

LES MILLS THE TRIP 18

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MUSIC

- 01

Smile (3:00)

Jungle

© 2018 XL Recordings Limited.
Written by: Lloyd-Watson, McFarland, Inflo
- 02

Dopamine (5:12)

Franc Moody

© 2018 Juicebox Records Ltd.
Written by: Wyndham, Moody
- 03

The New International Sound – Pt. 2 (3:28)

Restless Months

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Written by: Heitz
- 04

I Just Wanna (5:35)

Way Of Youth

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Written by: Lee
- 05

Lost In The World (3:37)

The Enormity Of It All

© 2018 Les Mills Music Licensing Ltd.
Written by: Vernon, Brown, Dibango, West, Bhasker, Heron, Bocage, Scramuzza
- 06

Intro (2:37)

alt-J

© 2012 Liberator Music.
Written by: Unknown
- 07

Right Here, Right Now (4:54)

There Goes

© 2019 Les Mills Music Licensing Ltd.
Written by: Cook, Peters, Walsh
- 08

Loyal (5:17)

ODESZA

© 2018 Ninja Tune.
Written by: Knight, Mills
- 09

Home (3:30)

Jake Isaac

© 2015 Jake Isaac under exclusive license to Rocket Music Records Ltd.
Written by: Isaac, Smith
- 10

BDE Bonus (2:51)

Mac Miller

© 2016 Rostrum Records, LLC.
Written by: Kulousek, Dan, McCormick, White
- OUTRO 11

Cheer Up, My Brother (2:00)

HNNY

© 2015 Omena.
Written by: Cederberg

CREDITS

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- 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



MESSAGE FROM THE TRIP TEAM

THE TRIP 18 – S A K U

Our inspiration for this release comes from the first few beats of our opening track. The percussive beat is reminiscent of traditional Taiko drums, and the infectious rhythm has us riding the beat early as we roll into a Japan-esque world.

We transition into rolling hills filled with cherry blossom and Zen gardens. The infectious sounds continue as we are lured into the workout zone and then things really kick off in Track 3 as we shift from the real world to the surreal world.

From here we explore tricked out spaces and move into another layer of challenge where we take a twist on the Race track – it's a Chase track. This changes the approach so make sure you take a close look at how this track is delivered.

We round out the release with a reflective ride and a spacious flush to a great Mac Miller track.

All the tips we need are provided in the Releases App. If you haven't discovered them already, check out the "What's New In This Release" videos which provide more insight.

There are some highly recognisable songs that allow everyone to get fully immersed. In addition, there is plenty of Visual magic which makes these releases so enjoyable to ride time after time.

With this release, we have continued to retain the longer blended blocks which provide amazing workout factor and positively challenge our fitness, and our coaching backs this up by focusing on the workout and avoiding references to the Visuals.

The feedback we are receiving from around the world is validating this approach, with many of you letting us know that your classes have been transformed by applying more of a workout focus, rather than being the tour guide who explains every single space we are in. This really does harness the power of the '80/20 Approach' as well as finding the 'Sweet Spot' – revisit your Initial Training material if you need to brush up on these.

So own this release and take your riders on a fully inclusive workout that allows everyone to work at the best of their ability.

Enjoy!

Les & Chris

THE TRIP Team



01. CITY – SMILE 3:00mins

SET THE SCENE

Let’s have a great ride.

PROFILE

20 speed, 25 climb, 50 speed, 25 climb

1/1 = 113rpm

TRACK TIP

A rolling percussive rhythm creates an infectious blend of fast to slow beats as we move between achievable speed and climbing phases. There is no RECOVERY in this track which helps to create workout flow, and we can evolve our Coaching as we naturally progress from Layer 1 to Layer 2 cues. Try finding some moments to vocally pop and bring character to your voice.

