

LES MILLS THE TRIP 21

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MUSIC

- 01

Mesablanca (5:27)

O’Flynn

© 2019 Silver Bear Recordings.
Written by: Norris, Abdul, Kanuang
- 02

Feel Right Now (Power!) (4:20)

Adelphi Music Factory

© 2019 WEAPONS / Ministry Of Sound Recordings.
Written by: Parker, Caesar
- 03

Fiston 2000 (4:34)

Afriquoui feat. Serocee

© 2015 Wormfood Records Ltd.
Written by: Thompson, Lusambo, Marmot, Bentley
- 04

Sunspear (3:47)

O’Flynn

© 2019 Silver Bear Recordings.
Written by: Norris, Louis-Joseph, Lauderdale
- 05

LFY (Remix) (4:11)

Wolfgang Wee, Kevin Fauske & Magnus Foss

© 2019 Wolfgang Wee Productions.
Written by: Wee, de Presno Borthen
- 06

5 Hand Clap (3:11)

Atomic Drum Assembly

© 2019 Island Life Recordings.
Written by: Serrell
- 07

Aletheia (3:43)

O’Flynn

© 2019 Silver Bear Recordings.
Written by: Norris, Kante
- 08

Summer Of Love (Radio Edit) (1:30)

Raito

© 2019 Boysnoize Records.
Written by: Martin
- Summer Of Love (Rave Mix)** (1:29)

Raito

© 2019 Boysnoize Records.
Written by: Martin
- Summer Of Love (Radio Edit)** (1:31)

Raito

© 2019 Boysnoize Records.
Written by: Martin
- Summer Of Love (Rave Mix)** (1:36)

Raito

© 2019 Boysnoize Records.
Written by: Martin
- 09

Mork (4:02)

The Bloody Beetroots

© 2019 Fuzz O Rama.
Written by: Cogo, Ventimiglia
- 10

Henny & Gingerale (3:54)

Mayer Hawthorne

Courtesy of the Universal Music Group.
Written by: Cohen, Dutton
- OUTRO

Playground (3:33)

Steve Lacy

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Written by: Boykins, Lacy



MESSAGE FROM THE TRIP TEAM

THE TRIP 21 – VISTA

The workout is progressive, the spaces are unique, and the music engages the senses.

We begin with layered instrumentation to lure us in and then we drop onto an island and ride through 3 zones.

The Coast embraces a carnival vibe that progressively builds intensity with workout blocks that seamlessly flow together. The opportunities to recover hide between the transitions of steep drops and climbs.

The City is next and it lifts us up as we climb high and weave amongst the buildings. The scenic moments peak at the entrance of an open shaft which is fed by an energy source. The origin of the energy source is not known but we venture higher anyway.

From here we enter The Competition space and this leads us to our final challenge!

The magic often lies in the unspoken, and as the saying goes ‘a picture speaks a thousand words’, so embrace the 80/20 Approach and find the Sweet Spot with your Coaching.

Filming looks different this round due to the COVID-19 pandemic and the heavy restrictions in place regarding mass gatherings and social distancing, however the integrity and essence has been retained, and in some ways amplified! We love the connection Khiran creates with her use of inclusive language and we hope you enjoy the approach we took.

We would love to hear your thoughts so feel free to drop us a line and let us know what you love and some things you may want to see, hear, or do in some of our upcoming releases.

Be inclusive. Be dynamic. Stay safe.

Enjoy!
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** – Khiran Huston
- Production Coordinator** – Ashlee Young

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

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01. FLY IN – MESABLANCA 5:27mins

SET THE SCENE

Let’s hook into the beat and find a groove.

PROFILE

75 intro

30 climb, 30 speed, 60 climb

30 speed, 30 climb

1/1 = 120rpm

TRACK TIP

Focus on simple PRP to successfully lead riders through this initial track. During the climbs we can Describe The Feeling to enhance the Sensation and in the speed phases embrace Silence so we can connect to the Music & Visuals, which allows us to soak up the vibes of the beat, and the artistry on screen. By doing this we lure our riders in – we give them just enough information so they know exactly what they should be doing and we avoid imposing ourselves on their experience, especially as they acclimatise to the environment.

