

LES MILLS THE TRIP 15

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01. FLY IN

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04. TUNNEL 2

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Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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MUSIC

01 **Dissolve Me** (3:49)
alt-J
© 2012 Infectious Music licensed courtesy of Liberator Music.
Written by: Newman, Unger-Hamilton, Sainsbury, Green

02 **Monster 2.0** (3:26)
Jacob Banks feat. Boogie
© 2016 Interscope Records.
Written by: Dixon, Banks, Jean Marie, Nyassa, Rotondi, Taylor

03 **Get Up** (4:45)
Farleon feat. Or Barak
© 2017 Showland Records under exclusive license to Armada Music B.V.
Written by: Karimov

04 **Shango (Daniel Haaksman & DJ Beware Remix)** (3:24)
Lord Nelson
© 2012 Soundway Records.
Written by: Nelson

05 **That’s Love** (4:02)
Oddisee
© 2015 Mello Music Group.
Written by: Mohamed

06 **Ramble Tamble** (7:10)
Creedence Clearwater Revival
© 2014 Concord Music Group, Inc.
Written by: Fogerty

07 **Move (GLD Remix)** (3:30)
Saint Motel
© 2017 Elektra Records for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Jackson, Sharp, Lerdamornpong, Erwin

Move (GLD Remix) (3:13)
Saint Motel
© 2017 Elektra Records for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Jackson, Sharp, Lerdamornpong, Erwin

08 **Warriors** (3:25)
Too Many Zooz
© 2016 Too Many Zooz.
Written by: Parks, Muirhead, Pellegrino

09 **Living It Up** (3:46)
Damian “Jr. Gong” Marley
© 2017 Republic Records, a division of UMG Recordings, Inc.
Written by: Smith, Townes, Marley, James, Coore, Diedrick

10 **Honest** (2:35)
Koji. feat. abhi//dijon
© 2017 Cafe Quality.
Written by: Orme



MESSAGE FROM LES

Welcome to A M A R N A

We drop into a great city that is nestled in a sun kissed hazy valley. We cross a sacred plateau and make our way downhill toward the mouth of a golden statuesque beast that drops us into the first of four archaeological tunnels that we encounter during THE TRIP 15.

Each of these tunnels either move us into or out of an alternative version of our great city. Expect an intense challenge in each of these spaces as we move through luminous graphic lines, enormous holographic sculptures, and modern elements built within rock formations.

We ride outside of the city into a barren sandscape that is dotted with monolithic structures that protrude from the ground and levitate in the air.

The workout is punctuated by the challenges we encounter in the alternative versions of the city as well as two of the longest climbs we have encountered. The first is a progressive feel-good climb that energises our bodies with some great music. The second is an extended progressive climb that uses a building tempo to create an enduring and intense challenge both physically and mentally.

We really like the contrast in this one. The musical journey is unexpected but it works so well when paired with the exquisitely produced road and visuals. Shifting from the density of the city to the sparseness of its outskirts and the tunnel exploration in between makes time shift seamlessly.

This release will leave you dripping for more.

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 & Brad Wharakura
- 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

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01. FLY IN – DISSOLVE ME 3:49mins

SET THE SCENE

Let’s drop into the city.

PROFILE

40 speed
10 speed & 40 climb
15 climb & 15 speed
1/1 = 111rpm

TRACK TIP

A stunning vista awaits as we drop into the city, so be sure to give it the space it deserves. The music contrasts quicker, feel-good beats with much quieter moments, which provides great opportunities to shift your vocal energy and connect with the Music & Visuals. Keep your Coaching simple with a focus on setting up the basics – Layer 1.

BLOCK 1 – 40 Speed

0:00	2x8	RECOVERY We’re somewhere over Egypt.		
0:09	10x8	Sit Layer 1 focus – We have a Light Resistance which feels connected and smooth	L	3/4

BLOCK 2 – 10 Speed & 40 Climb

0:52	4½x8	RECOVERY Now we shift from a Light to Moderate Resistance which allows us to ride fast with control		
1:12	2x8	Sit	M	1/1
1:20	3x8	Sit Now we shift from Moderate to Heavy Resistance. This slows us down and allows us to Stand		3/4
1:33	5x8	Stand Chest is lifted and abs braced strong	H	1/2
1:55	4½x8	Sit Hold Resistance and hold Pace – 1, 2, 1, 2		1/2

BLOCK 3 – 15 Climb & 15 Speed

2:14	5x8	RECOVERY Explain Recovery – we can sit up or slow down, whatever feels good		
2:34	5½x8	Sit Speed up. Faster. Faster. Lean with us, it feels good	M	3/4-1/1
3:01	4x8	Stand	H	1/2
3:18	4x8	Sit 15 seconds left. Fast legs	M	1/1
3:35	3x8	Sit		3/4



02. TUNNEL 1 – MONSTER 2.0 3:26mins

SET THE SCENE

Let’s go deeper into the city.

