

# LES MILLS THE TRIP 19

## MUSIC

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# MUSIC

**01** **Late Night** (3:46)  
ODESZA  
© 2017 Inertia Music under license from Counter Records.  
Written by: Ayer, Frazier, Hahn, Hamm, Rice, Knight, Mills

**02** **Taiwasho** (5:31)  
Ajate  
© 2017 180g.  
Written by: Ajate, Imaeda

**03** **Tru Dancing** (4:39)  
O’Flynn  
© 2019 Silver BEar Recordings.  
Written by: Norris, Hinkson

**04** **Boy** (2:42)  
ODESZA  
© 2017 Inertia Music under license from Counter Records.  
Written by: Ayer, Frazier, Hahn, Hamm, Rice, Knight, Mills

**05** **I Follow Rivers  
(The Magician Remix)** (4:39)  
Lykke Li, The Magician  
© 2010 LL Recordings under exclusive licence to Warner  
Music UK Limited for the world excluding Sweden, Norway,  
Denmark, Finland and Iceland.  
Written by: Nowels, Zachrisson, Yttling

**06** **Aloha Ice Jam** (3:56)  
O’Flynn  
© 2017 O’Flynn.  
Written by: Norris, Whitfield

**07** **The Gospel Of John Hurt** (4:06)  
alt-J  
© 2014 Infectious Music (licensed courtesy of Liberator  
Music).  
Written by: Newman, Unger-Hamilton, Green

**08** **Standard Affair** (2:23)  
DJ Die, Addison Groove  
© 2016 GutterFunk.  
Written by: Addison Groove, DJ Die

**09** **Make Me (Original Mix)** (4:18)  
Mark Broom  
© 2018 BEK Audio.  
Written by: Broom

**10** **I Got Love** (2:38)  
Don Diablo feat. Nate Dogg  
© 2018 HEXAGON.  
Written by: Charles, Williams, Hale, Harrell, Jackson, Brown

**11** **XO Tour Llif3** (3:25)  
Brasstracks  
© 2017 Brasstracks.  
Written by: Simmons, Woods, Lucas

**OUTRO**  
**12** **Guns Are Drawn** (3:11)  
The Roots, Son Little  
© 2004 Geffen Records.  
Written by: Thompson, Tidd, Collins, Livingston, Walker



# MESSAGE FROM THE TRIP TEAM

## THE TRIP 19 – A S T R A L

This time we will travel through three worlds.

A simple story doesn't require too much explanation, so we focus on building connections with our riders, coaching our workouts , and taking time to indulge in the music and visuals .

You will run through several tunnels to get to each world, but in those tunnels you will gradually accelerate. And those tunnels are designed using elements of the world beyond.

Water World uses wood that mixes movement and illumination. The absence of terrain (scenery) does not obstruct the view, and you can gain a new perspective when you look away from the road.

In Colour World, where we head next, the fluid, slippery ground is mixed with a dark, moody atmosphere to create a contrast with the first world. Each of the three tracks in this world has a completely different feel and a unique challenge. Among them, the jump track is charadenic!

In the final Crystal World, natural objects and man-made objects are combined to create a multifaceted space. This world is the most complex and intricate structure, and there are many discoveries to be made in the detailed world. Don't expect to discover everything in one ride.

This round includes blocks longer than 4 minutes to cover all fitness levels, a wider range of speeds including slow climbs that offer stretching and recovery opportunities, and great speed. Including notable points such as complex choreography that provides a typical interpretation of the music, THE TRIP's workouts continue to evolve.

This release is also packed with a great playlist so you can find your favorites. If you look at the master class, you will be able to see and hear what the participants are passionate about. Music gives you the chance to match beats and visuals, so we'll use those beats as instructors to enhance our coaching and riders' workout experience.

Finally, once again, the bus is leading from the front. He brings an enthusiasm that will draw you into the class and allows everyone in the audience to perform to the best of their ability.

Please enjoy it again this time!

