

LES MILLS THE TRIP 16

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MUSIC

- 01

Superfly (3:52)

Choice Motion

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Written by: Mayfield
- 02

Paint (3:58)

Anderson .Paak

© 2014 Steel Wool / OBE.
Written by: Merisola, Paak
- 03

Move On Up (2:46)

Money Aquarian

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Written by: Mayfield
- 04

Desmond’s Empire (4:34)

O’Flynn

© 2015 O’Flynn.
Written by: Norris
- 05

Flower (3:24)

Moby

© 2008 Little Idiot.
Written by: Moby
- 06

My Type (3:15)

Saint Motel

© 2015 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: Erwin, Jackson, Lerdamornpong, Sharp
- 07

Tunnel Vision (5:00)

Hoodboi, Jerry Folk

© 2018 Fool’s Gold Records.
Written by: Schami
- 08

Kid Conga (5:25)

Daniel Haaksman feat. MC Francisco

© 2009 Man Recordings.
Written by: Haaksmann, Siebert
- 09

Heads Up (3:31)

Woe Flaccid

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Written by: Galice
- 10

Sure Don’t Miss You (2:53)

The Dip

© 2017 The Dip.
Written by: Eddy, Carter, Gillis, Hunter, Katz, Lundgren
- OUTRO

Tadow (2:54)

Masego & FKJ

© 2018 EQT Recordings.
Written by: Fenton, Davis



MESSAGE FROM LES

We call this THE B O R O U G H.

We exit a train station and ride into a city which is familiar to many of us – but exactly where are we?

The scale of the city is grand and there is a definite art deco vibe as we weave amongst the buildings and make our way through the park. We minimize recovery time while we are fresh and work with the beat of the music to build a good sweat.

As we climb amongst the buildings we encounter more movement with people, trains, and flying objects. In addition, we see ribbon-like motorways populated with vehicles.

We drop down amongst the buildings, moving through atriums and corridors, and traversing between one building and the next.

From this point the hyper-realism of the road design has us climbing a super steep cliff, challenging our limits with athletic seat jumps in a mystical forest, and riding a rollercoaster road with amazing views of the city.

The speeds we encounter are attainable for everyone and there is plenty of challenge available for those who want to go there, whether it be riding to the beat of the music or taking that extra bit of resistance.

There is plenty to look at in this release too, but as always let your riders discover it for themselves. Don't be the instructor who points out every single thing, as you risk disengaging your crew.

So get amongst this one, and take your riders with you on a fully inclusive workout. Allow everyone to work at the best of their ability, create the hype in partnership with the music and the workout, and stay connected by interacting with your riders as much as possible.

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** – Khiran Huston
- 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



01. BIG CITY – SUPERFLY 3:52mins

SET THE SCENE

Super excited to be here today. Let’s get warm.

PROFILE

15 speed, 15 speed, 30 climb

30 speed, 30 climb

1/1 = 119rpm

TRACK TIP

An iconic song with a feel good vibe that sets a great tone for the ride. Think about how you will highlight the feel good vibe to draw your riders into the workout. Consider using simple Layer 1 cues to clearly communicate PRP at each point of transition i.e. shift of Position, adding Resistance, or change of Pace. In addition, use statements rather than questions to create the state in the room e.g. rather than saying “how are you feeling?”, you can say “this feels great”. When said with the right vocal energy, you enhance the experience.

BLOCK 1 – 15 Speed, 15, Speed, 30 Climb

0:00	4x8	RECOVERY		
0:17	6x8	Sit	L	3/4
0:41	4x8	Sit	OPT+	1/1
Let’s add another gear and ride the beat				
0:57	4x8	Sit		3/4
Right now it feels easy to push but when we go fast, we want to find a Moderate Resistance				
1:13	4x8	Sit	M	1/1
Lots of energy through the legs				
1:29	2x8	Sit	H	3/4-1/2
Add Heavy Resistance and feel the legs slow				
1:37	8x8	Stand		1/2
First time Standing so simple Layer 1 cues are required – Chest up. Abs braced				

BLOCK 2 – 30 Speed, 30 Climb

2:09	4x8	RECOVERY		
We recover together as a team, but ultimately it’s up to you what you do				
2:25	4x8	Sit	L	3/4
Up ahead a 30 second downhill phase and a 30 second climb				
2:41	8x8	Sit	M	1/1
We are feeling great, and if it feels good start to lean with the road				
3:13	1x8	Sit	H	3/4-1/2
3:17	7x8	Stand		1/2
Nice and strong as we climb to the top				
3:44	2x8	RECOVERY		
What will you do to be energetic here and let your riders know they are doing well?				