BLOCK 1 – 75 intro

0:00	20x8	RECOVERY		
Push play – do final announcements and get ready to roll				

BLOCK 2 – 30 climb, 30 speed, 60 climb

1:15	8x8	Sit		1/2
Take in the view, we’re going there!				
1:44	8x8	Stand	H	1/2
Our chests are lifted and hips over the pedals				
2:14	8x8	Sit	M	1/1
Our hips are forward and toes are dipped				
2:44	8x8	Stand	H & OPT+	1/2
Focus on shifting our body weight side to side				
3:14	4x8	Sit		1/2
Hips back and feel the warming sensation				
3:30	4x8	Stand	OPT+	1/2
Tip: Stand when we enter the smaller green tunnel				

BLOCK 3 – 30 speed, 30 climb

3:44	8x8	RECOVERY		
Do whatever feels good. Next phase 30 speed and 30 climb				
4:14	8x8	Sit	M	1/1
Lift the vocal energy & contrast in this Block				
4:44	8x8	Stand	H	1/2
30 seconds. Feeling good, feeling warm, feeling ready				
5:14	3½x8	RECOVERY		
Well done. Great job everyone				



02. BEACH – FEEL RIGHT NOW (POWER!) 4:20mins

SET THE SCENE

Let’s head to The Coast

PROFILE

15 speed
15 climb, 20 speed
40 climb, 45 speed
40 climb, 45 speed

1/1 = 130rpm

TRACK TIP

Four minutes of flow as we transition smoothly from climbs to speed phases, and we don’t fully recover until we reach the end. To keep riders in the flow try using these guidelines - coach Resistance to slow leg speed before we climb, and accelerate leg speed before reducing Resistance into speed phases. This sequence of cues subtly lifts the intensity and generally enhances the workout.

BLOCK 1 – 15 speed

5:27	1x8	RECOVERY		
5:30	4x8	Sit	L	3/4-3/4+
5:45	4x8	Sit On the beat 1, 2, 1, 2, 1	M	1/1

BLOCK 2 – 15 climb, 20 speed

6:00	4x8	Sit Up ahead 4 minutes of continuous training		3/4-1/2
6:15	4x8	Stand Accelerate. Sit. Reduce. Moderate gear	H	1/2
6:30	6x8	Sit Hips are forward and toes are dipped	M	1/1

BLOCK 3 – 40 climb, 45 speed

6:52	2x8	Sit Next climb is bigger. 40 seconds		3/4-1/2
6:59	10x8	Stand 16cts & Sit 16cts – 2½x Strong core brace. We can always grab more gear	H & OPT+	1/2
7:36	4x8	Sit Relax through the upper body	M	1/1
7:51	4x8	Sit Pull back just under the beat		3/4+
8:05	4x8	Sit We can really feel the workout when we hit the beat		1/1

BLOCK 4 – 40 climb, 45 speed

8:20	2x8	Sit One more. 40 seconds. Stand up!	H	3/4-1/2
8:28	8x8	Stand 16cts & Sit 16cts – 2x Let’s try adding another gear, this gets us stronger	H & OPT+	1/2
8:57	4x8	Sit	M	1/1
9:12	4x8	Sit We lose some momentum then we go faster		3/4+
9:27	4x8	Sit		1/1
9:42	½x8	RECOVERY Well done		



03. DUNES – FISTON 2000 4:34mins

SET THE SCENE

Into the dunes

PROFILE

70 climb, 30 speed

40 climb

60 speed

1/1 = 144rpm

TRACK TIP

Our bodies are dialled in so we increase the challenge with stronger climbs and faster speed phases. We continue to use cues in a sequence that keep our riders closer to the workout and maintain our flow, and we empower riders by using Suggestions to add Resistance or ride as fast as they choose. The rpm is 140+ so cues like “chase the beat” on the speed sections are great. Finally use the Recovery sections to Check-In briefly and be enthusiastic and encouraging to keep the energy high.

