

LES MILLS THE TRIP 14

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- ## MUSIC

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01. SANTORINI – OFF THE GROUND 4:27mins

SET THE SCENE

Let’s get going.

PROFILE

45 climb

45 speed

60 climb

1/1 = 125rpm

TRACK TIP

Use your pre-class interaction and introduction to create a buzz, and sense of anticipation. Use your natural energy and be your authentic self. Then as the music plays stay connected with your riders while you lead them through the basics. Block 1 its simple PRP cues. In Block 2, explain Recovery is what feels good for them and build energy into the speed phase. Block 3 provide some space before you introduce more intensity to the climb.

BLOCK 1 – 45 Climb

0:00	4x8	RECOVERY		
0:15	4x8	Sit	L	3/4
		Light pressure in the legs but it’s easy		
0:30	4x8	Sit	M	3/4-1/2
		Moderate Resistance slows us down to 1, 2, 1, 2		
0:45	4x8	Stand & Sit	H	1/2
		1x Stand 28cts & Sit 4cts – Chest is lifted, abs are braced		
1:01	4x8	Stand		1/2
		When we Stand, our hips are close to the seat		
1:16	4x8	Sit		1/2
		When we Sit, our hips are back in the seat		

BLOCK 2 – 45 Speed

1:31	4x8	RECOVERY		
		When we Recover, do whatever feels right		
1:47	4x8	Sit	M	3/4
		Shift vocal energy to create excitement		
2:02	12x8	Sit		1/1
		Get Animated here		

BLOCK 3 – 60 Climb

2:48	4x8	RECOVERY		
		1 minute climb ahead		
3:03	4x8	Sit	M	1/2
		Get ready to Stand, the Resistance should be able to carry you		
3:18	16x8	Stand & Sit	H&OPT+	1/2
		4x Stand 16cts & Sit 16cts.		
		Option – to add intensity, add Resistance each time we Stand		
4:19	2x8	RECOVERY		



02. TRIP IN – FITZPLEASURE 3:39mins

SET THE SCENE

This is where it starts to get a bit twisted.

PROFILE

25 speed

25 speed

60 speed

1/1 = 144rpm

TRACK TIP

Get familiar with the Music so you don't have to rely on the Visuals and your Coaching will be much smoother and composed. This will allow you to contrast the calmer Recovery sections with reactive pops of energy in the speed phases. These drastic shifts of vocal and physical energy will help bring the Music & Visuals to life as well as heighten your riders sense that something dramatic is unfolding. The music is ABOVE 140rpm so we use "chase the beat" style cues, rather than "on the beat".

BLOCK 1 – 25 Speed

4:27	4x8	RECOVERY <i>3 speed phases, as fast as you can. The first one is 25 seconds</i>		
4:40	4x8	Sit <i>Let's find Moderate Resistance so we can go fast with control</i>	M	1/2
4:54	4x8	Sit <i>Chase the beat, as fast as you can. Relax the upper body. Brace lightly</i>		3/4++
5:07	1x8	Sit <i>Slowwwwwwww. Fast!</i>		1/2
5:11	2x8	Sit		3/4++

BLOCK 2 – 25 Speed

5:17	4x8	RECOVERY <i>Second speed phase is also 25 seconds. Focus on bracing the abs so we don't bounce in the seat</i>		
5:31	4x8	Sit <i>How will you build energy here? How will you use your voice?</i>	M	3/4
5:44	1x8	Sit		1/2
5:47	3x8	Sit <i>As fast as you can. Brace abs to create control in the seat</i>		3/4++
5:57	2x8	Sit		1/2
6:04	2x8	Sit		3/4++

BLOCK 3 – 60 Speed

6:11	6x8	RECOVERY <i>Fast feels good. Final speed phase. 60 seconds. Slide hips forward to stay fast</i>		
6:31	4x8	Sit	M	3/4
6:44	1x8	Sit		1/2
6:47	1¾x8	Sit <i>Chase the beat. Slide forward</i>		3/4++
6:53	1¼x8	Sit		1/2
6:58	4x8	Sit <i>Slide forward. Pump the knees</i>		3/4++
7:11	1x8	Sit		1/2
7:14	4x8	Sit <i>Slow. Last 20 seconds. Make it your fastest. Everybody ready? FAST!</i>		3/4++
7:28	2x8	Sit		1/2
7:34	5½x8	Sit		3/4+++
7:53	3½x8	RECOVERY <i>That was so fast. Good work!</i>		



03. TRIPPY SANTORINI – DOUBLE BUBBLE TROUBLE 2:59mins

SET THE SCENE

We’re in trouble!