Les & Chris  
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** – Ashlee Young

# KEY

| PACE         |                                            |
|--------------|--------------------------------------------|
| <b>STOP</b>  | Legs not moving                            |
| <b>1/4</b>   | SUPER Slow                                 |
| <b>1/2</b>   | Slow – 1 pedal stroke every 2cts           |
| <b>3/4</b>   | Medium                                     |
| <b>3/4+</b>  | Building – Just under the beat             |
| <b>3/4++</b> | Chase the beat (140+rpm)                   |
| <b>1/1</b>   | On the beat – 1 pedal stroke every 1cts    |
| <b>1/1+</b>  | Ahead of the beat                          |
| RESISTANCE   |                                            |
| <b>L</b>     | Light                                      |
| <b>M</b>     | Moderate                                   |
| <b>H</b>     | Heavy                                      |
| <b>+/-</b>   | Add/Reduce Resistance                      |
| <b>Time</b>  | Times are based on full movie/music length |

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# 01. TUNNEL 1 - LATE NIGHT 3:46mins

**Set of scenes**

Exciting mood. Be ready for your workout.

Speed

**profile** 30 seconds

60 seconds climb, 30 seconds speed

**1/1 = 125 rpm**

**The point of the**

track It is a track that rises comfortably. Use it from the time you introduce the class. Welcome, inclusiveness, enthusiasm, flow, just the right amount of time, clarity, excitement, excitement, energy, finish, all in about three minutes. Find your own way to create contrast and heighten excitement. One of the points is to keep block 1 very simple, and block 2 coach the climb clearly and concisely before building up the excitement to speed up.

**Block 1: Speed for 30 seconds**

---

|      |     |                 |                                                                              |                      |
|------|-----|-----------------|------------------------------------------------------------------------------|----------------------|
| 0:00 | 6x8 | <b>recovery</b> | 40 minutes of the best playlist! Let's Go!                                   |                      |
| 0:23 | 8x8 | <b>sit</b>      | Lean forward, grip the handlebars, low resistance, medium pace               | <b>Low 3/4</b>       |
| 0:54 | 4x8 | <b>sit</b>      | Mid gear for fast pedaling with control                                      | <b>During ~ 3/4+</b> |
| 1:09 | 8x8 | <b>sit</b>      | Leave it to the riders, don't impose a rhythm, let them find their own speed | <b>3/4+-1/1</b>      |

**Block 2: 60 seconds climb, 30 seconds speed**

---

|      |     |                           |                                                                             |                     |
|------|-----|---------------------------|-----------------------------------------------------------------------------|---------------------|
| 1:40 | 4x8 | <b>sit</b>                | Suitable for high loads. 1, 2, 1, 2. You can stand up now                   | <b>3/4-1/2 high</b> |
| 1:55 | 4x8 | <b>stand</b>              | 1, 2, 1, 2. wake up your legs                                               | <b>1/2</b>          |
| 2:10 | 4x8 | <b>stand</b>              | Try gearing up. Raise your chest and focus on your core                     | <b>OPT+ 1/2</b>     |
| 2:26 | 8x8 | <b>stand &amp; sit x2</b> | stand 16 count & sit 16 count. Gear up if you feel comfortable              | <b>OPT+ 1/2</b>     |
| 2:57 | 8x8 | <b>sit</b>                | coach me on fast beats here! That switches the energy and creates contrast. | <b>1/1</b>          |
| 3:27 | 4x8 | <b>recovery</b>           | What a great start to a workout                                             |                     |



## 02. WATER WORLD – TAIWASHO 5:31mins

We've come to **the set of the scene**, we'll call it Waterworld.

**Profile** 30s  
Speed, 75s Climb, 45s Speed  
90 second climb  
**1/1 = 160rpm**

**The track's point**  
music and choreography have a dizzying, eclectic and restless feel that makes for a nice contrast with Tuunel 1. The success of this track is to clearly coach the sit and stand combo and make sure all riders understand that it is OK to lighten the load as described below. This track finally has a stack of workout elements, so use Speed Phase to unleash them and have some fun.