BLOCK 1 – 70 climb, 30 speed

9:43	4x8	RECOVERY <i>Up ahead even stronger climbs and faster speed phases to challenge our fitness</i>		
9:57	4x8	Sit <i>This is our longest climb, its 70 seconds</i>	H	1/2
10:10	20x8	Stand 16cts & Sit 16cts – 5x <i>4th time Sit an extra 4cts – anytime we Stand up we can add more Resistance</i>	OPT+	1/2
11:19	2x8	Sit <i>Reduce to Moderate gear and wind up</i>	M	3/4-3/4+
11:26	8x8	Sit <i>30 seconds. Pumping the knees fast</i>		3/4++

BLOCK 2 – 40 climb

11:53	4x8	RECOVERY <i>This climb, our second climb, is shorter. Only 40 seconds</i>		
12:06	12x8	Stand 28cts & Sit 4cts – 3x <i>Let’s intensify our workout</i>	H & OPT+	1/2

BLOCK 3 – 60 speed

12:46	6x8	RECOVERY		
13:07	4x8	Sit <i>Last one. 60 seconds of speed. Let’s give it everything</i>	M	3/4-3/4+
13:20	16x8	Sit <i>Use time codes to keep everyone in it – 45 seconds. 30 seconds. 15 seconds</i>		3/4++
14:14	2x8	RECOVERY <i>Wow. What a test of fitness</i>		



04. TUNNEL 1 – SUNSPEAR 3:47mins

SET THE SCENE

Let’s leave The Coast

PROFILE

35 jumps – x3

1/1 = 110rpm

TRACK TIP

Blocks are short so an amazing opportunity to dial up intensity by progressively challenging Resistance before each Block. Try engaging riders by being interactive with numbers on display. By the time we reach Block 3 we should be letting the numbers do the talking for us which harnesses the power of the 80/20 Approach – and to be honest if we are going there physically it should be tough to talk!

BLOCK 1 – 35 jumps

14:20	4x8	RECOVERY <i>We Stand on the beat, and when we Sit its ok if we get dragged off the beat</i>		
14:38	4x8	Sit	L	1/2-1/1
14:55	4x8	Stand & Sit – 4's x4 Focus on simple Pace / rhythm and Stand / Sit cues	M-H	1/1-3/4
15:13	4x8	Stand & Sit – 8's x2		1/1-3/4

BLOCK 2 – 35 jumps

15:30	4x8	RECOVERY		
15:48	4x8	Sit <i>These are short power bursts</i>	L	1/2-1/1
16:05	4x8	Stand & Sit – 8's x2 Be Athletic & Animated	M-H	1/1-3/4
16:22	4x8	Stand & Sit – 4's x4 <i>Shorter jumps!</i>		1/1-3/4

BLOCK 3 – 35 jumps

16:40	4x8	RECOVERY <i>When we focus on max power we are at our best</i>		
16:58	4x8	Sit	L	1/2-1/1
17:15	8x8	Stand & Sit – 8/4/4's – x2	M-H	1/1-3/4
17:50	4x8	RECOVERY Congratulate and reflect		



05. CITY – LFY 4:11mins

SET THE SCENE

Shall we check out The City?

PROFILE

45 climb
30 climb, 45 speed
30 climb, 45 speed
1/1 = 124rpm

TRACK TIP

This takes us toward the halfway mark of our ride and it's a great chance to reset, take in the change of scene, and lighten up the vibe. Take the opportunity to pull back and let your riders find their own place without driving intensity, from there we can contrast the climbs by introducing a more playful energy in the drops as we get Animated with the road.

BLOCK 1 – 45 climb

18:07	4x8	RECOVERY <i>Up ahead we have three big climbs</i>		
18:23	12x8	Stand <i>These are big climbs so let's grab another gear</i>	H & OPT+	1/2

BLOCK 2 – 30 climb, 45 speed

19:09	5x8	RECOVERY		
19:28	8x8	Stand <i>Can we be brave and add another gear?</i>	H & OPT+	1/2
19:59	12x8	Sit – Surges x3 24cts 1/1 & 8cts 3/4+ – <i>On the beat 1, 2, 1, 2, 1. Pullback and easy</i>	M	1/1-3/4+