PROFILE

30 climb & 15 speed

15 climb & 15 speed

30 climb & 15 speed

1/1 = 124rpm

TRACK TIP

The workout factor kicks in now! Think about how you will increase intensity by evolving your Resistance cues and making your voice more focused and direct in comparison to the previous track. It’s also important to understand the next track should lift again and be delivered in a more athletic, energetic and enthusiastic way. Stay positive and inclusive and provide suggestions to help riders be Athletic & Animated.

BLOCK 1 – 30 Climb & 15 Speed

3:49	4x8	RECOVERY <i>What a start. Ok so three rolling climbs with 15 second speed phases</i>		
4:04	8x8	Stand & Sit 4x – Stand 8cts & Sit 8cts	H & OPT+	1/2
4:35	4x8	Sit <i>Up ahead, our first chance to pick up the leg speed and chase the beat</i>	M	3/4
4:51	4x8	Sit <i>Light belly brace and toes slightly dipped</i>		1/1

BLOCK 2 – 15 Climb & 15 Speed

5:06	4x8	Stand & Sit 2x – Stand 8cts & Sit 8cts – <i>Find a bigger, heavier, strong and solid Resistance</i>	H & OPT+	1/2
5:22	4x8	Sit <i>Let’s see if we can make tigher, quicker circles and catch the beat as early as we can</i>	M	3/4
5:37	4x8	Sit <i>Fast circles. On the beat 1, 2, 1, 2</i>		1/1

BLOCK 3 – 30 Climb & 15 Speed

5:57	4x8	RECOVERY		
6:08	8x8	Stand & Sit 4x – Stand 8cts & Sit 8cts – <i>Find a massive gear. Monster climb</i>	H & OPT+	1/2
6:43	4x8	Sit <i>Try and hold onto a little more Resistance this time</i>	M	3/4
6:55	4x8	Sit		1/1
7:10	1x8	RECOVERY		



03. NU SPACE – GET UP 4:45mins

SET THE SCENE

Bright lights. Big city.

PROFILE

30 climb, 30 speed, 15 climb – x3

1/1 = 129rpm

TRACK TIP

The first of our athletic challenging spaces so lift energy vocally and physically to match the shift you are looking for in your riders. To break up the repetitive nature of each Block, have a clear focus for each one that evolves and builds on the previous Block. For example, you may put particular focus on the 4x8 where we accelerate into the downhill drops. Ultimately, if you show your enjoyment for working hard you can’t go wrong.

BLOCK 1 – 30 Climb, 30 Speed, 15 Climb

7:15	4x8	RECOVERY <i>Let’s ignite our workout</i>		
7:30	4x8	Sit <i>Easy roll</i>	L	3/4
7:45	4x8	Stand <i>Big, big gear on</i>	H	1/2
8:00	4x8	Sit <i>Holding Resistance Sit down and hips back</i>		1/2-3/4
8:15	8x8	Sit <i>Chase and catch the beat</i>	M	1/1
8:45	4x8	Stand	H	1/2

BLOCK 2 – 30 Climb, 30 Speed, 15 Climb

9:00	4x8	RECOVERY		
9:15	4x8	Stand <i>Pull with our hands as we press with the feet</i>	H	1/2
9:30	4x8	Sit <i>Rushing as we get ready for the plunge</i>		1/2-3/4
9:45	8x8	Sit <i>Can we lean? Can we go fast?</i>	M	1/1
10:15	4x8	Stand	H	1/2

BLOCK 3 – 30 Climb, 30 Speed, 15 Climb

10:30	4x8	RECOVERY <i>We gotta dig deeper for some super dynamite soul</i>		
10:45	4x8	Stand <i>Strong climb and we know what’s waiting for us at the top</i>	H	1/2
11:00	4x8	Sit <i>Let’s make a move. Faster</i>		1/2-3/4
11:15	8x8	Sit <i>C’m on on now!</i>	M	1/1
11:45	4x8	Stand <i>How much can we add to finish strong? Decide now</i>	H	1/2



04. TUNNEL 2 – SHANGO 3:24mins

SET THE SCENE

3 minute climb.

PROFILE

180 climb

1/1 = 123rpm

TRACK TIP

Literally and figuratively this track is progressive with multiple layers, so match your delivery to those energy shifts. If we start with intensity, the 1st minute should feel good and provide some relief from the previous track. The 2nd minute should be challenging as the muscle and lung pressure increases, and finally the 3rd minute, we are literally holding on. The Music & Visuals fade up in the 1st minute, are at their peak in the 2nd minute, then fade out in the 3rd minute. One approach is to be cruisy, then bring the vocal energy, and then get internal when it gets tough. How will you approach this?

