

THE TRIP 10

CONTENTS

- 01. Bridge 1
- 02. Riverside
- 03. Tunnel
- 04. Skyscrapers
- 05. Skyscraping
- 06. Highway
- 07. Tunnel 2
- 08. Bridge 2

Les Mills' instructor resources 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, uploading or sharing files on 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 and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

01. BRIDGE 1

MUSIC Bridging The Gap 3:55 mins

SET THE SCENE

Let's get off this bridge and explore the city

PROFILE

60 second speed, 25 second climb

40 second speed, 25 second climb

30 second speed, 25 second climb

1/1 = 93rpm

TRACK TIP

Create a cool energized vibe without being overly cool or energized...simple! Have a clear focus for each Block so you don't fill the music with too much Coaching. Be fresh and flexible with your voice to engage your riders, and be aware Track 2 needs to pop with intensity so save your urgent voice for that track.

BLOCK 1

60 speed, 25 climb

0:00 **5x8 Seated Recovery L 1/4**

Keep it simple and create a warm, welcome, and energized atmosphere

0.33 **2x8 Sit 3/4**

"From medium Pace let's roll up onto the beat"

0.45 **4x8 Sit 1/1**

"Take it smooth and easy as we get warm, drop the shoulders, relax the elbows"

1.04 **4x8 Sit M 1/1**

1.25 **2x8 Sit + 1/2**

"Let's find climbing tension"

1.35 **2x8 Stand H 1/2**

1.45 **1x8 Sit M 3/4**

"Sit. Back off a little. Speed up. Back on the beat"

BLOCK 2

40 speed, 25 climb

1.50 **8x8 Sit 1/1**

PRP Layer 1 basics are done in Block 1, so now focus on Layer 2 Describe The Feeling and Suggestion - "bit more heat in the muscle and try leaning through the corners"

2.32 **2x8 Sit + 1/2**

"Let's keep tweaking the gears until we feel the muscles engage"

2.42 **2x8 Stand H 1/2**

2.52 **1x8 Sit M 3/4**

"Sit. Back of a bit. Speed up. Back on it"

BLOCK 3

30 speed, 25 climb

2.57 **6x8 Sit 1/1**

80/20 Approach - stay silent

3.28 **2x8 Sit + 1/2**

3.38 **2x8 Stand H 1/2**

3.49 **1x8 Sit 3/4**

02. RIVERSIDE

MUSIC Come Down 2:22 mins

SET THE SCENE

We got a series of rolling jumps. We need a gear that grips and grabs the muscles and shocks the lungs.

PROFILE

40 second rolling climb

60 second rolling climb

1/1 = 98rpm

TRACK TIP

Intensity should pop! A physically demanding track when the right Resistance is taken, so cue this early. Then, focus on the rhythm and timing of the Stand & Sit sections. Simple timing cues are the most effective way of doing this e.g. "Stand 4, 3, 2, 1, Sit"

BLOCK 1

40 climb

3.55 **4x8 Sit** **M-H** **3/4**

Set up the expectation of Resistance to get the best result

4.15 **3x8 Stand & Sit** **opt +** **1/1**

3x Stand 2cts - Sit 6cts

4.29 **3x8 Stand & Sit** **opt +** **1/1**

3x Stand 3cts - Sit 5cts

4.44 **2x8 Stand & Sit** **opt +** **1/1**

2x Stand 4cts - Sit 4cts

BLOCK 2

60 climb

4.54 **4x8 Sit** **M-H** **3/4**

"We stand for 4, 6, and 8"

5.13 **3x8 Stand & Sit** **opt +** **1/1**

3x Stand 2cts - Sit 6cts

5.28 **3x8 Stand & Sit** **opt +** **1/1**

3x Stand 3cts - Sit 5cts

5.43 **6x8 Stand & Sit** **opt +** **1/1**

6x Stand 4cts - Sit 4cts

03. TUNNEL 1

MUSIC *Invictus* 5:54 mins

SET THE SCENE

We have to work pretty hard to get through this tunnel

PROFILE

60 second speed, 30 second climb - 2x

60 second climb

1/1 = 126rpm

TRACK TIP

The speed surges keep riders engaged and the added challenge of more gear each time we drop takes intensity to another level for those who want it. Use an urgent voice throughout the track but on the downhill phases use a lower, ominous, whispering voice. Then make a big shift at the bottom of hill when the Resistance gets Heavy. Be big, strong, and demanding