PROFILE

50 second climb

80 second climb

1/1 = 144rpm

TRACK TIP

The focus shifts from downhill speed to uphill strength. The Music helps progressively build the intensity as it shifts from casual reggae, to hip hop swag, to an upbeat swing in the final 30 seconds. Think about how you will use these musical shifts to your advantage to enhance the experience of your riders, and a reminder to apply the 80/20 Approach.

BLOCK 1 – 50 Climb

8:05	2x8	RECOVERY <i>2 big climbs. Now it’s getting real trippy. First climb is 50 seconds</i>		
8:12	2x8	Sit <i>Build to Heavy Resistance. Enough to stand on. Get ready. Stand</i>	M-H	1/2
8:19	8x8	Stand & Sit <i>2x Stand 16cts & Sit 16cts</i>	H	1/2
8:45	8x8	Stand & Sit <i>2x Stand 28cts & Sit 4cts – It’s getting tough. Shift your bodyweight across the pedals</i>	OPT+	1/2

BLOCK 2 – 80 Climb

9:12	8x8	RECOVERY <i>Shall we get in more trouble? We need to bring some attitude. Make it stronger. Heavier for longer. 80 seconds. Stand</i>		
9:39	8x8	Stand & Sit <i>2x Stand 16cts & Sit 16cts – Are we challenging ourselves? If you’re feeling stronger, make it heavier</i>	H	1/2
10:05	8x8	Stand & Sit <i>2x Stand 28cts & Sit 4cts – Shift weight from one leg to the other. Use it to drive the pedals to get strong</i>	OPT+	1/2
10:32	8x8	Stand <i>Last 30. This moment, right here, right now. We’re getting stronger</i>		1/2
10:59	1½x8	RECOVERY		



04. BLUE BALLOONS – SOMEONE TO HOLD 5:19mins

SET THE SCENE

Let’s keep pushing the intensity during the next three climbs.

PROFILE

75 second climb – x3

1/1 = 154rpm

TRACK TIP

There’s more climbing so think about how you will make this sound and feel different. Try to evolve your Coaching from the previous track and give riders 2 or 3 extra tips to help them when the intensity lifts. Give riders some alone time during each Recovery, set the focus for the next phase, and then follow up and reinforce the focus during the working phase.

BLOCK 1 – 75 Climb

11:04	8x8	RECOVERY <i>Great work! 3 climbs ahead and we continue to push the intensity</i>		
11:31	4x8	Stand <i>Find the beat 1, 2, 1, 2</i>	M-H	1/2
11:43	4x8	Sit	H	1/2
11:56	16x8	Stand & Sit <i>2x Stand 32cts & Sit 32cts – Stand – chest proud and pull the handle bars. Sit – core is strong and push the pedals away</i>	OPT+	1/2

BLOCK 2 – 75 Climb

12:45	8x8	RECOVERY <i>One upper body makes it easier to drive more Resistance. It makes it feel lighter which means we can take more!</i>		
13:10	4x8	Stand	M-H	1/2
13:23	4x8	Sit <i>Don’t be afraid to go Heavy. We can often push more than we realize</i>	H	1/2
13:35	16x8	Stand & Sit <i>4x Stand 28cts & Sit 4cts – Pull with the arms, brace with the abs. Push with the legs</i>	OPT+	1/2

BLOCK 3 – 75 Climb

14:25	10x8	RECOVERY <i>We know how the upper body makes it feel lighter. It means we COULD go heavier. We SHOULD go heavier. We MUST go heavier!</i>		
14:56	4x8	Stand	M-H	1/2
15:09	4x8	Sit	H	1/2
15:21	4x8	Stand		1/2
15:34	12x8	Sit & Stand <i>6x Sit 8cts & Stand 8cts – Accelerate! Do you feel that? We’re going faster!</i>	OPT+	1/2-3/4
16:11	3½x8	RECOVERY		1/2



05. WATER – JUMP 4:15mins

SET THE SCENE

We are in the hunt for some speed.

