

THE TRIP 12



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MESSAGE FROM LES

Hey Team,

TRIP 12 is here! We have called this one 'Komora' which means 'Chamber' in a bunch of languages.

We start and finish our ride in a holding chamber which connects to four tunnels. These four tunnels take us to some pretty exciting spaces and worlds. There is a utopic spring style space that morphs into a winter ice world, a new race track, and a storm battered sky city.

Not only is TRIP 12 visually appealing but it has a great playlist with a mix of styles. The hype and energy generated by the music really does enhance the experience.

Be prepared to work super hard as we have created another physically challenging release with lots of variation which helps us stay in our athletic training zone.

One thing you will notice is we have abbreviated RECOVERY in the notes – you and your riders can now choose to recover however you want. This means you don't have to coach it as heavily as you may have in the past, and it should free you up to connect with your class and create a cool intense workout.

Enjoy!

Les

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01. TUNNEL 1

MUSIC Make U Greedy 4:03 mins

SET THE SCENE

Here we are in our holding chamber – from here we'll use these four tunnels to travel to different spaces, different worlds.

PROFILE

90 climb

30 speed, 30 climb

1/1 = 114rpm

TRACK TIP

Take the opportunity pre class to set a relaxed and inviting vibe. Give everyone permission to make some noise! It makes this track much more enjoyable and means you don't start on the back foot. During the track, just use Layer 1 cues to give you plenty of space to connect to the music and your riders.

BLOCK 1				90 climb	BLOCK 2				30 climb, 30 speed
0:00	4x8	RECOVERY			1.50	6x8	RECOVERY		
0.17	2x8	Sit	L	1/2	<i>We can Recover however we want, we can Stand, we can Sit, whatever feels right for you</i>				
Coach Pace first and then Resistance.					2.15	4x8	Sit	M	3/4
0.26	4x8	Sit	H	1/2	Coach PRP then build hype – who is ready for the first speed phase, in 4, in 3, in 2, let's go!				
<i>Find your dial and turn it to the right, start to find a nice strong Resistance</i>					2.32	8x8	Sit		1/1
0.42	3½x8	Stand		1/2	Pace cues & Connection – look over your shoulder and get a feel for your team.				
Look behind and Check In with your riders to see what they need.					3.06	2x8	Sit	H	3/4 - 1/2
0.57	½x8	Sit		1/2	Let some urgency come into your voice and create a pop of energy.				
0.59	3½x8	Stand		1/2	3.14	3½x8	Stand		1/2
<i>When we Stand our chest is lifted and abs are braced</i>					3.29	½x8	Sit		1/2
1.14	2½x8	Sit		1/2	3.31	4x8	Stand		1/2
<i>Before we Stand we can add more gear if we want</i>					3.48	2x8	RECOVERY		
1.24	2x8	Stand	opt +	1/2	<i>Sit and reduce slightly. Tunnel 1 done!</i>				
1.33	2x8	Sit		1/2					
<i>Chest is up and abs are braced</i>									
1.41	2x8	Stand	opt +	1/2					

02. UTOPIA

MUSIC Push It Up 3:37 mins

SET THE SCENE

Tunnel 1 done! Now check this out!

PROFILE

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

1/1 = 132rpm

TRACK TIP

Big shift in look and musical feel so let your voice pop at the start and then vocally shift your energy throughout the track – try a funk feel. After a simple profile and set up of Block 1, your Coaching evolves using Layer 2 cues by Describing the Feel of the Resistance, Improving Technique and Adjusting Intensity.

