

LES MILLS THE TRIP 13

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MUSIC

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01. ISLAND ARRIVAL – WE GOT U 3:30mins

SET THE SCENE

We’re going to start in the Jungle.

PROFILE

30 speed
50 climb
15 climb, 30 speed
1/1 = 126rpm

TRACK TIP

Use your pre class intro to engage your riders and create an energetic vibe. When the safety warning appears, stay connected and keep chatting to break the tension and make everyone feel relaxed. Build your voice toward the first drop and then continue to create contrast between the working and recovery phases. Light, lifted, fun.

BLOCK 1 – 30 Speed

0:00	4x8	RECOVERY		
0:16	4x8	Sit <i>Nice Light Resistance. Medium Pace</i>	L	3/4
0:31	4x8	Sit <i>We’re going to get super warm, and super pumped for this workout</i>	M	3/4
0:46	8x8	Sit <i>Rhythm cues and stay Animated by dodging branches</i>		1/1

BLOCK 2 – 50 Climb

1:16	2x8	Sit		3/4
1:24	2x8	Sit <i>Coach good shift of Resistance here – We’re about to Stand so let’s find a heavier gear</i>	H	1/2
1:31	4x8	Stand & Sit <i>Stand 28cts & Sit 4cts</i>		1/2
1:47	4x8	Stand <i>Hips are on top of the pedal</i>		1/2
2:02	4½x8	Sit <i>Shift our butts back and brace our abs</i>		1/2

BLOCK 3 – 15 Climb, 30 Speed

2:19	4x8	RECOVERY <i>The cool thing is we can choose how we want to Recover</i>		
2:34	4½x8	Stand & Sit	H	1/2
2:51	8x8	Sit <i>Fast legs and we sweep around the corner, try leaning</i>	M	1/1
3:22	1x8	Sit		3/4



02. JUNGLE JUMPS – SHOW PONY 3:46mins

SET THE SCENE

We’ve got some super athletic jumps up ahead.

PROFILE

75 jumps

55 jumps

45 jumps

1/1 = 86rpm

TRACK TIP

Stand 4, 8, & 16 refers to the number of pedal strokes i.e. 4 = L, R, L, R which allows us to cue quickly and bring lots of good vocal energy. This is a busy track so stick to the basics of good Layer 1 PRP cues mixed with Athletic movement and a connected, motivating vocal performance.

BLOCK 1 – 75 Jumps

3:25	4x8	RECOVERY		
3:36	5x8	Sit	M-H	1/1
		Find a Moderate–Heavy Resistance, something that grabs the muscle		
3:50	18x8	Stand & Sit		1/1
		Stand 8 & Sit 8 - 9x		
4:39	10x8	Stand & Sit		1/1
		Stand 16 & Sit 16 - 2½x		

BLOCK 2 – 55 Jumps

5:05	4x8	RECOVERY		
		Every time we Stand, we are tall in the chest, and every time we Sit, we shift our hips back		
5:16	5x8	Stand & Sit	M-H	1/1
		Stand 4 & Sit 4 - 5x		
5:30	4x8	Stand & Sit		1/1
		Stand 8 & Sit 8 - 2x		
5:41	1x8	RECOVERY		
5:45	10x8	Stand & Sit		1/1
		Stand 16 & Sit 16 - 2½x		

BLOCK 3 – 45 Jumps

6:11	4x8	RECOVERY		
		We pump the knees and we squeeze the belly		
6:22	4x8	Stand & Sit	M-H	1/1
		Stand 4 & Sit 4 - 4x		
6:33	2x8	Stand & Sit		1/1
		Stand 8 & Sit 8 - 1x		
6:38	10x8	Stand & Sit		1/1
		Stand 16 & Sit 16 - 2½x		
7:05	2x8	RECOVERY		
		Chill out		



03. WATERFALLS – MAIMA KOOPI 4:14mins

SET THE SCENE

We’ve got some climbs and some insane drops.

PROFILE

30 climb
60 speed
40 climb, 60 speed
1/1 = 140rpm

TRACK TIP

Use a deeper, stronger vocal tone to drive intensity in the climbs, and contrast this with a building and hyped voice leading up to and during the waterfall drops. Use lots of Animated movement in the fast bends!

