/2	"One more. Are we in?"
	39:14	2x8	Stand	H	1/2	
	39:20	2x8	Sit		1/2	
	39:26	2x8	Stand	+	1/2	
	39:32	2x8	Sit		1/2	"Gear. Stand"
	39:38	2x8	Stand	+	1/2	
	39:44	2x8	Sit		1/2	"We got one more gear change"
	39:50	2x8	Stand	+	1/2	
	39:57	2x8	Sit		1/2	
	40:03	4x8	Seated Recovery	L	1/4	

TRACK TIP

Time slips by - it's a 10 minute track but feels like 5 - its that good. The sequence is simple as the blocks are repeated so rather than thinking block numbers think A B - C C - A B. Riders are really fatigued now so its imperative to clearly set the expectation of each block, then you are free to drive intensity with your Athletic & Animated delivery.

9 Finish

1/1 = 120rpm

Take Me 2:55 mins

9

SET THE SCENE:

What a workout. Let's free everything up.

PROFILE:

2min flush

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	40:15	4x8	Sit Recover	L	1/2	
	40:31	8x8	Sit	+	3/4	"Soften the upper body. Hips are back in the seat"
	41:19	4x8	Sit	M	1/1	"Roll up onto the beat. Legs feel light, they feel free"
2	41:35	3½x8	Sit		3/4	
	41:49	8x8	Sit		1/1	
	42:21	4x8	Sit Recover	L	1/1 - STOP	Taper the speed so you match the visuals and come to a full stop

TRACK TIP

Relaxed but not lazy. Reflective but not over the top. Increase the chatter and keep the vibe loose as we cruise toward the end. Remember to get off your bike with energy and keep the hype rolling as you move around the room and congratulate everyone.



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