BLOCK 1 – 20 Speed, 25 Climb, 50 Speed, 25 Climb

0:00	4x8	RECOVERY		
0:17	6x8	Sit <i>Nice Light Resistance and lets roll up onto Medium Pace</i>	L	3/4
0:42	4x8	Sit <i>Shoulders relaxed and elbows are soft</i>	M	1/1
0:59	2x8	Sit <i>Let’s find a Heavy Resistance to Stand on</i>	H	1/1-1/2
1:07	6x8	Stand <i>We keep our hips above the pedals and our chest is tall</i>		1/2
1:33	12x8	Sit	M	1/1
2:24	2x8	Sit <i>Find the Heavy Resistance, it grips and grabs the muscles</i>	H	1/1-1/2
2:32	6x8	Stand <i>Legs are buzzing and heart rate is lifted</i>		1/2



02. GARDENS – DOPAMINE 5:12mins

SET THE SCENE

Rolling climbs and smooth speed phases.

PROFILE

45 climb

30 climb, 15 speed, 30 climb, 30 speed

15 climb, 30 speed, 30 climb, 30 speed

1/1 = 125rpm

TRACK TIP

The workout flow continues with Blocks 2 & 3 at almost 2 minutes each. These extended blocks naturally build intensity through duration as well as the many variations of Position, Pace, and Resistance. As we transition out of RECOVERY into climbs, or from climbs into speed, coach Pace before Resistance e.g. “Find the rhythm 1, 2, 1, 2, now add Heavy Resistance to Stand” or “Accelerate. Sit. Reduce gear”. Then, when blending from speed to climbs, coach Resistance to help find Pace e.g. “Add Heavy Resistance, legs slow 1, 2, 1, 2 and Stand”. This approach keeps riders in the workout, enhances the flow and feel of the road, and deepens the experience.

BLOCK 1 – 45 Climb

3:00	4x8	RECOVERY <i>We choose how we want to Recover</i>		
3:15	8x8	Stand & Sit – x2 <i>Stand 16cts & Sit 16cts – If we need more Resistance we can add it each time we Stand up</i>	H & OPT+	1/2
3:46	4x8	Stand & Sit – x2 <i>Stand 8cts & Sit 8cts – Hold the Pace. Hold the Resistance. Sit</i>	OPT+	1/2

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

4:01	4x8	RECOVERY		
4:17	8x8	Stand & Sit – x2 <i>Stand 16cts & Sit 16cts – Accelerate last 8cts.</i>	H & OPT+	1/2
4:48	4x8	Sit <i>Go fast. Hips slide forward, toes dip. Hustle the gears with Heavy Resistance and we Stand</i>	M	1/1
5:03	8x8	Stand & Sit – x2 <i>Stand 16cts & Sit 16cts – Accelerate last 8cts.</i>	H & OPT+	1/2
5:34	8x8	Sit <i>Get Animated – move with the road.</i>	M	1/1

BLOCK 3 – 15 Climb, 30 Speed, 30 Climb, 30 Speed

6:04	4x8	RECOVERY <i>So good – let’s do that again</i>		
6:20	4x8	Stand & Sit – x1 <i>Stand 16cts & Sit 16cts – Accelerate last 8cts.</i>	H	1/2
6:35	8x8	Sit <i>It feels really good when we hit the beat – 1, 2, 1, 2</i>	M	1/1
7:06	8x8	Stand & Sit – x2 <i>Stand 16cts & Sit 16cts – Accelerate last 8cts.</i>	H & OPT+	1/2
7:36	8x8	Sit <i>We are fast to the bottom so let’s stay on the Pace and feel this great workout</i>	M	1/1



03. TUNNEL 1 – THE NEW INTERNATIONAL SOUND –

PT 2 3:28mins

SET THE SCENE

Straight into a tough power climb.

PROFILE

80 climb

30 climb – x2

1/1 = 82rpm

TRACK TIP

This tunnel shifts us from real world to surreal world. It also shifts the workout to another level. Higher intensity will be achieved naturally in Block 1 as it's 80 seconds, and the optional gear changes will quickly ramp up the heart rate and muscular fatigue. Block 2 & 3 are only 30 seconds each, and we must highlight this in order for our participants to make the most of them. Keep the coaching simple and direct, ride hard, and the sighs of relief at the end will be the sign of a job well done.