PROFILE

30 second speed

40 second speed – x2

1/1 = 144rpm

TRACK TIP

A moment of realism before we dive deep into the next part of our ride. Focus is back on speed which is emphasised by building hype and excitement in the climbs and then letting it all hang out when the beat drops. Be Athletic. Be Animated. Take your riders with you. Remember to use “chase the beat” type cues as we are over 140rpm.

BLOCK 1 – 30 Speed

16:22	8x8	RECOVERY <i>Take your time. Recover. Breathe. Up ahead are some big builds and big drops</i>		
16:49	4x8	Stand <i>1, 2, 1, 2, 1, 2. Keep your chest up. Keep your abs on. Hips close to the seat. Sit...</i>	H	1/2
17:02	2x8	Sit		1/2
17:06	2x8	Sit <i>Start building Pace. Free up the legs to go fast. 30 seconds fast with control</i>		3/4+
17:16	8x8	Sit <i>Chase the beat. Go fast. Slip forward. Relax shoulders</i>	M	3/4++
17:42	1x8	Sit		3/4

BLOCK 2 – 40 Speed

17:46	8x8	RECOVERY <i>Chill. We have to move quick. To move quick, slip foward, point the toes and pump the knees</i>		
18:13	2x8	Stand	H	1/2
18:19	2x8	Stand <i>Build Pace. Sit. Reduce to Moderate. Go quick!</i>		3/4
18:26	12x8	Sit <i>Lean. Chase the beat. Hips forward. Point toes. Pump knees. Go quick!</i>	M	3/4++
19:07	1x8	Sit		3/4

BLOCK 3 – 40 Speed

19:10	8x8	RECOVERY <i>2 down. 1 big drop left! We know what to do. It's up to us</i>		
19:37	2x8	Stand	H	1/2
19:43	2x8	Stand <i>You ready? We ready? Go quick!</i>		3/4
19:50	12x8	Sit	M	3/4++
20:30	2x8	RECOVERY <i>Roll and Recover. Feels good to go fast</i>		



06. CAVERNOUS – LEARNING FOR YOUR LOVE 6:15mins

SET THE SCENE

We’ve made it halfway

PROFILE

120 second climb

30 second climb

120 second climb

1/1 = 124rpm

TRACK TIP

The 2 minute climbs are long and it feels good to stay on the cruisy beat. The trick is to lure your riders into the intensity by enticing them with ‘feel good’ Coaching to match the moody, yet vibrant atmosphere. Plenty of silence at the right time will give everyone the chance to hook into this visually stunning track.

BLOCK 1 – 120 Climb

20:37	8x8	RECOVERY <i>Up ahead is a 2 minute climb. First minute is cruisy, and the second minute we up the intensity</i>		
21:08	4x8	Stand <i>Let’s zone into the rhythm. 1, 2, 1, 2</i>	M-H	1/2
21:23	4x8	Sit <i>Sit. Hold Pace. Smooth push on the pedal. Maybe another gear before you Stand</i>		1/2
21:39	4x8	Stand <i>Still in the cruisy phase here</i>	OPT+	1/2
21:54	4x8	Sit <i>Are we ready to dial back into the workout? Let’s make it Heavy and hard to push. Let’s go!</i>		1/2
22:09	8x8	Stand <i>Shift of vocal and physical energy here to to match the shift of intensity</i>	H	1/2
22:40	8x8	Sit & Stand <i>2x Sit 16cts & Stand 16cts – It’s getting tough now so keep our pedal strokes smooth</i>	OPT+	1/2

BLOCK 2 – 30 Climb

23:11	4x8	RECOVERY <i>Next climb is only 30 seconds. Stay dialed in and go hard for 30 seconds. Take more Resistance than you want to take</i>		
23:26	8x8	Stand	H	1/2

BLOCK 3 – 120 Climb

23:57	4x8	RECOVERY <i>Think of different ways to maximize the drama especially as the lights fade</i>		
24:51	4x8	Stand <i>Bodyweight shifts side to side. Upper body pulls handlebars. This is tough but it’ll feel so good when we get to the top</i>	H	1/2
25:52	4x8	Sit & Stand <i>2x Sit 16cts & Stand 16cts – option to add when you Stand</i>	OPT+	1/2
26:39	8x8	RECOVERY		



07. REPETITION – HOME 4:07mins

SET THE SCENE

Let’s take the easy way up and the fast way down

PROFILE

25 second climb & 15 second speed – 3x

1/1 = 150rpm

TRACK TIP

We use “chase the beat” cues once again which are wonderfully aspirational and encouraging! Create a big state change from the last track to help keep the energy up. Riders are getting fatigued so stay connected, be sure to Turn See Acknowledge and Check In. Eye contact and a friendly smile in the Recovery phases will be priceless.