BLOCK 1 – 30 Climb

7:10	6x8	RECOVERY Turn & Acknowledge the effort from the previous track then set Heavy Resistance to climb		
7:30	4x8	Stand & Sit Stand 28cts & Sit 4cts	H	1/2
7:43	4x8	Stand		1/2

BLOCK 2 – 60 Speed

7:57	4x8	RECOVERY <i>Let’s find a slightly lighter gear to go super quick, as close to the beat as we can</i>		
8:11	8x8	Sit – Surges 2x Surges: 24cts 1/1 & 8cts 3/4	M	1/1-3/4
8:38	8x8	Sit <i>30 seconds left</i>		1/1

BLOCK 3 – 40 Climb, 60 Speed

9:05	4x8	RECOVERY <i>Let’s work on building back to that Heavy gear</i>		
9:19	8x8	Sit	M-H	1/2
9:46	2x8	Stand	H	1/2
9:54	2x8	Stand <i>Run. Run. Run. Sit. Sit. Back off Moderate. Go!</i>		3/4
10:00	8x8	Sit – Surges 2x Surges: 24cts 1/1 & 8cts 3/4	M	1/1-3/4
10:28	8x8	Sit <i>Wooooooooooooo!</i>		1/1
10:55	8x8	RECOVERY		



04. VOLCANO CLIMB – R.E.D. 3:29mins

SET THE SCENE

3 minutes to the summit. 3 minutes to the crater.

PROFILE

30 climb

70 climb

60 climb

1/1 = 140rpm

TRACK TIP

There is not much Recovery in this track, and it feels amazing! The sense of completion and satisfaction at the top is fantastic. If you prepare well with 2x good sections of Coaching which are Technique and intensity focused, you then create space for 2x awesome moments of Connection to Music. This is awesome strength based training matched to an excellent song.

BLOCK 1 – 30 Climb

11:23	2x8	Sit Not much time here so focus on setting up Heavy Resistance	H	1/2
11:30	6x8	Stand Simple Layer 1 PRP cues then Set The Scene		1/2

BLOCK 2 – 70 Climb

11:51	2x8	RECOVERY	OPT+	
11:58	12x8	Stand Coach good climbing Position here – <i>Chest is lifted, abs are strong, shift weight side to side</i>		1/2
12:39	1x8	RECOVERY	OPT+	
12:42	7x8	Stand Connection to Music		1/2

BLOCK 3 – 60 Climb

13:06	2x8	RECOVERY <i>1000 metres to the top!</i>	OPT+	
13:13	4x8	Stand		1/2
13:27	4x8	Sit <i>Hips back. Drive the pedal from behind</i>		1/2
13:41	4x8	Stand		1/2
13:54	5x8	Sit <i>Fight the Resistance. Fight the fatigue</i>		1/2
14:12	11x8	Stand Connection to Music		1/2
14:49	5x8	RECOVERY <i>We made it to the top</i>		



05. FIRE IN THE HOLE – WE GOT U/FEEL YOU 5:17mins

SET THE SCENE

Let’s drop into the volcano!

PROFILE

25 speed

25 climb, 25 speed - 3x

1/1 = 144rpm

TRACK TIP

Similar to track 3 – create vocal contrast between the climbs and speed phases. This helps keep everyone engaged by mixing up the style and feel of delivery. Use the multiple short Recovery phases to check in with your riders. Because the track is over 140bpm, be sure to coach riders to chase the beat in the speed phases rather than being on the beat.

BLOCK 1 – 25 Speed

15:07	4x8	RECOVERY <i>Big breath in, and exhale – then Simple PRP cues to set Resistance</i>		
15:20	8x8	Sit <i>Athletic & Animated – Hips are forward, toes are down</i>	M	3/4++

BLOCK 2 – 25 Climb, 25 Speed

15:47	4x8	RECOVERY <i>This is interval style training. 25 seconds work, 15 seconds rest, and we repeat this</i>		
16:01	4x8	Stand <i>We want to get super strong through the mid section so brace the belly</i>	H	1/2
16:14	4x8	Sit		1/2
16:28	4x8	RECOVERY <i>Who wants to go quick? Come with me!</i>		
16:41	8x8	Sit <i>Pump the knees to help us go quicker</i>	M	3/4++

BLOCK 3 – 25 Climb, 25 Speed

17:08	4x8	RECOVERY		
17:22	8x8	Stand <i>Tip: we Stand for the entirety of the 2nd climb</i>	H	1/2
17:49	4x8	RECOVERY		
18:02	8x8	Sit	M	3/4++

BLOCK 4 – 25 Climb, 25 Speed

18:29	4x8	RECOVERY <i>Easy. Alright one more time so let’s go super Heavy</i>		
18:43	4x8	Stand <i>Intensity ramps up</i>	H	1/2
18:56	4x8	Sit <i>Use big, driving circles</i>		1/2
19:10	4x8	RECOVERY		
19:24	8x8	Sit	M	3/4++
19:51	4x8	RECOVERY <i>Relax. We outta there</i>		



06. VOOODOO – IGNITION 5:04mins

SET THE SCENE

We’ve got some power style training now.