BLOCK 1 – 80 Climb

8:11	2x8	RECOVERY Only 10 secs to intro – so script and be prepared.		
8:24	8x8	Stand & Sit – x4 Stand 8cts & Sit 8cts – <i>Gear if we need it. Chest is tall when we Stand. Abs brace hard when we Sit</i>	M-H & OPT+	1/1
9:11	4x8	Stand & Sit – x4 Stand 4cts & Sit 4cts – <i>Quicker jumps here</i>	OPT+	1/1
9:34	2x8	Sit <i>Stay in the work. Stay seated</i>		1/1

BLOCK 2 – 30 Climb

9:46	2x8	RECOVERY <i>These next two are only 30 seconds – so let's maximize</i>		
9:57	2x8	Stand <i>Keep tapping the Resistance, and get ready to double the Pace</i>	M-H	1/2
10:09	4x8	Stand & Sit – x4 Stand 4cts & Sit 4cts – <i>Try pulling on the handlebars</i>	OPT+	1/1
10:33	2x8	Stand	OPT+	1/1

BLOCK 3 – 30 Climb

10:44	2x8	RECOVERY <i>Just one more</i>		
10:56	2x8	Stand <i>Double the Pace and double the intensity</i>	M-H	1/2
11:08	4x8	Stand & Sit – x4 Stand 4cts & Sit 4cts.	OPT+	1/1
11:31	2x8	Stand	OPT+	1/1



04. SURREAL – I JUST WANNA 5:35mins

SET THE SCENE

Let’s have some fun with speed.

PROFILE

30 speed

45 climb, 45 speed

45 climb, 45 speed, 45 climb

1/1 = 126rpm

TRACK TIP

After the intensity lift of the last track we need some relief – so how will you bring it? One approach is to use a lighter, more celebratory tone in the speed phases which allows for good vibes and contrast from the previous track. We can be more Animated in these speed phases as well. The climbs can be approached in a more direct and Athletic way which maintains the workout factor and provides vocal contrast.

BLOCK 1 – 30 Speed

11:39	4x8	RECOVERY		
11:55	4x8	Sit <i>Nice light gear, let’s roll</i>	L	3/4
12:11	4x8	Sit <i>Start tapping into the rhythm</i>	M	3/4+
12:26	8x8	Sit <i>Hit the beat. Ride the beat. Upper body is relaxed and we have energy in our legs</i>		1/1

BLOCK 2 – 45 Climb, 45 Speed

12:57	3¾x8	RECOVERY <i>Find a good Heavy Resistance to Stand on</i>		
13:10	4x8	Stand <i>Use our body weight side to side and push the pedals from above</i>	H	1/2
13:27	4x8	Sit		1/2
13:43	4x8	Stand <i>Accelerate last 8cts.</i>	OPT+	1/2
13:57	11x8	Sit <i>Bring the energy – it feels so good to move with speed</i>		1/1

BLOCK 3 – 45 Climb, 45 Speed, 45 Climb

14:41	3¾x8	RECOVERY <i>Hustle the Resistance and feel the legs slow</i>		
14:55	4x8	Stand	H	1/2
15:10	4x8	Sit <i>Hips go back. We get stronger</i>		1/2
15:27	4x8	Stand <i>Accelerate last 8cts – At the top we accelerate and get quick</i>	OPT+	1/2
15:42	12x8	Sit		1/1
16:27	8x8	Stand <i>Just over 30 seconds to the top</i>	H	1/2
16:58	4x8	Sit <i>Sit. Hold gear hold Pace. It feels incredible</i>		1/2



05. SHOJI – LOST IN THE WORLD 3:37mins

SET THE SCENE

Good beats and good vibes.

PROFILE

50 speed, 30 climb

50 speed

30 climb

1/1 = 115rpm

TRACK TIP

A modern day iconic song that many riders will connect with. We have an opportunity to let the 80/20 Approach be in full effect especially in regard to the Music. This also gives us and our riders some freedom to just do what feels good. Shoji is traditional Japanese architecture and features wooden frames and translucent paper.