BLOCK 1 – 25 Climb & 15 Speed

26:46	8x8	RECOVERY <i>2 super short speed drops. Each one only 15 seconds. Let’s make them super energetic</i>		
27:12	4x8	Stand <i>Chest up. Core strong. Hips close to the seat</i>	H	1/2
27:25	4x8	Sit <i>Hips back. Core tight. Building. Reduce to Moderate. 15 seconds as fast as you can!</i>		1/2
27:37	4x8	Sit <i>Hips forward. Small quick circles</i>	M	3/4++
27:50	4x8	Sit <i>Roll and Recover</i>		3/4

BLOCK 2 – 25 Climb & 15 Speed

28:03	8x8	RECOVERY <i>Let’s set a goal. On our way down, let’s make it the fastest yet!</i>		
28:29	4x8	Stand <i>Here we go. Hold Resistance. Sit</i>	H	1/2
28:41	4x8	Sit <i>Speed up. Get ready. Fastest yet. Ready? Drop with the road</i>		1/2
28:54	4x8	Sit <i>Go, go, go, go</i>	M	3/4++
29:07	4x8	Sit		3/4

BLOCK 3 – 25 Climb & 15 Speed

29:20	8x8	RECOVERY <i>The climb helps us go faster, but only if we make the climb Heavy! Make it Heavy! Stand</i>		
29:45	4x8	Stand	H	1/2
29:58	4x8	Sit <i>Last one. Lean with the road. Go fast!</i>		1/2
30:11	4x8	Sit	M	3/4++
30:24	4x8	Sit		3/4
30:37	4½x8	RECOVERY <i>That was fast. Great job everybody</i>		



08. TRIP OUT – SAVE ME 5:09mins

SET THE SCENE

We are on our way back.

PROFILE

50 seconds speed – x3

1/1 = 150rpm

TRACK TIP

Plenty of space to reflect during the ‘flashbacks’ and then its all hype and energy as we build into each speed phase. Lean more toward motivation rather than technical cues to help build and maintain the hype. Music. Music. Music. Visuals. Visuals. Visuals.

BLOCK 1 – 50 Speed

30:52	12x8	RECOVERY <i>It's been a great ride. We had some great moments. Just 3 more speed phases. The goal is to chase and catch the beat, and hold on as long as we can</i>		
31:30	4x8	Sit <i>Moderate Resistance, feel the friction. Let's go!</i>	M	3/4
31:43	16x8	Sit <i>As fast as we can, as long as we can</i>		3/4++

BLOCK 2 – 50 Speed

32:34	8x8	RECOVERY <i>Flashbacks. Great memories</i>		
32:59	4x8	Sit	M	3/4
33:12	16x8	Sit <i>Upper body relaxed, lower body quick. Doesn't matter if you start to slow down. Just keep trying because that's what counts</i>		3/4++

BLOCK 3 – 50 Speed

34:03	16x8	RECOVERY <i>It's good to acknowledge how hard we've worked. Now there is just one left. How much energy can you put into this one?</i>		
34:55	4½x8	Sit <i>Building! Building! Last one! Last one! Drop it!</i>	M	3/4
35:07	16x8	Sit <i>Chase. Catch. Your max speed. Give it everything!</i>		3/4++



09. BACK TO ‘RINI – PARKING LOT 3:46mins

SET THE SCENE

Just a few minutes and we are back where it all started.

PROFILE

20 seconds rolling jumps

30 seconds rolling jumps

1/1 = 96rpm

TRACK TIP

Still some intensity in this one but we don’t emphasise it. Keep it upbeat, positive, and memorable. Keep the vibe going after you dismount and Roam The Room!