BLOCK 1

15 climb, 15 speed

BLOCK 3

45 speed

3.58 **4x8 RECOVERY**

3 short climbs followed by speed phases

4.13 **7x8 Sit** **L** **3/4**

When we go fast, we use Moderate Resistance and when we climb we use Heavy Resistance

4.36 **1x8 Sit** **H** **3/4 - 1/2**

Let's hit the hill, add a Heavy gear

4.40 **4x8 Stand** **1/2**

4.55 **5x8 Sit** **M** **1/1**

Sit, reduce to Moderate and fast

6.36 **4x8 RECOVERY**

It feels so good when we lean into the corners, so let's try it on this one

6.50 **12x8 Sit** **M** **1/1**

BLOCK 2

15 climb, 30 speed, 15 climb

5.12 **8x8 Sit** **1/1 - 3/4**

Let's increase the intensity by using tighter tension

5.39 **4x8 Stand** **H** **1/2**

5.54 **7x8 Sit** **M** **1/1**

This one is a bit longer – slide forward and focus on small circles

6.18 **1x8 Sit** **H** **3/4 - 1/2**

6.21 **4x8 Stand** **1/2**

03. ICE BLOCK

MUSIC Heartbreaker 3:58 mins

SET THE SCENE

A bunch of fast jumps in this one

PROFILE

4x4 – 2x8 & reverse 2x8 – 4x4

2x4 – 2x8 – 1x12 & reverse 1x12 – 2x8 – 2x4

NOTE:

4: Stand 4cts & Sit 4cts

8: Stand 8cts & Sit 8cts

12: Stand 12cts & Sit 4cts

1/1 = 108rpm

TRACK TIP

Intensity cranks! A fast moving and demanding track. Set and describe Resistance early and adjust during the track if needed. Then focus on rhythm and timing of the Stand & Sit sections. Simple and repetitive cues are the most effective way of doing this e.g. "Stand 4, 3, 2, 1, Sit 4, 3, 2, 1".

BLOCK 1

4x4 – 2x8

7.33 **2x8 RECOVERY**

Good job guys – nice work – let's get into the next one

7.42 **2x8 Sit** **L** **1/2**

We are training Power so we need a Moderate to Heavy gear

7.51 **4x8 Sit** **M - H** **1/2 - 1/1**

8.08 **4x8 Stand & Sit** **1/1**
4x4 – be Athletic.

8.26 **4x8 Stand & Sit** **1/1**
2x8 – be Animated and slide when you sit

BLOCK 3

2x4 – 2x8 – 1x12

9.36 **4x8 RECOVERY**

We have 4's, 8's, and then 12's, yeah I know 12's

9.56 **1x8 Sit** **M - H** **1/2 - 1/1**

9.58 **2x8 Stand & Sit** **1/1**
2x4

10.07 **4x8 Stand & Sit** **1/1**
2x8 – when it gets tough lean into your movement, chest up hips forward, pump the knees

10.25 **2x8 Stand & Sit** **1/1**
1x12

BLOCK 2

2x8 – 4x4

8.44 **3x8 RECOVERY**

Whoa! Okay let's do it again but in reverse. Try fine tuning our Resistance

8.56 **1x8 Sit** **M - H** **1/2 - 1/1**

9.01 **4x8 Stand & Sit** **1/1**
2x8

9.19 **4x8 Stand & Sit** **1/1**
4x4

BLOCK 4

1x12 – 2x8 – 2x4

10.33 **2x8 RECOVERY**

Just flip it – start with 12

10.42 **2x8 Stand & Sit** **M - H** **1/1**
1x12

10.51 **4x8 Stand & Sit** **1/1**
2x8

11.08 **2x8 Stand & Sit** **1/1**
2x4 – just two more

11.18 **2x8 RECOVERY**

Oh man that one is tough!

04. TUNNEL 2

MUSIC Bounce 3:33 mins

SET THE SCENE

We are back in the holding chamber, let's take the second tunnel.

PROFILE

15 climb, 30 speed – x2

1/1 = 140rpm

TRACK TIP

This is not as physically challenging as the previous track but it still has good workout factor. Build hype as you lead up to the climbs and be big, bold and out there. Then build anticipation as we build speed and then get focused and demanding using short quick cues.

BLOCK 1

15 climb, 30 speed

11.26 **4x8 RECOVERY**

Back to some short climbs and then fast speed phases after

11.40 **4x8 Sit H 1/2**

Find the beat. Make it Heavy. Make it real Heavy!