BLOCK 1 – 50 Speed, 30 Climb

17:16	2x8	RECOVERY		
		Congratulate everyone for their effort so far.		
17:26	2x8	Sit	L	3/4
17:34	7x8	Sit		1/1
		<i>Upper body relaxed, elbows soft, knees are pumping</i>		
18:03	1x8	Sit	OPT+	3/4
		<i>Slow. Go!</i>		
18:07	4x8	Sit		1/1
		<i>Hips are forward, toes are dipped</i>		
18:23	8x8	Stand	H	1/2
		<i>The building tension feels tight</i>		

BLOCK 2 – 50 Speed

18:56	4x8	RECOVERY		
		What does the class need? Coaching? Silence? Connection?		
19:12	7x8	Sit	L	1/1
19:41	1x8	Sit	OPT+	3/4
19:45	4x8	Sit		1/1

BLOCK 3 – 30 Climb

20:02	4x8	RECOVERY		
		<i>One climb, its about 30 seconds. Tap into the Resistance and get up</i>		
20:18	8x8	Stand	H	1/2



06. TUNNEL 2 – INTRO 2:37mins

SET THE SCENE

The Music dictates the Pace and the feel.

PROFILE

40 climb

70 climb

1/1 = 144rpm

TRACK TIP

Similar to Tunnel 1 – the workout factor picks up! This time it’s a shorter climb in Block 1 before we almost double the duration in Block 2, which naturally makes it harder especially if we hold the gear during the RECOVERY section. Keep it simple and almost understated in Block 1 before ramping up your vocals and Athletic movement. Another great song – get carried away!

BLOCK 1 – 40 Climb

20:55	8x8	RECOVERY Coach the Pace before the Resistance.		
21:21	12x8	Stand & Sit – x3 Stand 16cts & Sit 16cts – <i>If we need more intensity we add a gear</i>	H & OPT+	1/2

BLOCK 2 – 70 Climb

22:01	4¼x8	RECOVERY <i>Let’s level up the workout factor</i>		
22:15	8x8	Stand & Sit – x2 Stand 16cts & Sit 16cts.	H & OPT+	1/2
22:42	1x8	Sit		1/2
22:46	12x8	Stand <i>We stay on the rhythm to maintain the intensity</i>	OPT+	1/2
23:26	2x8	RECOVERY We have passed the halfway point of the workout.		



07. CHASE – RIGHT HERE, RIGHT NOW 4:54mins

SET THE SCENE

The challenge is the chase.

PROFILE

30 speed, 15 climb – x2

15 climb, 30 speed

1/1 = 128rpm

TRACK TIP

This is another track that benefits from the 80/20 Approach, especially when the beat drops! Try focusing on 1 orb and chase it hard, and if you overtake it, try chasing the next one! The lack of a road creates a feeling of freedom as we chase the orbs, and riders will intuitively compete with them so don't obstruct this with too much Coaching.

BLOCK 1 – 30 Speed, 15 Climb

23:32	8x8	RECOVERY <i>When we chase we chase real hard, either on or ahead of the beat, it doesn't matter</i>		
24:04	4x8	Sit <i>Wind it up</i>	M	3/4-3/4+
24:19	8x8	Sit		1/1-1/1+
24:50	4x8	Sit <i>Allow the Pace to slow naturally before setting up the climb.</i>		3/4-1/2
25:05	4x8	Stand	H	1/2

BLOCK 2 – 30 Speed, 15 Climb

25:20	4x8	RECOVERY <i>When we chase its our 100, whatever that means for us</i>		
25:35	4x8	Sit <i>Build it. Drop it!</i>	M	3/4-3/4+
25:50	8x8	Sit <i>Chase our 100</i>		1/1-1/1+
26:21	4x8	Sit		3/4-1/2
26:36	4x8	Stand	H	1/2

BLOCK 3 – 15 Climb, 30 Speed

26:51	4x8	RECOVERY <i>It's not a race it's a chase, we are constantly working, we are constantly improving</i>		
27:06	4x8	Stand	H	1/2
27:21	4x8	Sit	M	3/4-3/4+
27:36	8x8	Sit <i>In this moment right now are we giving our 100</i>		1/1-1/1+
28:07	5x8	RECOVERY <i>Well done. Fantastic. That was insane</i>		



08. CLIMB – LOYAL 5:17mins

SET THE SCENE

Seriously strong strength climbs.