BLOCK 3 – 30 climb, 45 speed

20:46	4x8	RECOVERY		
21:01	8x8	Stand <i>Challenge is a good thing</i>	H & OPT+	1/2
21:33	12x8	Sit – Surges x3 24cts 1/1 & 8cts 3/4+	M	1/1-3/4+



06. CLIMB – 5 HAND CLAP 3:11mins

SET THE SCENE

Don't hold back on this one

PROFILE

60 climb

20 climb

40 climb

1/1 = 164rpm

TRACK TIP

The playful nature continues with the feel of the Music, the look of the Visuals, the design of the road, and the fleeting encounters in the seat during the Stand & Sit combos. Whilst playful the workout takes a big step up from the previous track so we get the opportunity to ramp up our vocals and let our audience know how hard we are working. The SUPER SLOW to SLOW to ON THE BEAT changes feel great with the Music – will you be Athletic or Animated or both?

BLOCK 1 – 60 climb

22:19	8x8	RECOVERY <i>These are challenging climbs and this first one is 60 seconds</i>		
22:42	20x8	Stand 28cts & Sit 4cts – x5 <i>Stay standing last 4cts – Chest lifted. Core braced. Knees straight up and down</i>	H & OPT+	1/2

BLOCK 2 – 20 climb

23:41	4x8	Stand – SUPER SLOW <i>Just walk</i>		1/8
23:53	4x8	Stand – SLOW <i>Next one only 20 seconds so try pushing harder here</i>		1/4
24:05	8x8	Stand 28cts & Sit 4cts – x2 <i>Stay standing last 4cts</i>	OPT+	1/2

BLOCK 3 – 40 climb

24:28	4x8	Stand – SUPER SLOW <i>Walk. It's hard when we are in it and that's all good</i>		1/8
24:40	4x8	Stand – SLOW <i>Last one. 40 seconds</i>		1/4
24:52	12x8	Stand 28cts & Sit 4cts – x3 <i>Stay standing last 4cts – It can't be a challenge without the challenge so add Resistance</i>	OPT+	1/2



07. TUNNEL 2 – ALETHEIA 3:43mins

SET THE SCENE

Let’s leave The City behind

PROFILE

60 speed

30 climb, 30 speed

1/1 = 129rpm

TRACK TIP

80/20 Approach – what is the least amount you can say in this track? With so many beautiful moments it would be a shame to clutter them with words so keep it simple and just let everyone ride.

BLOCK 1 – 60 speed

25:27	6½x8	RECOVERY <i>Lot’s of time to Recover, just loosen up</i>		
25:54	7x8	Sit	L	3/4-3/4+
26:20	17x8	Sit <i>Hips are forward and toes dipping, relaxing our upper body</i>	M	1/1

BLOCK 2 – 30 climb, 30 speed

27:24	6½x8	RECOVERY <i>Up next 30 seconds climb and 30 seconds speed</i>		
27:48	10x8	Stand 32cts & Sit 8cts – x2 <i>Accelerate last 16cts</i>	H & OPT+	1/2
28:25	8x8	Sit	M	1/1
28:55	4x8	RECOVERY <i>Great. We did it</i>		



08. GRID – SUMMER OF LOVE 6:06mins

SET THE SCENE

The Competition starts now

PROFILE

80 climb

15 climb, 30 speed, 30 climb

80 climb

15 climb, 30 speed, 30 climb

1/1 = 128 & 131rpm

TRACK TIP

We distance ourselves from the carnival vibe of The Coast and the clean aesthetic of The City to crank it up in The Competition space. Lot's of energy required for the intense physical test before us, so be sure to utilise Silence so you can physically perform at your best. When we do talk its to enhance the experience and help our riders navigate this massive track. Use timecodes or Profile at key moments to inform riders how long we have to go.