BLOCK 1

60 speed, 30 climb

6.14 **8x8 Seated Recovery L 1/2**

"Each time we drop we have an option to nudge the gear"

6.45 **16x8 Sit M & opt + 1/1 - 3/4**

4x - 3x8 downhill 1/1 & 1x8 uphill 3/4

7.46 **8x8 Stand H 1/2**

"At the bottom we really have to hustle the gears. Big Heavy gear changes"

BLOCK 2

60 speed, 30 climb

8.16 **8x8 Seated Recovery L 1/2**

"If we need more control add a small gear each time we drop"

8.46 **16x8 Sit M & opt + 1/1**

4x - 3x8 downhill 1/1 & 1x8 uphill 3/4

9.46 **8x8 Stand H 1/2**

Coach the change of Resistance early so everybody Stands with confidence

BLOCK 3

60 climb

10.17 **8x8 Seated Recovery L 1/2**

"One last punch to get to the other side"

10.47 **4x8 Stand H 1/2**

"Is our chest lifted, is our belly on"

11.02 **4x8 Sit 1/2**

"Sit. Butt back. Drive the pedal from behind"

11.17 **4x8 Stand opt + 1/2**

11.32 **4x8 Sit 1/2**

11.47 **5x8 Seated Recovery L 3/4**

"Back it off. Free up the legs. Roll it out"

04. SKYSCRAPERS

MUSIC Get It On 4:31 mins

SET THE SCENE

The city is ours to explore

PROFILE

20 second climb, 20 second speed - 2x

20 second climb, 20 second speed, 15 second climb (seated) - 2x

1/1 = 114rpm

TRACK TIP

Let your riders take in the view and feel the sensation of hovering. Vocally pull back from the intensity of the previous track and find a smooth groove. As the track progresses build the energy, intensity, and vocal drive. Ensure the extra 15 second "strength kicks" in Blocks 3 and 4 are profiled and coached clearly and with urgency.

BLOCK 1

20 climb, 20 speed

12.09 **4x8 Sit** **L** **3/4**

Vocally pull back as the intensity backs off - "Just chill for a bit. Just float. Bring the heart rate down. Just hover"

12.27 **3x8 Seated Recovery** **1/4**

"We're going to climb for 20 seconds, then go fast for 20 seconds"

12.40 **2x8 Sit** **+** **1/2**

12.48 **4x8 Stand** **H** **1/2**

13.05 **4x8 Sit** **M** **1/1**

"Sit. Reduce. On the beat"

BLOCK 2

20 climb, 20 speed

13.22 **3x8 Seated Recovery** **3/4**

"This time, we're going to tweak the gear. If we tweak the gear we tweak the intensity"

13.34 **2x8 Sit** **+** **1/2**

13.42 **4x8 Stand** **H** **1/2**

13.59 **4x8 Sit** **M** **1/1**

"Little tilt to the left" - keep the suggestions subtle

BLOCK 3

20 climb, 20 speed, 15 climb (seated)

14.16 **2x8 Seated Recovery** **1/1**

"This time 20 up, 20 down, with a little strength kick on the end"

14.24 **2x8 Sit** **+** **1/2**

14.33 **4x8 Stand** **H** **1/2**

14.50 **4x8 Sit** **M** **1/1**

15.07 **4x8 Sit** **H** **1/2**

Cue this gear change early - "Stay seated. Heavy heavy gear change"

BLOCK 4

20 climb, 20 speed, 15 climb (seated)

15.24 **2x8 Seated Recovery** **L** **1/4**

"Just under a minute before we recover again so let's make this one big"

15.32 **2x8 Sit** **+** **1/2**

15.41 **4x8 Stand** **H** **1/2**

"We should be pulling on the handlebars to help drive the pedal down"

15.57 **4x8 Sit** **M** **1/1**

16.14 **4x8 Sit** **H** **1/2**

05. SKYSCRAPING

MUSIC Hurry 2.0/Empower 10:32 mins

SET THE SCENE

Let's travel deeper into the city. We have chances to drive up and drop down.