02. PARK – PAINT 3:58mins

SET THE SCENE

Moving in and out of climbs.

PROFILE

60 speed, 30 climb, 15 speed, 15 climb, 30 speed
25 speed

1/1 = 124rpm

TRACK TIP

This track focuses on blending from speed to climbs to speed with minimal use of the RECOVERY Position. The Pace is not too quick so it allows us to do this, and everyone should be feeling fresh this early in the ride. Heading into climbs try coaching Resistance first to slow the legs, and for speed try coaching Pace before reducing Resistance. We often coach in the reverse which can take us away from the workout.

BLOCK 1 – 60 Speed, 30 Climb, 15 Speed, 15 Climb, 30 Speed

3:52	4x8	RECOVERY		
4:07	2x8	Sit	M	3/4+
4:15	8x8	Sit – Surges		1/1-3/4
		2x Surges – 24cts 1/1 & 8cts 3/4		
4:46	8x8	Sit		1/1
		Go fast. Feeling the heart rate pick up		
5:17	2x8	Sit	H	3/4-1/2
		Let’s find Heavy Resistance, something that slows the legs and grips and grabs the muscle		
5:25	4x8	Stand		1/2
		It’s a slow 1, 2, 1, 2		
5:40	4x8	Sit		1/2-3/4
		Hips back and try tugging on the handlebars. Accelerate and reduce to Moderate Resistance		
5:56	4x8	Sit	M	1/1
		Now hips forward to help build speed		
6:11	2x8	Sit	H	3/4-1/2
		Use these transitions to blend and build from Moderate to Heavy Resistance.		
6:19	4x8	Stand		1/2-3/4
6:34	8x8	Sit	M	1/1
		Feeling that intensity starting to creep in		

BLOCK 2 – 25 Speed

7:05	4x8	RECOVERY		
		Easy. We go fast one more time for 25 seconds. Are you in?		
7:21	6x8	Sit	M	1/1
7:44	2x8	RECOVERY		
		Celebrate that! Well done		



03. BIG CITY CLIMB – MOVE ON UP 2:46mins

SET THE SCENE

Here is where the intensity lifts.

PROFILE

30 climb

60 climb

20 climb

1/1 = 144rpm

TRACK TIP

Another iconic song that literally lives up to the title “Move On Up”. The good vibes continue in this track, however in comparison to Track 1 there is a definite lift in workout intensity. The challenge in each of the climbs is to add Resistance each time we Stand up, and we do this in an inclusive way which allows everyone to find their own level of challenge with cues like e.g. “if you want to, try adding another gear”, or “ready for the next challenge, try adding more Resistance”. This inclusive approach will push the self-motivated riders and make the newer, possibly less confident riders feel successful.

BLOCK 1 – 30 Climb

7:49	4x8	RECOVERY		
8:03	4x8	Sit <i>The challenge is each time we Stand, we add Resistance</i>	M-H	1/2
8:17	4x8	Stand & Sit 1x – Stand 24cts & Sit 8cts	H	1/2
8:30	4x8	Stand <i>Let’s try adding a gear, and we can start to feel the effects of this Heavy Resistance</i>	OPT+	

BLOCK 2 – 60 Climb

8:44	4x8	RECOVERY <i>Let’s recover and prepare for the next 60 minute climb</i>		
8:58	16x8	Stand & Sit 4x – Stand 24cts & Sit 8cts	H & OPT+	1/2

BLOCK 3 – 20 Climb

9:53	4x8	RECOVERY <i>Chill. This last climb is only 20 seconds so let’s put on as much gear as we can</i>		
10:07	5x8	Stand	H	1/2
10:28	2x8	RECOVERY		



04. INSIDE OUTSIDE – DESMOND’S EMPIRE 4:34mins

SET THE SCENE

We weave in and out of buildings as we chase and catch the beat.