BLOCK 1 – 20 Jumps

35:59	4x8	RECOVERY <i>That was so good</i>		
36:22	4x8	Sit <i>Light Resistance. Relax. Just roll</i>	L	3/4
36:42	4x8	Sit <i>Let’s bring the beat back. 1, 2, 1, 2. Keep it easy</i>	M	1/1
37:01	2x8	Sit <i>Add a little more Resistance. Moderate to Heavy so we can Stand</i>	M-H	3/4
37:11	4x8	Stand & Sit <i>4x – Stand 4cts & Sit 4cts</i>		1/1

BLOCK 2 – 30 Jumps

37:31	2x8	RECOVERY <i>Winding down after an intense ride</i>		
37:41	8x8	Sit <i>Medium Pace. Breathing a bit easier. Bring it back to Moderate-Heavy. It’s a ‘feel good’ gear to help us jump on the beat</i>	L	3/4
38:20	4x8	Stand & Sit <i>2x – Stand 4cts & Sit 4cts</i>	M-H	1/1
38:30	2x8	Sit		3/4
38:40	4x8	Stand & Sit <i>4x – Stand 4cts & Sit 4cts</i>		1/1
39:00	8x8	Sit <i>Back to where we started. Feels so good right now. It got pretty twisted. I had so much fun. Did you guys have fun?</i>	L	3/4-1/2
39:34	2x8	RECOVERY <i>Thank you so much for working hard today. Jump off your bikes when you are ready. See you soon!</i>		



MUSIC

- 01

Off The Ground (4:27)

Anderson .Paak

© 2014 Steel Wool / OBE.
Written by: Anderson, Merisola
- 02

Fitzpleasure (3:39)

alt-J

© 2012 Infectious Music. Licensed courtesy of Liberator Music Pty Ltd.
Written by: Newman, Unger-Hamilton, Sainsbury, Green
- 03

Double Bubble Trouble (2:59)

M.I.A

Courtesy of the Universal Music Group.
Written by: Leembruggen, Fernhout, Arulpragasam, Westra, Mckinney, Stierenfroed
- 04

Someone To Hold (5:19)

MYRNE

© 2016 Artisane.
Written by: Lim
- 05

Jump (4:15)

Nolan van Lith

© 2018 Les Mills Music Licensing Ltd.
Written by: van Lith
- 06

Learning For Your Love (6:15)

Marcus Marr & Chet Faker

© 2015 Detail Records.
Written by: Murphy, Annesley
- 07

Home (4:07)

Ricky Remedy

© 2017 Ricky Remedy.
Written by: Unknown
- 08

Save Me (5:09)

Keys N Krates feat. Katy B

© 2015 Dim Mak Records, Inc.
Written by: Dawson, Francois, Tune, Warren, Brien
- 09

Parking Lot (3:46)

Anderson .Paak

© 2016 Steel Wool / OBE / Art Club / EMPIRE.
Written by: Anderson, Nguyen, Rios
- OUTRO

Jethro (1:34)

Thundercat

© 2017 Brainfeeder.
Written by: Ellison, Bruner



MESSAGE FROM LES

We have called this release, K A I R O S, which means – a crucial, perfect and delicate moment.

There are plenty of moments in this release, far too many to see on your first ride, so this is definitely one your riders will want to ride again as they uncover all of the layers.

We start with a light climb through the streets of Santorini and discover various elements that will make their presence known to us later in the ride. We cross a stretch of water to discover a cave entrance that leads us to what might be an ancient abandoned city.

Things quickly get twisted as we weave our way into a tunnel and trip into another space. We have a brief moment of realism before being thrust back into some wonderfully weird spaces.

Prepare to work harder than you realise as you encounter multiple climbs through the front half of the ride. Then, we face the challenge of several 2 minute climbs before we get a serious dose of speed in the second half.

The ride is punctuated by some stunning imagery and backed up by songs that contrast beautifully and drive you to want more. Track 5 is a piece created exclusively for Les Mills, and the builds and beats are so good.

Enjoy exploring this one. There is a heap of wonderful moments to share with your riders, so be sure to give the release longevity by not giving away everything the first time you ride it.

Remember to bring your natural energy and vibe to your class which starts as soon as you enter the club.

Enjoy!

Les & The TRIP Team

CREDITS

- Choreography** – Les Mills Jnr
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Les Mills Jnr
- Product Manager** – Chris Richardson
- Technical Consultant** – Bryce Hastings
- Presenter** – Bas Hollander
- 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

BE LOUD AND HEARD

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



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.