### Block 1: 30 seconds speed, 75 seconds climb, 45 seconds speed

|                                    |                                                                                     |             |                    |
|------------------------------------|-------------------------------------------------------------------------------------|-------------|--------------------|
| 3:46 14x8 <b>sit</b>               | hold the handlebars. Push your pelvis back, lift your chest, and tighten your core. | During -    | <b>3/4</b>         |
| 4:29 6x8 <b>recovery</b>           |                                                                                     |             |                    |
| 4:47 4x8 <b>sit</b>                | put the load in                                                                     | During -    | <b>3/4</b>         |
| 4:59 8x8 <b>sit</b>                | Feel the speed. chasing the beat                                                    |             | <b>3/4++</b>       |
| 5:24 4x8 <b>sit</b>                | Gear up, 1, 2, 1, 2, we're about to climb. start to sit down                        |             | <b>3/4-1/2high</b> |
| 5:36 4x8 <b>sit &amp; stand x2</b> | sit 8 count & stand 8 count                                                         |             | <b>1/2</b>         |
| 5:48 2x8 <b>stand</b>              | try gearing up                                                                      | <b>OPT+</b> | <b>1/2</b>         |
| 5:54 4x8 <b>sit &amp; stand x2</b> | sit 8 count & stand 8 count                                                         |             | <b>1/2</b>         |
| 6:06 2x8 <b>stand</b>              | add gear. keep running and keep climbing                                            | <b>OPT+</b> | <b>1/2</b>         |
| 6:13 4x8 <b>sit</b>                | It's ok to lower the gear if necessary                                              | <b>OPT-</b> | <b>1/2</b>         |
| 6:25 4x8 <b>stand</b>              | shift your weight left and right                                                    | <b>OPT+</b> | <b>1/2</b>         |
| 6:38 4x8 <b>sit &amp; stand x2</b> | sit 8 count & stand 8 count                                                         |             | <b>1/2</b>         |
| 6:50 2x8 <b>stand</b>              | Accelerate and after this there is a 45 second descent waiting                      | <b>OPT+</b> | <b>3/4</b>         |
| 6:56 14x8 <b>sit</b>               | Concentrate on chasing the beat and rowing lively along the course                  | During -    | <b>3/4++</b>       |



# 02. WATER WORLD – TAIWASHO 5:31mins

## Block 2: Climb for 90 seconds

---

|      |      |                |                                                                      |      |     |
|------|------|----------------|----------------------------------------------------------------------|------|-----|
| 7:39 | 4x8  | recovery       | Well done everyone!                                                  |      |     |
| 7:51 | 4x8  | Sit & Stand x2 | Sit 8 count & Stand 8 count                                          | high | 1/2 |
| 8:04 | 2x8  | stand          |                                                                      | OPT+ | 1/2 |
| 8:10 | 4x8  | Sit & Stand x2 | Sit 8 count & Stand 8 count                                          |      | 1/2 |
| 8:22 | 2x8  | stand          | Row, row, row.                                                       | OPT+ | 1/2 |
| 8:28 | 4x8  | sit            | It's OK to go down a gear, but now can you go up in that gear again? | OPT- | 1/2 |
| 8:40 | 12x8 | stand          | If you can, put it in gear and hold it for 15 seconds longer.        | OPT+ | 1/2 |



# 03. SWELL – TRU DANCING 4:39mins

Create a cozy  
vibe on **the set of the scene** .

**profile** 30  
seconds speed, 30 seconds climb  
30 seconds climb, 45 seconds speed, 60 seconds climb  
**1/1 = 117rpm**

**The track's point**  
-rhythmic composition creates the feel of being overtaken by an upbeat beat. The fast pace at 117rpm is achievable and the pace on the climbs gives riders plenty of room to challenge the load. In block 1 coach the load to match the slow pace before the stand, and in block 2 coach the pace before the load in the transition to the speed phase. It creates good flow and keeps the rider in the workout zone. Encourage all riders inclusively as the final 60 seconds of the climb will be difficult.

## Block 1: 30 seconds speed, 30 seconds climb

|           |                                                              |                                        |                       |          |
|-----------|--------------------------------------------------------------|----------------------------------------|-----------------------|----------|
| 9:19 4x8  | recovery                                                     |                                        |                       |          |
| 9:36 4x8  | sit                                                          |                                        | During -              | 3/4      |
|           | First 30 seconds on the beat                                 |                                        |                       |          |
| 9:51 8x8  | sit                                                          |                                        |                       | 1/1      |
|           | Relax your upper body so you can move your lower body faster |                                        |                       |          |
| 10:24 4x8 | sit                                                          |                                        | high                  | 3/4-1/2  |
|           | Shift your load. according to your high load                 |                                        |                       |          |
| 10:41 8x8 | stand & sit x2                                               | stand 16 count & sit 16 count. raising | Can you raise more? I | OPT+ 1/2 |