BLOCK 1 – 180 Climb

12:01	7½x8	RECOVERY	
		<i>Next trippy tunnel – let’s see where this one takes us</i>	
12:32	44x8	Stand & Sit	H & OPT+ 1/2
		11x Stand 24cts & Sit 8cts – <i>Option to add a gear any time we Stand up</i>	



05. SANDSCAPE – THAT’S LOVE 4:02mins

SET THE SCENE

We’ve hit the outskirts of the city.

PROFILE

15 speed, 15 climb – x3

30 climb

1/1 = 132rpm

TRACK TIP

How do you feel when you listen to this song? Cool. Groovy. Positive. Do you feel the love? This track has energetic flow as we blend from speed into climbs but it’s not in your face, it’s understated and almost casual without being relaxed. The Pace is upbeat and everyone will naturally find their own place, so the trick is to encourage and lure your riders into intensity without being forceful.

BLOCK 1 – 15 Speed, 15 Climb

15:25	4x8	RECOVERY		
15:39	4x8	Sit	L	3/4
Let’s prepare for 15 down and 15 up. Take Moderate Resistance, it allows us to go fast				
15:54	4x8	Sit	M	1/1
It feels so good when you lean				
16:09	4x8	Sit	M-H	3/4
16:23	4x8	Stand	H	1/2
The firm pressure feels good right now				

BLOCK 2 – 15 Speed, 15 Climb

16:38	4x8	Sit	L	3/4
16:52	4x8	Sit	M	1/1
Be Animated.				
17:07	4x8	Sit	M-H	3/4
Connect with the Visuals.				
17:22	4x8	Stand	H	1/2

BLOCK 3 – 15 Speed, 15 Climb

17:36	4x8	Sit	L	3/4
Can we go faster? Even faster? That’s the goal				
17:51	4x8	Sit	M	1/1
Don’t take it slow here				
18:06	4x8	Sit	M-H	3/4
18:20	4x8	Stand	H	1/2
Rock your body side to side. Feels good				

BLOCK 4 – 30 Climb

18:35	4x8	RECOVERY		
This last one will take us back to the training zone, so maybe heavier this time				
18:50	8x8	Stand	H	1/2
19:19	1x8	RECOVERY		
Create Curiosity. A picture paints a thousand words.				



06. TUNNEL 3 – RAMBLE TAMBLE 7:10mins

SET THE SCENE

Ready to rock.

PROFILE

60 speed

200 climb

30 speed

1/1 = 127rpm

TRACK TIP

We start and finish this track with fast & slightly unpredictable speed phases. During these phases, aim for an excited and lifted energy without being overly intense. Hook into the Music and feel the fun. The middle of the track opposes the speed phases with a long enduring climb in excess of 3 minutes. This climb is the second of our challenging athletic spaces. You could choose to be demanding, nurturing, internal, external, or a mix of these. No matter what you choose, have a clear intention and expectation of what you want your riders to achieve during this climb. This is not a track where you can wing it.

BLOCK 1 – 60 Speed

19:27	4x8	RECOVERY		
19:42	4x8	Sit	L	3/4
		Can I get a yeehaa!		
19:57	1¾x8	Sit	M	3/4
20:04	1x8	Sit		1/1
		Go, go, go		
20:08	1¾x8	Sit	OPT+	3/4
		Slow and adjust if you need to		
20:14	8x8	Sit		1/1
		Slide forward. That's where we're faster		
20:43	1½x8	Sit	OPT+	3/4
20:48	3½x8	Sit		1/1
		Chase it. Chase the beat		

BLOCK 2 – 200 Climb

21:03	8x8	RECOVERY		
		Note – the tempo slows down then gradually picks up at the beginning of the climb		
21:38	45x8	Stand & Sit	H & OPT+	1/2
		22½x – Stand 8cts & Sit 8cts		

BLOCK 3 – 30 Speed

24:59	2x8	RECOVERY		
25:06	4x8	Sit	L	3/4
		Let's taste that speed again		
25:21	3x8	Sit	M	3/4
		Let's go fast for 30 seconds		
25:32	4½x8	Sit		1/1
		Quick feet. Are we sliding forward?		
25:49	1½x8	Sit	OPT+	3/4
25:54	3½x8	Sit		1/1
26:07	8x8	RECOVERY		
		Check in. Turn & Acknowledge.		



07. FREQUENCY – MOVE 6:43mins

SET THE SCENE

Contrast climbs with powerful jumps for a high intensity kick.