PROFILE

25 second climb, 50 second climb
25 second climb, 25 second speed, x 2
REPEAT PROFILE 2x

1/1 = 150rpm

TRACK TIP

Focus on simple profiles of each Block and drive intensity when not in Recovery - your riders will trust you more when you give them clear instruction. To catch 1/1 @ 150rpm is a real challenge so encourage everyone to chase it. The intention is to catch the beat but it may only happen for a few seconds. By being Athletic & Animated during the speed sections your riders will be inspired to chase, tilt, and roll which enhances the experience massively!

BLOCK 1

25 climb

16.35 **8x8 Seated Recovery** L 1/4

Plenty of opportunity to let the music sink in and then Set The Scene.

16.59 **8x8 Sit** M 1/2

Use this time to set the expectation of the climb then be silent once you Stand.

17.24 **8x8 Stand** H 1/2

BLOCK 2

50 climb

17.49 **4x8 Seated Recovery** L 3/4

"Sit. 50 seconds to the top. We are going to drive up and drop down"

18.01 **4x8 Sit** M 1/2

"How fast are your reflexes?"

18.14 **2x8 Stand** H 1/2

18.20 **2x8 Sit** 1/2

"Hips Back. Pedal from behind"

18.26 **2x8 Stand** 1/2

18.32 **2x8 Sit** 1/2

18.38 **2x8 Stand** 1/2

"Pop"

18.45 **2x8 Sit** 1/2

"Drop"

18.51 **4x8 Stand** 1/2

"Stay Standing!" Get Animated and duck under the pipe at the very last second.

BLOCK 3

25 climb, 25 speed x 2

19.03 **4x8 Seated Recovery** L 3/4

19.16 **4x8 Sit** M 1/2

"Tweak the tension. 25 up. 25 fast"

19.29 **8x8 Stand** H 1/2

19.55 **8x8 Sit** M 3/4 - 1/1

150 rpm is fast so coach to "chase the beat"

20.20 **4x8 Seated Recovery** - 3/4

20.33 **4x8 Sit** + 1/2

20.46 **8x8 Stand** H 1/2

21.11 **8x8 Sit** M 3/4 - 1/1

BLOCK 4

25 climb

21.37 **8x8 Seated Recovery** L 3/4

"Shall we keep exploring?"

22.02 **8x8 Sit** M 1/2

Start driving your class with big strong vocals at this point

22.27 **8x8 Stand** H 1/2

BLOCK 5

50 climb

22.52 **4x8 Seated Recovery** L 1/4

23.04 **4x8 Sit** M 1/2

Amplify your body by getting Athletic & Animated

23.17 **2x8 Stand** H 1/2

23.23 **2x8 Sit** 1/2

23.29 **2x8 Stand** 1/1

23.35 **2x8 Sit** 1/2

23.42 **2x8 Stand** 1/2

23.48 **2x8 Sit** 1/2

23.54 **4x8 Stand** 1/2

"Stay Standing!" Get Animated and duck under the pipe at the very last second.

BLOCK 6

25 climb, 25 speed x 2

24.06 **4x8 Seated Recovery** L 3/4

24.32 **4x8 Sit** M 1/2

24.44 **8x8 Stand** H 1/2

25.10 **8x8 Sit** M 3/4 - 1/1

If it feels right vocalize your enjoyment with sound effects when leaning etc.

25.36 **4x8 Sit** - 3/4

25.48 **4x8 Sit** + 1/2

26.01 **8x8 Stand** H 1/2

"It's athletic, it's challenging, but we love a challenge!"

26.27 **8x8 Sit** M 3/4 - 1/1

"I want you to lean, but I don't want you to flip"

26.52 **4x8 Sit** L 3/4

06. HIGHWAY

MUSIC They Don't Know Us 5:51 mins

SET THE SCENE

This is where the intensity jumps with a series of Standing Surges

PROFILE

30 second standing surges - 4x

1/1 = 112rpm

TRACK TIP

The key to this track is the use of close to Heavy Resistance. If you or your riders don't go there and challenge the gear the intensity will be lost and the thrill of working hard missed.