## Block 2: 30s Climb, 45s Speed, 60s Climb

|            |                                                                                                                     |                                                  |                                |          |
|------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------|----------|
| 11:13 4x8  | recovery                                                                                                            |                                                  |                                |          |
|            | Before you stand up, check how hard you're rowing so far, and if you're ready for the challenge, increase the load. |                                                  |                                |          |
| 11:30 8x8  | stand & sit x2                                                                                                      | stand 16 count & sit 16 count. can you raise it? | Now is the time to check, load | OPT+ 1/2 |
| 12:03 12x8 | sit                                                                                                                 |                                                  | During -                       | 1/1      |
| 12:52 4x8  | stand                                                                                                               |                                                  | high                           | 1/2      |
|            | When standing, keep your pelvis close to the seat                                                                   |                                                  |                                |          |
| 13:08 4x8  | sit                                                                                                                 |                                                  |                                | 1/2      |
|            | When sitting, move the pelvis to the back of the seat                                                               |                                                  |                                |          |
| 13:25 8x8  | stand                                                                                                               |                                                  | OPT+                           | 1/2      |
|            | 30 seconds. Can you make a difference? Gear up. step in. One push every row                                         |                                                  |                                |          |



# 04. TUNNEL 2 – BOY 2:42mins

The scene sets .  
Quickly return to the tunnel to your next destination.

Profile 30s  
Climb, 30s Speed, 30s Climb  
speed for 30 seconds  
1/1 = 140rpm

Time is running out while acknowledging the effort on the track just before the track point , so stay on your feet during your recovery to make it easier for your riders to recover. Two speed tunnels will be the highlight of the track, so get your riders pumped up for the moment, build the excitement, and let them go full speed ahead! The intricately intricate beats are harmonized with the tunnel and are beautifully and elaborately finished, so don't interrupt them. The second climb is a see-through section of the tunnel where you can see through the color world. What kind of moments will you create in class?

## Block 1: 30 seconds climb, 30 seconds speed, 30 seconds climb

|                    |                                                                           |                 |
|--------------------|---------------------------------------------------------------------------|-----------------|
| 13:57 4x8 recovery | The transition time is short, so this recovery keeps running on the stand |                 |
| 14:10 6x8 stand    | provide basic information again                                           | high 1/2        |
| 14:31 2x8 sit      | Shit. Accelerate. Lower the gear to the middle. at your own speed         | Medium 3/4-3/4+ |
| 14:38 8x8 sit      |                                                                           | 1/1             |
| 15:05 2x8 sit      | Make quick transitions. Gear up. slow down and stand up                   | 3/4-1/2high     |
| 15:12 4x8 stand    |                                                                           | 1/2             |
| 15:27 2x8 sit      |                                                                           | 1/2             |

## Block 2: Speed for 30 seconds

|                    |                                               |                 |
|--------------------|-----------------------------------------------|-----------------|
| 15:33 6x8 recovery | Fastest ever in this tunnel, speed is fitness |                 |
| 15:53 2x8 sit      |                                               | Medium 3/4-3/4+ |
| 16:00 8x8 sit      |                                               | 1/1             |
| 16:28 4x8 recovery | relieve tension                               |                 |



# 05. COLOUR WORLD – I FOLLOW RIVERS (THE MAGICIAN REMIX) 4:39mins

**set of scenes**

You have reached the second world.

**profile**

40 seconds climb, 15 seconds speed, 15 seconds climb, speed for 15 seconds

45 seconds climb, 45 seconds speed, 30 seconds climb

1/1= 122rpm

**track point**

Doing the minimum approach with this Coriosheet is essentially interrupts how comprehensive the class instruction is. 80/20 The approach is absolutely the most effective. Basic coaching and listening to your own sound with the riders. Let them enter the world of comfort and visuals. any block is long, so you need coaching to push you here

Without doing it, you will naturally increase your strength.

**Block 1: 40 seconds climb, 15 seconds speed, 15 seconds climb, 15 seconds speed**

|            |                                                                |          |         |
|------------|----------------------------------------------------------------|----------|---------|
| 16:41 4x8  | recovery                                                       |          |         |
| 17:00 4x8  | sit                                                            | high     | 1/2     |
|            | Grab the rhythm gear up here                                   |          |         |
| 17:15 10x8 | stand                                                          | OPT+ 1/2 |         |
|            | Accelerate at the last 16 counts                               |          |         |
| 17:55 4x8  | sit                                                            | During - | 1/1     |
|            | Speed. move your legs fast on the beat                         |          |         |
| 18:11 1x8  | sit                                                            |          | 3/4-1/2 |
|            | Fast transitions. Gear up even more. Decrease leg speed. stand |          |         |
| 18:14 5x8  | stand                                                          | high     | 1/2     |
|            | Accelerate at the last 16 counts                               |          |         |
| 18:34 4x8  | sit                                                            | During - | 1/1     |