PROFILE

80 climb & power surges - 3x

1/1 = 130rpm

TRACK TIP

This track is tough! The initial climbing phase of Block 1 feels cruisy enough and then it ramps up from there. When we get to the first Stand, Sit, Surge phase, the Resistance should stick us to the beat to create a challenging Power Surge. Focus on the workout, on being Athletic, and the Visuals will speak for themselves.

BLOCK 1 – 80 Climb & Power Surges

20:05	4x8	RECOVERY <i>Let’s find just enough to Stand on. Moderate. Moderate – Heavy</i>		
20:20	6x8	Stand & Sit 3x Stand 8cts & Sit 8cts	M-H	1/2
20:42	½x8	Sit	OPT+	1/2
20:44	16x8	Stand, Sit, & Surge 4x Stand 8cts 1/2, Sit 8cts 1/2, & Surge 16cts 3/4		1/2-3/4

BLOCK 2 – 80 Climb & Power Surges

21:43	2x8	RECOVERY Short Recovery. Bit nasty but the challenge is great		
21:51	6x8	Stand & Sit 3x Stand 8cts & Sit 8cts	M-H	1/2
22:13	½x8	Sit	OPT+	1/2
22:15	16x8	Stand, Sit, & Surge 4x Stand 8cts 1/2, Sit 8cts 1/2, & Surge 16cts 3/4		1/2-3/4

BLOCK 3 – 80 Climb & Power Surges

23:14	2x8	RECOVERY Turn & Acknowledge		
23:21	6x8	Stand & Sit 3x Stand 8cts & Sit 8cts	M-H	1/2
23:43	½x8	Sit	OPT+	1/2
23:45	16x8	Stand, Sit, & Surge 4x Stand 8cts 1/2, Sit 8cts 1/2, & Surge 16cts 3/4		1/2-3/4
24:44	8x8	RECOVERY		



07. MICRO – GETTIN’ IT/FOR MILES & MILES 8:50mins

SET THE SCENE

We are back in the Jungle.

PROFILE

25 climb, 25 speed, & 15 climb
25 climb, 25 speed
40 jumps
25 climb, 25 speed, 15 climb
25 climb, 25 speed
40 jumps - x2

1/1 = (a)140rpm & (b)96rpm

TRACK TIP

There are 2x different music bpm's in this track. Familiarize yourself with each so you naturally transition between them. At almost 9 mins, this track is lengthy, however the shifts in Music & Visual keep us in it. You can enhance this by using the 80/20 Approach and being aware of how you contrast and shift energy with your voice.

BLOCK 1 (a) – 25 Climb, 25 Speed, 25 Climb

25:10	4x8	RECOVERY		
25:23	8x8	Stand & Sit 2x Stand 16cts & Sit 16cts - option to add gear each time you Stand	H & OPT+	1/2
25:50	8x8	Sit Wind it up. Back it off. Gooooooooo!	M	1/1
26:17	4x8	RECOVERY Let's take something to Stand on. Back to the Heavy		
26:31	4x8	Stand Shift the hips back a bit so we can shift the Resistance	H	1/2

BLOCK 2 (a) – 25 Climb, 25 Speed

26:44	4x8	RECOVERY		
26:58	8x8	Stand & Sit 2x Stand 16cts & Sit 16cts The beats are talking to us. Power Up!	H & OPT+	1/2
27:25	8x8	Sit When we lean, it's smooth. When we go quick, it's fierce	M	1/1

BLOCK 3 (b) – 40 Jumps

27:52	8x8	RECOVERY The beat sounds a bit quicker		
28:12	16x8	Stand & Sit 4x Stand 16cts & Sit 16cts	M-H	1/1

BLOCK 4 (a) – 25 Climb, 25 Speed, 25 Climb

28:52	4x8	RECOVERY		
29:05	8x8	Stand & Sit 2x Stand 16cts & Sit 16cts	H & OPT+	1/2
29:32	8x8	Sit Here is a true test of our athleticism	M	1/1
29:59	4x8	RECOVERY Strip back the next 60 seconds then build toward the finish		
30:13	4x8	Stand	H	1/2



07. MICRO – GETTIN’ IT/FOR MILES & MILES 8:50mins

BLOCK 5 (a) – 25 Climb, 25 Speed

30:26	4x8	RECOVERY		
30:40	8x8	Stand & Sit 2x Stand 16cts & Sit 16cts <i>Engage the glutes, the hamstrings, the athletic muscles</i>	H & OPT+	1/2
31:07	8x8	Sit <i>This is the time to ramp it up and reap the rewards</i>	M	1/1

BLOCK 6 (b) – 40 Jumps

31:34	8x8	RECOVERY <i>When it gets tough we tug on the handlebars</i>		
31:54	16x8	Stand & Sit 4x Stand 16cts & Sit 16cts	M-H	1/1

BLOCK 7 (b) – 40 Jumps

32:34	16x8	RECOVERY		
33:14	16x8	Stand & Sit 4x Stand 16cts & Sit 16cts	M-H	1/1
33:54	1x8	RECOVERY		



08. REFLECTIVE – FALLING 5:32mins

SET THE SCENE

Some cruisy climbs, so let's feel the music and vibe.