PROFILE

20 climb, 40 jumps
40 climb, 40 jumps
x2
1/1 = 96rpm

TRACK TIP

The third of our challenging athletic spaces. Almost identical Blocks except Blocks 2 & 4 have slightly longer climbs. Our challenge in delivering this track is to keep riders engaged, especially as they start to fatigue. Choose moments to be Athletic, Animated or both, as well as having a clear objective for each Block. Switch up the vocal delivery and pull it right back during the Recovery phases. Good luck. It's a super challenging track!

BLOCK 1 – 20 Climb, 40 Jumps

26:37	6x8	RECOVERY <i>Let's Recover and chill before we head into the next part of the city</i>		
27:07	4x8	Sit	M	3/4
27:27	2x8	Stand	H	1/2
27:37	2x8	Sit <i>Let's get up to speed</i>	M-H	3/4-1/1
27:47	8x8	Stand & Sit 8x – Stand 4cts & Sit 4cts		1/1

BLOCK 2 – 40 Climb, 40 Jumps

28:27	4x8	RECOVERY <i>1 done. 3 more</i>		
28:47	4x8	Stand <i>Slow and strong</i>	H	1/2
29:07	2x8	Sit <i>Feel the difference</i>		1/2
29:17	2x8	Sit <i>Dial back just a little and get ready to be explosive</i>	M-H	3/4-1/1
29:27	8x8	Stand & Sit 8x – Stand 4cts & Sit 4cts		1/1

BLOCK 3 – 20 Climb, 40 Jumps

30:07	4x8	RECOVERY <i>Halfway. Make it more powerful by using the arms aggressively</i>		
30:27	2x8	Stand	H	1/2
30:37	2x8	Sit <i>Power phase three coming right at ya!</i>	M-H	3/4-1/1
30:47	8x8	Stand & Sit 8x – Stand 4cts & Sit 4cts		1/1

BLOCK 4 – 40 Climb, 40 Jumps

31:27	4x8	RECOVERY <i>Just one more. Go for max power output</i>		
31:47	4x8	Stand	H	1/2
32:07	2x8	Sit		1/2
32:17	2x8	Sit <i>Charge your legs</i>	M-H	3/4-1/1
32:27	8x8	Stand & Sit 8x – Stand 4cts & Sit 4cts		1/1
33:07	2x8	RECOVERY		



08. TUNNEL 4 – WARRIORS 3:25mins

SET THE SCENE

Last challenge of the day.

PROFILE

30 climb – x2

50 climb

1/1 = 116rpm

TRACK TIP

From a workout perspective, we need to focus on Coaching Moderate – Heavy Resistance. If riders reduce too much, the workout intensity will drop. Use language like “reduce just a bit”, “reduce slightly” or “just take the edge off”. Choose the right moment to inject yourself into the workout and use a voice that matches the beat driven vibe.

BLOCK 1 – 30 Climb

33:20	4x8	RECOVERY <i>This one is super short and super effective</i>		
33:37	8x8	Sit <i>How much energy, movement and action can we put into this last one?</i>	L	3/4
34:10	3x8	Stand	H	1/2
34:22	1x8	Sit <i>Back off a little bit and try to speed up a lot – it should be hard</i>	M-H	3/4
34:26	4x8	Sit		3/4-1/1

BLOCK 2 – 30 Climb

34:43	5x8	RECOVERY		
35:03	3x8	Stand <i>Number 2 of 3. This is where it counts</i>	H	1/2
35:16	1x8	Sit	M-H	3/4
35:20	4x8	Sit		3/4-1/1

BLOCK 3 – 50 Climb

35:36	4x8	RECOVERY		
35:53	4x8	Stand <i>Accelerate on the bright lights</i>	H	1/1-3/4+
36:09	8x8	Stand <i>Try to hold on</i>		3/4+



09 & 10. FLY OUT – LIVING IT UP/HONEST

3:46mins / 2:35mins

SET THE SCENE
Let’s head back to where we started.

PROFILE
40 speed flush, 40 climb – x2
1/1 = 102rpm

TRACK TIP
There are a few ways you can approach this track as you lead everyone back to the beginning. This is your call to make on the day. Light & cruisy. Upbeat & vibing. Squeezing a little more intensity. You choose the best approach for your riders. At the end, be sure to dismount your bike, keep the energy up, get amongst your riders and congratulate them on a great ride.

BLOCK 1 – 40 Speed Flush, 40 Climb

36:44	4x8	RECOVERY		
37:03	8x8	Sit	L	3/4
		Take some time to reflect on the ride.		
37:41	8x8	Sit	M	1/1
		Take just enough to Stand on		
38:19	8x8	Stand	M-H	1/2

BLOCK 2 – 40 Speed Flush, 40 Climb

38:57	8x8	Sit	M	1/1
		Slide back into the seat and find the beat.		
39:34	7x8	Stand	M-H	1/2
40:07	5x8	Sit	M	3/4-1/2
		How will you finish?		



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.