**Block 2: 45 seconds climb, 45 seconds speed, 30 seconds climb**

|            |                                                                                       |             |     |
|------------|---------------------------------------------------------------------------------------|-------------|-----|
| 18:50 4x8  | recovery                                                                              |             |     |
|            | Take a breather. After this it's 45 seconds up, 45 seconds down and 30 seconds kicker |             |     |
| 19:06 2x8  | sit                                                                                   | high        | 1/2 |
| 19:13 12x8 | stand                                                                                 | OPT+ 1/2    |     |
|            | Accelerate at the last 16 counts                                                      |             |     |
| 20:01 12x8 | sit                                                                                   | During -    | 1/1 |
|            | Actively connecting riders to the beat                                                |             |     |
| 20:48 1x8  | sit                                                                                   | 3/4-1/2high |     |
|            | React quickly. Heavy, 1, 2, 1, 2, stand                                               |             |     |
| 20:52 7x8  | stand & sitx31/2                                                                      |             | 1/2 |
|            | Stand 8 count & sit 8 count                                                           |             |     |



# 06. JUMP — ALOHA ICE JAM 3:56mins

|                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Setting the scene</b> will leave you out of breath in no time. | <b>Track Points</b><br>Physically intense, this track is a great opportunity to be athletic and active. Focus on training and music when you're athletic, and on course movements and visuals when you're active. If you're working out to your potential, you'll likely feel the need to slow down your leg speed on sits, so make sure you assess yourself and your riders and offer options. |
| <b>Profile</b> 60<br>second jump x2                               |                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>1/1 = 110rpm</b>                                               |                                                                                                                                                                                                                                                                                                                                                                                                 |

## Block 1: Jump for 60 seconds

|                                         |                                                      |                            |
|-----------------------------------------|------------------------------------------------------|----------------------------|
| 21:20 4x8 <b>recovery</b>               | On the beat in the stands and slowed down in the sit |                            |
| 21:37 4x8 <b>sit</b>                    | Match the beat, keep matching the load               | <b>Medium-high 1/2-1/1</b> |
| 21:54 4x8 <b>stand &amp; sit x4</b>     | stand 4 count<br>1/1 & sit 4 count 3/4               | <b>1/1-3/4</b>             |
| 22:12 4x8 <b>stand &amp; sit x2</b>     | stand 8 count<br>1/1 & sit 8 count 3/4               | <b>1/1-3/4</b>             |
| 22:29 6x8 <b>stand &amp; sit x1 1/2</b> | stand 16<br>count 1/1 & sit 16 count 3/4             | <b>1/1-3/4</b>             |

## Block 2: Jump for 60 seconds

|                                     |                                                                                               |                            |
|-------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------|
| 22:55 8x8 <b>Recovery</b>           | Lean forward in the stand to engage the quadriceps and keep the upper body locked in the sit. |                            |
| 23:30 4x8 <b>sit</b>                |                                                                                               | <b>Medium-high 1/2-1/1</b> |
| 23:48 8x8 <b>stand &amp; sit x2</b> | stand 16<br>count 1/1 & sit 16 count 3/4                                                      | <b>1/1-3/4</b>             |
| 24:23 4x8 <b>stand &amp; sit x2</b> | stand 8 count<br>1/1 & sit 8 count 3/4                                                        | <b>1/1-3/4</b>             |
| 24:40 4x8 <b>stand &amp; sit x4</b> | stand 4 count<br>1/1 & sit 4 count 3/4                                                        | <b>1/1-3/4</b>             |
| 24:58 4x8 <b>recovery</b>           |                                                                                               |                            |



# 07. COLOUR CLIMB – THE GOSPEL OF JOHN

## HURT 4:06mins

Setting the  
**scene** Now it's time to stretch.

**Profile** 60s  
Slow Climb 120s Fast  
Climb, 60s Fast Climb  
**1/1 = 90 & 136rpm**

**TRACK POINTS**  
This release utilizes slow climbs for stretching, so let's use the right words for it. It should feel very comfortable. From there, the energy rises and the fast climb again references the elements of the workout. Take time to prepare yourself physically and tune your tone to the music.