PROFILE

30 flush, 30 speed, 30 climb
30 flush, 15 speed, 30 climb, 45 speed
1/1 = 120rpm

TRACK TIP

At 120rpm the Pace is achievable for almost everyone, and it naturally lowers the intensity slightly from the previous track. The gradual build of Pace feels great and leads us into quicker climbing transitions. Use the same coaching style from Track 2 and blend from speed to climbs especially in Block 2. Visually we encounter our first super trippy moment as we build speed in Block 2, so try giving this as much space as you can and let your riders just take it in and then vocally build and drive as you coach them onto the beat and into the climb.

BLOCK 1 – 30 Flush, 30 Speed, 30 Climb

10:34	4x8	RECOVERY		
10:50	8x8	Sit	L & OPT+	3/4-3/4+
		Medium Pace shifts into Building Pace or Chase Pace.		
11:22	4x8	RECOVERY		
11:38	8x8	Sit	M	1/1
		1, 2, 1, 2, our hips come forward and we dip our toes with a quick pump of the knees		
12:10	8x8	Stand	H	1/2
		Side to side with our body, ride the good beat		

BLOCK 2 – 30 Flush, 15 Speed, 30 Climb, 45 Speed

12:42	6x8	RECOVERY		
13:06	6x8	Sit	L & OPT+	3/4-3/4+
		Chase the beat		
13:30	4x8	Sit	M	1/1
		On the beat		
13:46	8x8	Stand	H	1/2
		We pull on the handlebars and our chests are lifted so we can breathe – Accelerate last 8cts.		
14:18	12x8	Sit	M	1/1
		On the beat now. Pump the knees now!		



05. CLIFF CLIMB – FLOWER 3:24mins

SET THE SCENE

We are cliff climbing.

PROFILE

25 climb, 30 climb, 30 climb

60 jumps

1/1 = 81rpm

TRACK TIP

This is extreme climbing! Blocks 1-3 are super slow with a strong Heavy gear, and like Track 3 we can challenge ourselves by adding more Resistance before we start each climb. In Block 4, we push intensity further by reducing Resistance slightly but doubling the Pace, and extending the duration! The big shift of rhythm and Resistance creates wonderful contrast and the endorphin kick experienced in Block 4 will have riders wanting to come back for more of this challenging track.

BLOCK 1 – 25 Climb

15:08	4x8	RECOVERY Emphasize the need for super Heavy Resistance for super slow Pace.		
15:32	4x8	Stand Focus on the feel of Resistance to match the slow beat.	H+	1/2

BLOCK 2 – 30 Climb

15:56	1x8	RECOVERY Remain Standing. Hold Resistance or provide an option to add more.		
16:02	5x8	Stand <i>Feel the fight in the legs. The challenge. The workout</i>	H+ & OPT+	1/2

BLOCK 3 – 30 Climb

16:31	1x8	RECOVERY Remain Standing. Hold Resistance or provide an option to add more.		
16:37	5x8	Stand <i>We're getting a good, good workout</i>	H+ & OPT+	1/2

BLOCK 4 – 60 Jumps

17:07	1x8	RECOVERY		
17:13	2x8	Sit <i>Reduce just enough gear so we can double the beat</i>	M-H	1/2-3/4
17:25	5x8	Stand & Sit 2½x – Stand 8cts & Sit 8cts	H	1/1
17:55	5x8	Sit & Stand 5x – Sit 4cts & Stand 4cts		1/1
18:25	1x8	RECOVERY		



06. TRAIN TUNNEL – MY TYPE 3:15mins

SET THE SCENE

It's about to get quite trippy.

PROFILE

25 climb, 25 speed – x2

45 speed

1/1 = 124rpm

TRACK TIP

Try using the climbs to soften your vocal delivery and then build the energy as you accelerate into the fast drops. Apply this theory to your Athletic & Animated movement style as well. The visual shift in this track from realistic to hyper realistic is some of the most drastic we will see in this release. Focus on the workout factor and let the visuals look after themselves.