BLOCK 1 – 80 Climb

29:12	4x8	RECOVERY <i>Four chances to challenge our fitness. The first one is 80 seconds</i>		
29:27	8x8	Stand 56cts & Sit 8cts – x1 <i>When we say Heavy we mean Heavy</i>	H	1/2
29:58	12x8	Stand 24cts & Sit 8cts – x3 <i>Stay standing last 8cts – Add another Heavy gear. Butt is over the pedals and chest is lifted</i>	OPT+	1/2

BLOCK 2 – 15 Climb, 30 Speed, 30 Climb

30:43	4x8	RECOVERY <i>This climb is only 15 seconds and then we’ve got some cool speed surges</i>		
30:58	4x8	Stand <i>Is that Heavy? Is that challenging you? Run. Sit. Back off. Go!</i>	H	1/1
31:12	8x8	Sit – Speed Surges x2 <i>24cts 1/1 & 8cts 3/4 – The Pace is where the intensity lives</i>	M	1/1-3/4
31:42	8x8	Stand 24cts & Sit 8cts – x2 <i>Stay standing last 8cts – Intense climbs to challenge our fitness. To test us</i>	H & OPT+	1/2

BLOCK 3 – 80 Climb

32:11	4x8	RECOVERY <i>Halfway. Back to the 80 seconds</i>		
32:26	12x8	Stand 24cts & Sit 8cts – x3 <i>Bring it. Working as hard as we can, together</i>	H & OPT+	1/2
33:11	8x8	Stand <i>It’s a choice to be strong and that is what we are choosing today</i>	OPT+	1/1

BLOCK 4 – 15 Climb, 30 Speed, 30 Climb

33:42	4x8	RECOVERY <i>Round 4 of 4</i>		
33:56	4x8	Stand	H	1/1
34:11	8x8	Sit – Speed Surges x2 <i>24cts 1/1 & 8cts 3/4</i>	M	1/1-3/4
34:40	8x8	Stand 24cts & Sit 8cts – x2 <i>We should be absolutely gassed</i>	H & OPT+	1/2
35:10	2x8	RECOVERY <i>Good job. Well done</i>		



09. RACE – MORK 4:02mins

SET THE SCENE

There can only be one winner

PROFILE

60 speed

60 speed, 30 climb

1/1 = 126rpm

TRACK TIP

Free for all and hype for days! Two laps and the last lap has a 30 second kicker, not that our legs should be begging for it. An extremely engaging finish and our final BIG track of the ride. Go all out and bring your best #inspo right here. 80/20. Athletic & Animated. Check-In. Silence. Applause. Its all here!

BLOCK 1 – 60 Speed

35:17	4x8	RECOVERY <i>Two opportunities to bring the noise, bring the heat, and bring the hype!</i>		
35:32	4x8	Sit Prepare your riders to be Athletic & Animated	M	1/2-3/4+
35:47	16x8	Sit Allow your riders to move under, on, or over the beat		1/1-1/1+

BLOCK 2 – 60 Speed, 30 Climb

36:48	6x8	RECOVERY <i>Do whatever we can manage, whatever is max intensity for us</i>		
37:11	6x6	Sit	M	1/2-3/4+
37:34	16x8	Sit <i>Hips forward. Toes down. C'mon. Are we chasing? Are we catching?</i>		1/1-1/1+
38:35	8x8	Stand <i>Final challenge. One winner. Be the winner. Finish line.</i>	H	1/2
39:05	4x8	RECOVERY <i>The Competition is over</i>		



10. FLY OUT – HENNY & GINGERALE 3:54mins

SET THE SCENE

Let’s drop down a bit

PROFILE

180 cooldown

1/1 = 124rpm

TRACK TIP

Super smooth and fluid Choreography with plenty of opportunity to just relax and take it all in. Choose a couple of moments to reflect on the workout and soak up all of the good vibes that our riders have to offer. The song offers up a cruisy feel and we should take full advantage of this. Enjoy every moment.

BLOCK 1 – 180 Cooldown

39:21	8x8	RECOVERY <i>We did it. Thanks so much Team.</i>		
39:52	8x8	Sit <i>What a workout. What a challenge</i>	L	1/2-3/4
40:23	8x8	Sit <i>We’re cooling down but keeping the vibes high</i>	OPT+	3/4-1/1
40:54	8x8	Sit <i>Ease back here.</i>		3/4-1/2
41:25	8x8	Sit	OPT+	3/4-1/1
41:56	8x8	Sit		3/4-1/2
42:27	8x8	Sit	OPT+	3/4-1/1
42:59	8x8	RECOVERY <i>Let’s check out that view one more time</i>		SLOW & STOP



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.