BLOCK 1

30 standing surges

27.04 **4½x8 Seated Recovery L 1/2**
 "When we Stand we are fighting to catch the beat.
 When we sit our legs get dragged off the beat"
 27.23 **4x8 Sit 3/4**
 27.39 **4x8 Sit M-H 3/4+**
 "Tap into that Moderate to Heavy gear"
 27.56 **8x8 Stand & Sit 1/1 - 3/4**
 4x 8cts Stand 1/1 & 8cts Sit 3/4

BLOCK 2

30 standing surges

28.30 **4x8 Sit L 3/4**
 28.47 **4x8 Seated Recovery 1/2**
 "You felt it right?"
 29.04 **3x8 Sit 3/4**
 29.21 **2x8 Sit M-H 3/4+**
 "Try shifting your hips forward when you Stand up"
 29.25 **8x8 Stand & Sit 1/1 - 3/4**
 4x 8cts Stand 1/1 & 8cts Sit 3/4

BLOCK 3

30 standing surges

29.58 **4x8 Sit L 3/4**
 30.15 **4x8 Sit M-H 3/4+**
 "This time let's try and get more kick. Pick the knees
 straight up. Pump the legs faster"
 30.32 **8x8 Stand & Sit 1/1 - 3/4**
 4x 12cts Stand 1/1 & 4cts Sit 3/4

BLOCK 4

30 standing surges

31.06 **4x8 Sit L 3/4**
 31.23 **4x8 Seated Recovery 1/2**
 "It's hard but it's good"
 31.39 **3x8 Sit 3/4**
 "One more series of jumps, then back in the tunnel,
 then we're home"
 31.52 **2x8 Sit M-H 3/4+**
 32.00 **8x8 Stand & Sit 1/1 - 3/4**
 4x 12cts Stand 1/1 & 4cts Sit 3/4
 32.34 **4x8 Seated Recovery L 1/2**

07. TUNNEL 2

MUSIC **Invictus** 5:54 mins

SET THE SCENE

One more tunnel to punch through

PROFILE

60 second speed, 30 second climb - 2x

60 second climb

1/1 = 126 rpm

TRACK TIP

This is a repeat of Track 3 but the final Block is different! Hype your vocal tone and motivate your riders to squeeze as much as they can out of this track. If you go there your riders will more likely come with you.

BLOCK 1

60 speed, 30 climb

32.52 **4x8 Seated Recovery L 1/2**

"We go fast with control so if we need more gear when we drop we do it"

33.08 **4x8 Sit 3/4**

33.23 **16x8 Sit M & opt + 1/1 - 3/4**

4x - 3x8 downhill 1/1 & 1x8 uphill 3/4

34.24 **8x8 Stand H 1/2**

BLOCK 2

60 speed, 30 climb

34.54 **4x8 Seated Recovery L 1/2**

"Sweatier. Harder to breathe. Legs are heavy. It's tough. But we are tougher!"

35.09 **4x8 Sit 3/4**

35.24 **16x8 Sit M & opt + 1/1 - 3/4**

4x - 3x8 downhill 1/1 & 1x8 uphill 3/4

36.25 **8x8 Stand H 1/2**

"Heavy through the legs. Generous with the gears. Crank it on!"

BLOCK 3

60 climb

36.55 **4x8 Standing Recovery 1/2**

"Hold the gear. We stay standing the whole time with the changes to surge!"

37.24 **16x8 Stand H 3/4+ - 1/2**

8x 4cts - Stand 3/4+

12cts - Stand 1/2

38.26 **5x8 Seated Recovery L 3/4**

08. BRIDGE 2

MUSIC Ongoing Thing 3:58 mins

SET THE SCENE

Through the city and back over the bridge

PROFILE

60 seconds flush

30 seconds climb

1/1 = 85 rpm

TRACK TIP

Enjoy it. Really enjoy it. Stayed engaged and energized as we gradually taper in Recovery.