### Block 1: Slow climb for 60 seconds

|                                                                                                                                                                                        |                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| 25:17 4x8 <b>recovery</b>                                                                                                                                                              |                             |
| slowly and surely                                                                                                                                                                      |                             |
| 25:39 12x8 <b>Stand &amp; Sit x3</b>                                                                                                                                                   | <b>High+ &amp; OPT+ 1/2</b> |
| Throw stand 16 count & sit 16 count. Increase the load each time you stand up as an option . Rhythm encourages recovery. The load keeps us in our workouts . Stretching is comfortable |                             |

### Block 2: 180 seconds slow climb

|                                                                                                                                                      |                        |            |
|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------------|
| 26:42 2x8 <b>sit</b>                                                                                                                                 | <b>Faster</b>          |            |
| BPM shift,<br>That's it for stretching. Reduce the load only as much as necessary to increase speed                                                  |                        |            |
| 26:55 24x8 <b>Stand &amp; Sit x6</b>                                                                                                                 | <b>High &amp; OPT+</b> | <b>1/2</b> |
| Fast stand 24 counts & sit 8 counts. As an option, increase the load each time you stand up. Increase your tone according to the length of the climb |                        |            |
| 28:20 9x8 <b>sit</b>                                                                                                                                 |                        | <b>1/2</b> |
| It's still climbing, but it's OK to lower gears if necessary                                                                                         |                        |            |
| 28:52 4x8 <b>Stand &amp; Sit x1</b>                                                                                                                  | <b>high</b>            | <b>1/2</b> |
| Fast stand 24 counts & sit 8 counts. As an option, increase the load each time you stand up.                                                         |                        |            |
| 29:06 4x8 <b>stand</b>                                                                                                                               | <b>OPT+</b>            | <b>1/2</b> |
| Climb and climb and keep climbing and we'll get stronger and stronger                                                                                |                        |            |



# 08. TUNNEL 3 – STANDARD AFFAIR 2:23mins

**Scene set**

This tunnel leads to the third world.

**Profile**

6x10s max speed

1/1= 136 rpm

Building up to the pointfirst drop of **the track** is very important. Take time to recognize the effort on the last track, take a moment to introduce your profile, and build up the urgency and excitement to lure riders to the first drop. In the speed tunnel, coaching is kept to a minimum, using speed coach cues such as pelvis forward, toes down, knees up, etc., to instruct all riders on the speed shifts caused by contraction and expansion of the tunnel. experience. extremely athletic.

**Block 1: Speed for 6x10 seconds**

---

29:24 12x8 **recovery**  
Take your time. No rush to set up

30:07 4x8 **sit**

30:21 24x8 **sit surge x6** 24 count  
1/1+ & 8 count 3/4

**Medium 1/2-3/4**

**OPT+ 1/1+-3/4**



# 09. CRYSTAL WORLD – MAKE ME (ORIGINAL MIX) 4:18mins

**set of scenes**

We run not on the surface of this world, but on its very interior.

**profile**

90 seconds climb, 15 seconds speed, 15 seconds speed

15 seconds climb, 30 seconds speed, 30 seconds climb

1/1 = 128 rpm

**track point**

This track is very exciting like Tunnel 3 and Flip

It's between two tracks, so here's the other track's great risk of over-emphasizing the participant's experience, undermining the good feeling

Avoid overexcitement to avoid enthusiastic

Staying active and connecting with riders is key, but other Let's keep it a little understated for a nice contrast with the track.

**Block 1: 90s climb, 15s speed, 15s speed**

|       |      |                                                           |             |     |
|-------|------|-----------------------------------------------------------|-------------|-----|
| 31:48 | 4x8  | recovery                                                  |             |     |
| 32:03 | 24x8 | Stand & Sit x3                                            | High & OPT+ | 1/2 |
|       |      | Stand 32 count & sit 32 count. correct climbing technique |             |     |
|       |      | Refer again to the basic information about                |             |     |
| 33:33 | 4x8  | sit                                                       | During -    | 1/1 |
| 33:48 | 4x8  | recovery                                                  |             |     |
|       |      | Great energy. Let's try again. 15 seconds                 |             |     |
| 34:03 | 4x8  | sit                                                       | During -    | 1/1 |
|       |      | to the beat                                               |             |     |

**Block 2: 15s Climb, 30s Speed, 30s Climb**

|       |     |                                                  |          |         |
|-------|-----|--------------------------------------------------|----------|---------|
| 34:18 | 4x8 | recovery                                         |          |         |
|       |     | Climb for 15 seconds then descend for 30 seconds |          |         |
| 34:33 | 4x8 | stand                                            | high     | 1/2     |
| 34:48 | 8x8 | sit                                              | During - | 1/1     |
|       |     | Feel the challenge of 15 seconds longer          |          |         |
| 35:18 | 4x8 | sit                                              | high     | 3/4-1/2 |
|       |     | Gear up to high load, slow down and stand        |          |         |
| 35:33 | 8x8 | stand                                            |          | 1/2     |



# 10. FLIP – I GOT LOVE 2:38mins

**Set of scenes**

We have come to the center of this last world.