BLOCK 1 – 25 Climb, 25 Speed – x2

18:32	2x8	RECOVERY		
18:39	6x8	Sit	L	3/4
19:03	1x8	Sit	M-H	3/4-1/2
		Coach Resistance before Pace.		
19:07	5x8	Stand	H	1/2
		NOTE: Accelerate last 8cts.		
19:26	6x8	Sit	M	1/1
		Get quick 1, 2, 1, 2		
19:49	1x8	Sit	M-H	3/4-1/2
		Coach Resistance before Pace.		
19:53	5x8	Stand	H	1/2
		NOTE: Accelerate last 8cts.		
20:12	6x8	Sit	M	1/1
		Hold on tight, we stay on the beat		

BLOCK 2 – 45 Speed

20:36	4x8	RECOVERY		
		One more speed phase, quick for 45 seconds		
20:51	2x8	Sit	M	3/4+
		Start to chase and...go!		
20:59	10x8	Sit		1/1
		Stay fast all the way to the base		
21:44	1x8	RECOVERY		



07. MYSTICAL FOREST – TUNNEL VISION 5:00mins

SET THE SCENE

In and out of the seat with super athletic jumps.

PROFILE

60 jumps

45 jumps – x2

1/1 = 93rpm

TRACK TIP

Intensity should really crank up in this one. It's a powerful and athletic feel that should be challenging for everyone, so be sure to use lots of energy and enthusiasm, as well as inclusive language. Because of the challenging nature, keep the coaching focus simple. Block 1 should have a good description of Resistance that leads into simple Position and Pace cues. Block 2 should shift intensity with a challenge to increase Resistance or to stay on the beat. Block 3 is pure motivation.

BLOCK 1 – 60 Jumps

21:46	4x8	RECOVERY <i>These jumps are explosive and super fun</i>		
22:07	4x8	Sit <i>Let's build and hook into the beat, then find our athletic and challenging gear</i>	L	1/2-3/4+
22:28	4x8	Stand & Sit <i>4x – Stand 4cts & Sit 4cts</i>	M-H	1/1
22:48	4x8	Stand & Sit <i>2x – Stand 8cts & Sit 8cts – Big lift of the knees here</i>	OPT+	1/1
23:09	4x8	Stand & Sit <i>4x – Stand 4cts & Sit 4cts</i>		1/1

BLOCK 2 – 45 Jumps

23:30	8x8	RECOVERY <i>Try and provide as much silence and space here as possible.</i>		
24:11	1x8	Sit <i>Put that athletic gear on</i>	L	1/2-3/4+
24:16	4x8	Stand & Sit <i>4x – Stand 4cts & Sit 4cts</i>	M-H	1/1
24:37	4x8	Stand & Sit <i>2x – Stand 12cts & Sit 4cts</i>	OPT+	1/1

BLOCK 3 – 45 Jumps

24:58	8x8	RECOVERY <i>Feels so good to work hard</i>		
25:39	1x8	Sit	L	1/2-3/4+
25:44	4x8	Stand & Sit <i>4x – Stand 4cts & Sit 4cts</i>	M-H	1/1
26:05	4x8	Stand & Sit <i>2x – Stand 12cts & Sit 4cts</i>	OPT+	1/1
26:25	4x8	RECOVERY <i>How fast and cool were those jumps?</i>		



08. ROLLERCOASTER – KID CONGA 5:25mins

SET THE SCENE

Let’s take in some insane drops.

PROFILE

30 climb, 80 speed

20 climb, 30 speed

20 climb, 45 speed

1/1 = 126rpm

TRACK TIP

Calling all thrill seekers! This is the track for you! Straight and steady climbs are followed by insane rollercoaster style drops and flips. Block 1 is longer than the rest and provides lots of opportunities to get Animated with the shifts of the road. The 80/20 Approach is in full effect as we allow the visual sense to be overtaken by this thrilling piece of road. Blocks 2 & 3 are shorter and provide a chance to increase intensity in the climbs and experience the thrill of running and accelerating into the drop. How will you enhance this?

BLOCK 1 – 30 Climb, 80 Speed

26:46	5x8	RECOVERY		
27:05	8x8	Sit Plenty of time here to talk to and build Resistance before we Stand.	M-H	1/2
27:36	7x8	Stand NOTE: Accelerate last 8cts	H	1/2
28:03	1x8	Sit Vocally build the energy here into the drop.	M	3/4+
28:06	20x8	Sit Use silence early on and then coach with motivation in the last 30-40 seconds as riders fatigue.	M	1/1