BLOCK 1

60 flush

38.46 **8x8 Seated Recovery L 1/2**

"Ease up on the gear and stay fresh in the legs"

38.57 **4x8 Sit 3/4**

39.20 **8x8 Sit M 1/1**

No need to coach heavily here, just let your riders go where they want to

BLOCK 2

30 climb

40.05 **4x8 Sit + 1/2**

Plenty of time to add Resistance and slow the legs prior to Standing

40.27 **4x8 Stand H 1/2**

40.50 **4x8 Sit L 1/1**

"It was tough, but it was fun!"

41.13 **4x8 Seated Recovery 1/4**

41.35 **12x8 Seated Recovery STOP**

Applaud. Dismount. Roam The Room.

MUSIC

- 1 **Bridging The Gap** (3:55)
Nas
© 2004 Sony BMG Music Entertainment.
Written by: Jones, Gibbs, Dara
- 2 **Come Down** (2:22)
Anderson Paak
© 2016 Steel Wool / OBE / Art Club / EMPIRE
Written by: Anderson, Cottrell
- 3 **Invictus** (5:54)
Phazz
© 2014 Cosmonostro.
Written by: Unknown
- 4 **Get It On** (4:31)
Dust For Dinner
© 2017 Les Mills Music Licensing Ltd.
Written by: Veltman
- 5A **Hurry 2.0** (2:30)
Jupe
© 2016 Majestic Casual Records.
Written by: Unknown
- 5B **Empower** (2:33)
Taska Black
© 2016 bitbird.
Written by: Unknown
- 5C **Hurry 2.0** (2:41)
Jupe
© 2016 Majestic Casual Records.
Written by: Unknown
- 5D **Empower** (2:48)
Taska Black
© 2016 bitbird.
Written by: Unknown
- 6 **They Don't Know Us** (5:51)
Green Tease
© 2017 Les Mills Music Licensing Ltd.
Written by: Nacson, East
- 7 **Invictus** (5:54)
Phazz
© 2014 Cosmonostro.
Written by: Unknown
- 8 **Ongoing Thing** (3:58)
The Honey Commitment
© 2014 Les Mills Music Licensing Ltd.
Written by: Unknown

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.

BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

KEY

PACE

STOP Legs not moving

1/1 On the beat

1/4 SUPER Slow

1/1+ Ahead of the beat

1/2 Slow/ on the half beat

3/4 Medium/ on the 3/4 beat

3/4+ Building/ just under the beat

RESISTANCE

L Light

M Moderate

H Heavy

+/- 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 – Khiran Huston

Program Planner – Hazel Beasley & Courtney Watt

MESSAGE FROM LES

Hey Team!

We're so excited to bring you Trip 10!

We're stoked with this release. Physically it's on point and we really focused on developing detailed worlds and as a result we have ended up with something really stunning!

We begin in a floating futuristic city with architecture that resembles a mix of Shanghai and Paris. We hit a land mass in Track 2 and the contrast between open water and dense city streets is awesome. Our heart rate shoots up with some rolling jumps so look out for these!

Track 3 we enter our first tunnel which acts as a portal through to a huge, advanced city. The look of the tunnel is stark and crisp. Illumination and reflection make the tunnel beautiful. You will notice how the tunnel shifts during the fast phases and this really enhances our speed.

Track 4 and 5 are spent in the huge, advanced city. Ultramodern with giant buildings and space ships that fly around us, we leave the road behind and fly through this world! We spend quite a lot of time in this city, so it's a good idea to build your enthusiasm and coaching power throughout the tracks and decide when you're going to give 100% and really drive your team, and when you are going to sit back and let them take it in.

Track 6 we land back on the road on the surface of our huge advanced city. This track is filled with standing surges, is hugely intense, and a very exciting ride! Bring big energy to this track and make it fun!

We come to the end of our advanced world as we begin Track 7 and enter our second tunnel. This track is an extra kicker as we've already worked so hard, so it requires everything we've got to get back home. There are subtle variations in colours and graphics throughout the track. This is your chance to motivate your team through the "overtime" feel and keep them in their state of challenge.

Track 8 is a beautiful ride through the world we started. The time of day has changed so the colours of the sky are beautiful. Enjoy this feel good track to finish the class!

We look forward to hearing what you think of this workout. Thanks so much for being involved in this awesome program.

Cheers

Les