PROFILE

60 climb

80 climb – x2

1/1 = 140rpm

TRACK TIP

Workout swag! These climbs pack a real punch, especially when the Heavy gear is challenged, so focus on finding the perfect Resistance during the Stand & Sit phases. We introduce a HIGH & LOW – H & L – variation to the Stand Position which serves to enhance each climb and provide some distraction from the grind. Be sure to clearly coach “hips forward, chest tall” when we are High, and then “body low, hips back” when we are Low.

BLOCK 1 – 60 Climb

28:27	2x8	RECOVERY		
28:34	4x8	Sit	L	3/4-1/2
		We have opportunities to lift tall and drop low		
28:47	8x8	Stand & Sit – x4	H & OPT+	1/2
		Stand 8cts & Sit 8cts – We can add gear anytime we Stand up		
29:15	8x8	Stand H & L – x4		1/2
		Stand High 8cts & Stand Low 8cts – We stay standing. High – hips are forward, chest is tall. Low – body is low, hips are back		

BLOCK 2 – 80 Climb

29:42	8x8	RECOVERY		
		When we stay standing and just lift and drop our body, we enhance the feeling		
30:10	8x8	Stand & Sit – x4	H & OPT+	1/2
		Stand 8cts & Sit 8cts.		
30:37	16x8	Stand H & L – x4		1/2
		Stand High 16cts & Stand Low 16cts.		

BLOCK 3 – 80 Climb

31:32	8x8	RECOVERY		
		We aim high every time		
31:59	8x8	Stand & Sit – x4	H & OPT+	1/2
		Stand 8cts & Sit 8cts.		
32:27	16x8	Stand H & L – x4		1/2
		Stand High 16cts & Stand Low 16cts – Muscles are working overtime. We are getting such a good workout		
33:22	4x8	RECOVERY		
		Chill. Well done!		



09. TUNNEL 3 – HOME 3:30mins

SET THE SCENE

Let’s roll out.

PROFILE

15 climb, 15 speed, 45 climb, 15 speed

15 climb, 30 speed

1/1 = 128rpm

TRACK TIP

This track is similar to Track 1 with no RECOVERY, so it is an opportunity to create workout flow as we blend from climbs to speed. Simple Layer 1 cues lead riders through each PRP transition which then allows for lots of Silence. Bring an energetic vibe without being overly intense or aggressive.

BLOCK 1 – 15 Climb, 15 Speed, 45 Climb, 15 Speed

33:42	8x8	RECOVERY		
34:12	4x8	Stand & Sit Stand 16cts & Sit 16cts.	H	1/2
34:27	1½x8	Sit Speed up. Reduce the Resistance. Let’s go!	M	1/2-3/4
34:33	4x8	Sit		1/1
34:47	1x8	Sit Find a Heavy gear, 1, 2, 1, 2	H	3/4-1/2
34:51	8x8	Stand & Sit – x2 Stand 16cts & Sit 16cts.		1/2
35:21	4x8	Stand & Sit – x2 Stand 8cts & Sit 8cts.	OPT+	1/2
35:36	1½x8	Sit	M	1/2-3/4
35:41	4x8	Sit		1/1

BLOCK 2 – 15 Climb, 30 Speed

35:56	4x8	RECOVERY Pop up with lots of energy	H	3/4-1/2
36:11	4x8	Stand & Sit – x2 Stand 8cts & Sit 8cts.		1/2
36:26	2½x8	Sit	M	1/2-3/4
36:35	8x8	Sit This feels so good		1/1
37:05	2x8	RECOVERY		



10. CLOUDS – BDE BONUS 2:51mins

SET THE SCENE

Time to reward ourselves.

TRACK TIP

Chill. Empty. Reflective.

PROFILE

60 flush, 20 climb, 30 flush, 30 climb

1/1 = 97rpm

BLOCK 1 – 60 Flush, 20 Climb, 30 Flush, 30 Climb

37.12	4x8	RECOVERY <i>Well done to us</i>		
37.33	12x8	Sit <i>On the beat and take some time flush and feel good</i>	L	1/1
38.33	4x8	Stand	M-H	1/2
38.53	6x8	Sit <i>Roll it out on the beat – legs are light and free</i>	L	1/1
39.23	6x8	Stand	M-H	1/2
39.54	2x8	RECOVERY Sign off with energy and Roam The Room!		



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.