**Profile** 30s

Climb, 30s Speed x2

1/1 = 123 rpm

This is your last chance to tackle **the point-high speeds of the track**, so make the most of it. A visually stunning track with a lot to consider. We decided to warn the riders of the upcoming flip. This is good for the moment, but not necessarily every time. It may also be useful not to tell them.

**Block 1: 30 seconds climb, 30 seconds speed**

|       |     |          |                                             |              |     |
|-------|-----|----------|---------------------------------------------|--------------|-----|
| 36:05 | 4x8 | recovery | Here's your last chance for hard work today |              |     |
| 36:21 | 4x8 | stand    | Keep your chest high and your core tight    | high         | 1/2 |
| 36:37 | 4x8 | stand    | Accelerate at the last 16 counts            | OPT+ 1/2-3/4 |     |
| 36:53 | 8x8 | sit      | briskly follow the course                   |              | 1/1 |

**Block 2: 30 seconds climb, 30 seconds speed**

|       |     |          |                                               |              |     |
|-------|-----|----------|-----------------------------------------------|--------------|-----|
| 37:24 | 4x8 | recovery | Are you ready to flip?                        |              |     |
| 37:39 | 4x8 | stand    |                                               | high         | 1/2 |
| 37:55 | 4x8 | stand    | Accelerate at the last 16 counts              | OPT+ 1/2-3/4 |     |
| 38:11 | 8x8 | sit      | How fast is your "fast"? flip over. Let's Go! |              | 1/1 |



# 11. REVEL – XO TOUR LLIF3 3:25mins

**Set the scene**

Just relax.

**Profile** 50s

Flash, 25s Climb

20 seconds flash, 40 seconds climb

**1/1 = 156rpm**

Head to the finish with light vibes on **the track's point** -up beat. All the hard work is done. Focus on feeling good and celebrating your workout rather than what drives you to work out. The trumpet and brass tones bring a nice bright energy to the studio, while the drums and bassline accentuate the laid-back feel. It's a versatile song to round out a versatile playlist . Enjoy this track to the fullest.

**Block 1: 50 seconds flash, 25 seconds climb**

|       |      |                                              |             |            |
|-------|------|----------------------------------------------|-------------|------------|
| 38:44 | 4x8  | <b>recovery</b>                              |             |            |
| 38:56 | 4x8  | <b>stand</b>                                 | high        | <b>1/4</b> |
|       |      | Stretch hard                                 |             |            |
| 39:09 | 16x8 | <b>shit</b>                                  | low         | <b>1/2</b> |
|       |      | Gear it down low and match the rhythm        |             |            |
| 39:58 | 4x8  | <b>sit</b>                                   | medium-high | <b>1/2</b> |
|       |      | Medium to high here, just enough to stand up |             |            |
| 40:11 | 8x8  | <b>stand</b>                                 |             | <b>1/2</b> |

**Block 2: 20 seconds flash, 40 seconds climb**

|       |      |                                                                      |             |            |
|-------|------|----------------------------------------------------------------------|-------------|------------|
| 40:34 | 4x8  | <b>recovery</b>                                                      |             |            |
|       |      | Gear up again for more stretching                                    |             |            |
| 40:48 | 4x8  | <b>stand</b>                                                         | high        | <b>1/4</b> |
| 41:00 | 4x8  | <b>sit</b>                                                           | low         | <b>1/2</b> |
|       |      | Now is the perfect time to reflect on today's workout                |             |            |
| 41:13 | 4x8  | <b>sit</b>                                                           | medium-high | <b>1/2</b> |
| 41:25 | 12x8 | <b>stand</b>                                                         |             | <b>1/2</b> |
|       |      | Let's celebrate today's workout together                             |             |            |
| 42:02 | 2x8  | <b>recovery</b>                                                      |             |            |
|       |      | Encourage everyone to stretch after class after getting off the bike |             |            |



# 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.