11.54 **4x8 Stand 1/2**

Lift our chest. Brace our abs

12.08 **4x8 RECOVERY**

12.21 **4x8 Sit M 3/4**

Moderate gear. Build Pace. Chase the beat – chase the beat – 30 seconds down the barrel

12.35 **8x8 Sit 1/1**

BLOCK 2

15 climb, 30 speed

13.02 **4x8 RECOVERY**

Chill. Recover as much as you can

13.16 **4x8 Sit H 1/2**

Same thing. Super short climb. Let's crank it up. CRANK IT UP!

13.30 **4x8 Stand 1/2**

13.43 **4x8 RECOVERY**

13.57 **4x8 Sit M 3/4**

Vocally and physically go there

14.11 **8x8 Sit 1/1**

14.38 **4½x8 RECOVERY**

Out – Check In with your riders

05. RACE TRACK

MUSIC Geronimo 6:53 mins

SET THE SCENE

Tunnel 2 done! Now it's our Race Track!

PROFILE

30 speed, 15 climb, 15 speed

30 speed, 30 climb, 30 speed

15 speed, 15 climb, 30 speed, 15 climb, 15 speed

1/1 = 130rpm

TRACK TIP

At the start, describe what Resistance needs to be used for each phase. This will create more space later in the track where everyone can enjoy the experience more. Laps 2 & 3 require some clever coaching to create Connection and interaction with the competitors. Using sound effects as they overtake or weave past helps create a spontaneous feel, even if it's the tenth time teaching or riding the track.

BLOCK 1 30 speed, 15 climb, 15 speed

14.55 **4x8 RECOVERY**

When we go fast we use Moderate Resistance and when we climb we use Heavy Resistance

15.10 **4x8 Sit M 3/4**

Lap 1 is a test lap

15.25 **8x8 Sit 1/1**

Simple PRP cues – 1, 2, 1, 2, relax shoulders, light ab brace

15.55 **2x8 Sit H 3/4 - 1/2**

Make it Heavy, make our legs slow down

16.02 **4x8 Stand 1/2**

16.17 **4x8 Sit M 1/1**

BLOCK 2 30 speed, 30 climb, 30 speed

16.32 **10x8 RECOVERY**

Good test lap

17.10 **4x8 Sit M 3/4**

Use these build phases to create energy and hype

17.25 **8x8 Sit 1/1**

If we want to go faster, slide forward

17.55 **8x8 Stand H 1/2**

18.25 **8x8 Sit M 1/1**

Speed, speed, speed! You know what helps? Use the drops!

BLOCK 3 15 speed, 15 climb, 30 speed, 15 climb, 15 speed

18.55 **10½x8 RECOVERY**

We didn't quite make it. We need to be faster in the last one

19.34 **4x8 Sit M 3/4**

The challenge just went up – we now have four competitors

19.49 **4x8 Sit 1/1**

20.04 **4x8 Stand H 1/2**

Whatever we do, try to stay close

20.19 **8x8 Sit M 1/1**

Be Athletic & Animated

20.49 **4x8 Stand H 1/2**

21.04 **4x8 Sit M 1/1**

21.19 **9x8 RECOVERY**

That last one was so good. Did we win that last one?

06. TUNNEL 3

MUSIC WAWA 1:50 mins

SET THE SCENE

Ladies and gentlemen start your engines.

PROFILE

25 second speed – x2

1/1 = 150 rpm

TRACK TIP

This is the track that leaves people wanting more. The builds are excellent and they lead us into a frantic super charged feel. In the builds be physically energetic, almost fidgety, and then lock it down in the speed phases and let your leg speed do the talking.

BLOCK 1

25 speed

21.53 **2x8 RECOVERY**

21.59 **6x8 Sit M 3/4**

Ok we need to shock the legs. 25 seconds as fast as we can with control

22.19 **2x8 Sit 3/4 - 3/4+**

22.25 **8x8 Sit 3/4+**

BLOCK 2

25 speed

22.50 **6x8 RECOVERY**

Let's get in trouble. As fast as we can, and then faster!