BLOCK 2 – 20 Climb, 30 Speed

29:23	4x8	RECOVERY <i>Up next 30 seconds to the top</i>		
29:38	2x8	Sit <i>Reconnect with that good Resistance</i>	M-H	1/2
29:46	4x8	Stand	H	1/2
30:01	2x8	Sit <i>At 20 meters we run</i>		1/2-3/4+
30:08	8x8	Sit <i>Pump knees and dip toes</i>		1/1

BLOCK 3 – 20 Climb, 45 Speed

30:39	4x8	RECOVERY		
30:54	4x8	Sit <i>Try fine tuning the Resistance to add more challenge</i>	M-H	1/2
31:09	4x8	Stand	H	1/2
31:25	½x8	Sit <i>Run! Sit! Reduce and go!</i>		1/2-3/4+
31:27	12x8	Sit <i>On the beat to the end. On the beat to the bottom</i>		1/1



09. DESCEND – HEADS UP 3:31mins

SET THE SCENE

Last opportunity for real work.

PROFILE

40 climb, 30 speed, 20 climb, 30 speed

15 climb, 20 speed

1/1 = 132rpm

TRACK TIP

An uplifting feel to finish the working section of this ride, but don't be fooled! Similar in style to Track 2 we blend from one Position to the next, from climbs to speed so apply the same processes i.e. Heading into climbs try coaching Resistance first to slow the legs, and for speed try coaching Pace before reducing Resistance. The uplifting feel is highlighted by the Pace which will be a challenge for some. 132rpm is quick so encourage riders to move as fast as they can.

BLOCK 1 – 40 Climb, 30 Speed, 20 Climb, 30 Speed

32:14	3x8	RECOVERY		
32:24	4x8	Sit	L	3/4
		About 40 seconds to the top, so let's find a Heavy gear to Stand on		
32:39	4x8	Stand	H	1/2
		1, 2, 1, 2, with our body moving side to side		
32:53	4x8	Sit		1/2
		Shift hips back		
33:08	4x8	Stand	OPT+	1/2
		If we want more, try adding another gear before we Stand up – NOTE: Accelerate last 8cts.		
33:22	8x8	Sit	M	1/1
33:51	2x8	Sit		3/4-1/2
		Climbing gear goes back on as we get ready to Stand		
33:59	6x8	Stand	H	1/2
		NOTE: Accelerate last 8cts.		
34:21	8x8	Sit	M	1/1
		Feels so good to be on beat with the energy and sizzle in the legs		

BLOCK 2 – 15 Climb, 20 Speed

34:50	4x8	RECOVERY		
		Relax. We have a short 15 second climb and then 20 seconds to the bottom and that's it		
35:04	4x8	Stand	H	1/2
		NOTE: Accelerate last 8cts.		
35:19	6x8	Sit	M	1/1
35:41	1x8	RECOVERY		
		Chill. Relax. Take it easy		



10. BIG CITY LIGHTS – SURE DON’T MISS YOU 2:53mins

SET THE SCENE

A nice, light flush.

PROFILE

20 flush, 20 climb – x2

30 flush

1/1 = 103rpm

TRACK TIP

Laid back and relaxed is the vibe. Take a casually vibrant approach to this track – ya feel me? Super simple coaching of Position and transitions and then heaps of opportunity to vibe out to this great song and take in the energy of the room. If we have done our job right, everyone should feel successful in the knowledge they have had a great workout and an awesome experience. Revisit your State Of Mind which is to create a cool and intense workout – how are you doing this?

BLOCK 1 – 20 Flush, 20 Climb – x2

35:45	4x8	RECOVERY		
36:03	4x8	Sit	L	3/4-1/1
		<i>An awesome flush ahead, upper body is relaxed and Resistance is Light</i>		
36:22	4x8	Stand	M-H	1/2
36:41	4x8	Sit	L	1/1
		<i>Sit. Back it off and roll</i>		
36:59	4x8	Stand	M-H	1/2
		<i>Let’s double the Resistance and slow the Pace. Make it cool. Make it rhythmic</i>		

BLOCK 2 – 30 Flush

37:18	4x8	RECOVERY		
37:37	4x8	Sit	L	1/2-3/4
		<i>Feel the tension melt awy through the legs</i>		
37:55	7x8	Sit		1/1
38:28	2x8	RECOVERY		
		<i>Celebrate! Maintain the hype and energy here as you Roam The Room.</i>		



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.