PROFILE

130 climb
30 speed, 50 climb
1/1 = 120rpm

TRACK TIP

Simplicity. The track should almost be empty. If you focus on anything, focus on letting the music shine. Nothing else.

BLOCK 1 – 130 Speed

33:57	12x8	RECOVERY		
34:45	32x8	Stand & Sit	M-H	1/2
8x Stand 28cts & Sit 4cts - option to add gear at any time				

BLOCK 2 – 30 Climb, 50 Speed

36:56	8x8	RECOVERY		
37:28	8x8	Sit	M	3/4-1/1
38:01	12x8	Stand & Sit	M-H	1/2
3x Stand 28cts & Sit 4cts				
38:49	9x8	RECOVERY		
Applaud & Roam The Room!			SLOW & STOP	



MUSIC

01

We Got U (Original Mix) (3:30)

Lemaître, The Knocks

Courtesy of Astralwerks/Capitol Records under license from Universal Music Enterprises.

Written by: Jansen, Lund, Patterson, Ruttner

02

Show Pony (3:46)

Black Pistol Fire

© 2016 Astralwerks.

Written by: Mckeown, Owen

03

Maima Koopi (Original Mix) (4:14)

A Tribe Called Red

© 2014 Rifle Bird Music.

Written by: Ehren, Campeau

04

R.E.D. (Original Mix) (3:29)

A Tribe Called Red

© 2016 Radicalized Records.

Written by: Smith, Alsalman, Campeau, Thomas

05

We Got U (Original Mix) (0:17)

Lemaître, The Knocks

Courtesy of Astralwerks/Capitol Records under license from Universal Music Enterprises.

Written by: Jansen, Lund, Patterson, Ruttner

06

Feel You (5:00)

Nolan van Lith

© 2018 Les Mills Music Licensing Ltd.

Written by: van Lith

07

Ignition (5:04)

MYRNE

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Written by: Kelly

08

Gettin’ It (2:42)

BT500

© 2018 Les Mills Music Licensing Ltd.

Written by: Gainsford, van de Geer, Langeveld

09

For Miles & Miles (Original Mix) (0:59)

Mitis

© 2017 Born Records.

Written by: Torre

10

Gettin’ It (2:42)

BT500

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Written by: Gainsford, van de Geer, Langeveld

11

For Miles & Miles (Original Mix) (2:27)

Mitis

© 2017 Born Records.

Written by: Torre

12

Falling (5:32)

HAIM

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Written by: A. Haim, E. Haim, D. Haim, Nagler

13

Worst Come To Worst (0:30)

Dilated Peoples

Courtesy of Astralwerks/Capitol Records

Written by: Maman, Johnson, Jones, Muchita, Perretta, Taylor, Bell



MESSAGE FROM LES

We’ve got another incredible experience for you!

Emerging from the fog, we land on a jetty. We’re joined by a falcon and it’s hard to tell if it’s leading us, or following us.

We explore the jungle and eventually make our way up a river and hit the base of a large volcano.

It’s at this point the workout goes next level with 3 minutes of serious climbing just before things go really crazy.

What we love about this release is how the music fits the environment we are in. The mix of uplifting and tribal beats are punctuated with high-octane rock and big drops.

The jungle vibe also provides heaps of opportunity to explore and discover a ton of hidden elements lurking in the shadows.

Expect to have your perspective challenged late in the class when we shrink and a smooth, long climb rounds out this release.

Stay focused on the energy of the workout and your riders, and be sure to let them know its ok to get involved and make some noise.

Enjoy!
Les

BE LOUD AND HEARD

Tell us what you think of this release. Visit lesmills.com/BLAH

CREDITS

- Choreography** – Les Mills Jr
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Les Mills Jr
- Product Manager** – Chris Richardson
- Technical Consultant** – Bryce Hastings
- Production Coordinator** – Courtney Watt

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
3/4++	Chase the beat (140+rpm)
1/1	On the beat – 1 pedal stroke every 1cts
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



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

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