23.10 **2x8 Sit 3/4 - 3/4+**

23.16 **8x8 Sit M 3/4+**

Drop! Eyes forward. Slide forward

07. CHILL

MUSIC Worthy 2:56 mins

SET THE SCENE

Tunnel 3 done. Now 3 minutes to chill.

PROFILE

40 climb, 15 speed

30 climb

1/1 = 119rpm

TRACK TIP

Big shift of energy here so focus on keeping your voice quite chilled, casual and almost monotone. By doing this we let the Music and Visuals become the focus and provide a great state change from the previous track.

BLOCK 1				BLOCK 2			
40 climb, 15 speed				30 climb			
23.43	8x8	RECOVERY		25.35	4x8	Sit	H 3/4 - 1/2
24.15	4x8	Sit	M - H 1/2	25.51	1½x8	Stand	1/2
<i>Find just enough Resistance to Stand on</i>				25.57	2x8	Sit	1/2
24.31	2x8	Stand	1/2	26.05	2x8	Stand	1/2
24.39	2x8	Sit	1/2	<i>Feels good right</i>			
<i>Fine tune the gear if you want to</i>				26.13	2½x8	Sit	1/2
24.47	1½x8	Stand	H 1/2	26.23	4x8	RECOVERY	
24.52	2x8	Sit	1/2	<i>That feels so much better. We needed that after</i>			
25.00	2x8	Stand	1/2	<i>the last tunnel</i>			
<i>It should feel ok, not easy, but ok</i>							
25.08	2½x8	Sit	1/2				
<i>Pre cue the flush early so you can be silent –</i>							
<i>Reduce. Moderate Gear. 15 seconds flush</i>							
25.19	4x8	Sit	M 1/1				
<i>Silence</i>							

08. SKY CITY

MUSIC U Already Know 6:48 mins

SET THE SCENE

One more massive, big, huge physical challenge!

PROFILE

90 climb – x4

1/1 = 85rpm

TRACK TIP

Four identical Blocks and each one has a clear focus.

Block 1 sets up the pattern using simple PRP cues. Block 2 uses an extra gear each time we sit which encourages intensity and use of Layer 2 Coaching. Block 3 challenges riders by using a 'treat it like it's last' approach.

Block 4 is all out effort and drive with whatever is left. Simple.

BLOCK 1

90 climb

26.37 **2x8 RECOVERY**

Four times 90 seconds

26.48 **2x8 Sit** **L** **1/1**

Set up Pace & Rhythm

27.00 **2x8 Sit** **M** **1/1**

27.11 **3x8 Sit** **H** **1/1**

27.28 **1x8 Sit** **1/1+**

27.34 **8x8 Stand & Sit** **1/1**

3x Stand 14cts & Sit 2cts

1x Stand 14cts & 1/1+ 2cts

BLOCK 3

90 climb

30.01 **4x8 RECOVERY**

Halfway

30.23 **2x8 Sit** **M** **1/1**

There are two more. Treat this one like it's the last one

30.34 **3x8 Sit** **H** **1/1**

How much are you adding? Can we take anymore?

30.51 **1x8 Sit** **1/1+**

30.57 **8x8 Stand & Sit** **opt +** **1/1**

We can do this. This is it!

BLOCK 2

90 climb

28.19 **6x8 RECOVERY**

Chill. Recover. 1 down, 3 to go. We are in the thick of the storm

28.53 **2x8 Sit** **M** **1/1**

29.04 **1x8 Sit** **H** **1/1**

Shift hips back to help drive the gear

29.09 **1x8 Sit** **1/1+**

Speed up. Speed up!

29.16 **8x8 Stand & Sit** **opt +** **1/1**

Try adding a gear each time we Sit

BLOCK 4

90 climb

31.42 **6x8 RECOVERY**

Team that was so good – now the good news is this really is the last 90 seconds

32.16 **2x8 Sit** **M** **1/1**

32.27 **1x8 Sit** **H** **1/1**

I like it Heavy Heavy

32.33 **1x8 Sit** **1/1+**

Last max power effort

32.39 **8x8 Stand & Sit** **opt +** **1/1**

09. TUNNEL 4

MUSIC Distant 3:43 mins

SET THE SCENE

Back into the holding chamber. The first tunnel took us in. The last one will take us home.

PROFILE

30 speed/flush – x3

1/1 = 130rpm

TRACK TIP

This track should allow everyone to physically taper, and celebrate. Take a smooth approach to allow time for some internal reflection, and let everyone feel the sense of satisfaction gained from a great workout. As we close out the ride and dismount use lots of compliments and enthusiastically encourage people to come back soon.

BLOCK 1

33.25 **12x8 RECOVERY**

34.09 **4x8 Sit M 3/4**

Find a Moderate gear and some easy Pace

34.24 **4x8 Sit – Surges 1/1 - 3/4**

Surges – 8cts 1/1 & 8cts 3/4 slow

34.38 **4x8 Sit 1/1**

34.53 **1x8 Sit 3/4**

BLOCK 2

34.57 **8x8 RECOVERY**

Some casual Connection.

35.26 **4x8 Sit M 3/4**

The next one is slightly easier and it's ok to back off a little

35.41 **4x8 Sit – Surges 3/4+ - 3/4**

2x Surges – Go. Slow. Go. Slow

35.55 **4x8 Sit 3/4+**

Just go

BLOCK 3

36.10 **4x8 RECOVERY**

Let's do one more, just a short one, and we can ease back a bit again if we want to

36.25 **4x8 Sit – Surges M 3/4+ - 3/4**

2x Surges

36.39 **4x8 Sit 3/4**

36.54 **4x8 RECOVERY SLOW – STOP**

Logo appears – Applaud, dismount, and roam the room – Thank you so much for working hard!

MUSIC

- 1 **Make U Greedy (Original Mix)** (4:03)
La Fine Equipe
© 2014 Nowadays Records.
Written by: de Angelis, Gibert, Leibovitz
- 2 **Push It Up** (3:37)
Cookin' On 3 Burners feat. Kylie Auldist
© 2009 Cookin' On 3 Burners.
Written by: Mason, Khatchoyan, Ferguson
- 3 **Heartbreaker** (3:58)
The Allergies
© 2016 Jalapeno Ltd.
Written by: Volsen, Spencer
- 4 **Bounce** (3:33)
Please Stand Up
© 2018 Les Mills Music Licensing Ltd.
Written by: Comstock
- 5 **Geronimo (Lenno Remix)** (4:00)
The Knocks & Fred Falke
© 2012 A&M/Octone Records and Fred Falke, Under Exclusive License to Kitsuné France.
Written by: Falke, Ruttner, Patterson
Geronimo (Lenno Remix) (2:53)
The Knocks & Fred Falke
© 2012 A&M/Octone Records and Fred Falke, Under Exclusive License to Kitsuné France.
Written by: Falke, Ruttner, Patterson
- 6 **WAWA** (1:50)
Party Favor
© 2017 Mad Decent.
Written by: Ragland
- 7 **Worthy** (2:56)
Jacob Banks
© 2013 Full + Bless/Renowned Records Ltd.
Written by: Brown, Schuneman
- 8 **U Already Know** (6:48)
Keys N Krates
© 2017 Dim Mak Records, Inc.
Written by: Dawson, Francois, Tune, Bourelly
- 9 **Distant** (3:43)
Clement Bazin feat. Lia
© 2017 Nowadays Records.
Written by: Bazin, Kurihara
- 10 **You Are More** (1:58)
Through The Roof
© 2018 Les Mills Music Licensing Ltd.
Written by: Chigbue

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KEY

PACE

STOP Legs not moving

1/4 SUPER Slow

1/2 Slow – 1 pedal stroke every 2cts

3/4 Medium

3/4+ Building – just under the beat

1/1 On the beat – 1 pedal stroke every 1ct

1/1+ Ahead of the beat

RESISTANCE

L Light

M Moderate

H Heavy

+/- Add/Reduce Resistance

Time Times are based on full movie/music length

CREDITS

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