

LES MILLS THE TRIP 22

MUSIC

01. FLY IN

02. TUNNEL 1

03. SURREAL PT. 1

04. SURREAL PT. 2

05. TUNNEL 2

06. HYPE

07. HYPER

08. HYPERDRIVE

09. TUNNEL 3

10. FLY OUT

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MUSIC

- 01

Odessa (6:09)

Caribou

© 2010 City Slang.
Written by: Snaith
- 02

Celestine (1:32)

O’Flynn

© 2019 Silver Bear Recordings.
Written by: McCarthy
- 03

Keep The Faith (4:29)

Fas Fashion

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Written by: Taylor, Goddard, Doyle, Clarke, Martin
- 04

Melody Of Love
(Adelphi Music Factory ‘Time To Bring
Peace’ Remix) (5:31)

Hot Chip

© 2019 Domino Recording Co Ltd.
Written by: Taylor, Goddard, Doyle, Clarke, Martin
- 05

In Flight (2:44)

Speakman Sound feat. Sharky

© 2017 Ears To Learn With Records.
Written by: Moody, Mason, G. Speakman, T. Speakman
- 06

Hyperparadise (Flume Remix)
[GANZ Flip] (4:24)

Hermitude & GANZ

© 2014 Elephant Traks.
Written by: Stuart, Dubber, Saamena, Streten
- 07

Supernova (4:50)

Slinger

© 2018 The Hand.
Written by: Unknown
- 08

Come With Me (4:46)

i_o & Raito

© 2019 720MAU5 LLC.
Written by: J. Martin, P. Martin

- 09

Walking With Elephants (4:54)

Ten Walls

© 2014 Boso Records Limited under exclusive licence to
Atlantic Records UK, a Warner Music company.
Written by: Adomaitis
- 10

Emily (3:15)

Tourist

© 2019 Mondy Records.
Written by: Phillips
- OUTRO
11

Dream Dream Dream (2:54)

Madeon

© 2019 Hugo Leclercq under exclusive license to Columbia
Records, a Division of Sony Music Entertainment.
Written by: Leclercq



MESSAGE FROM THE TRIP TEAM

THE TRIP 22 – U N I T E D

This release comes to you during one of the most turbulent and unsettling periods of our lives.

We acknowledge this and we hope you have the opportunity to share this release with your friends and loved ones.

The workout is made up of four phases.

Phase 1 lures us in and gets us ready – we ride through the outskirts of a village and into the grounds of a wonderful palace which is home to a keyhole that takes us into a tunnel.

Once out of the tunnel we begin Phase 2 which begins with four minutes of continuous riding flow. From there the challenges keep coming and the music keeps building.

Phase 3 will be familiar to some of us as we remix a familiar track from our very first THE TRIP release. The Hype is real, the beats are big, and the workout is even bigger.

We complete the ride with Phase 4 which sees us back where we started.

Once again you will notice the Masterclass has taken on a different look. We hope this shift is enhancing your ability to learn, and for us it is providing an opportunity to connect with you in a more personal and inclusive way. For live classes simply create plenty of opportunities to turn around and connect with your riders just like we do talking to you through the camera.

Finally on behalf of the entire crew here at Les Mills we want to thank you for your ongoing support. We sincerely love having you on this journey with us.

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** – Chris Richardson
- Production Coordinator** – Amber Pountney

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

RELEASE FEEDBACK
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01. FLY IN – ODESSA 6:09mins

SET THE SCENE

We have 4 phases to our ride. This is Phase 1.

PROFILE

90 intro

45 speed, 15 climb, 45 speed, 45 climb

30 climb

1/1 = 122rpm

TRACK TIP

Words to describe your approach in this one – calm, inclusive, positive, helpful – and we are heavily influenced by the smooth feel of the music and beautiful visuals. From the time we touchdown we have almost 4 minutes of continuous riding before we find our first moment of Recovery. This allows us to take our time as we coach the fundamentals of PRP and allow our riders to physically and mentally fall into the immersive experience. The surges we encounter in the final minute provide a brief hit of intensity to help boost the heart rate and fire up our bodies – we can lift our delivery style here without being aggressive.

BLOCK 1 – 90 intro

0:00	10x8	INTRO / RECOVERY Push play – do your final checks and announcements, then get ready to roll		
0:40	14x8	Sit <i>Easy roll and the Resistance is nice and Light</i>	L & OPT+	1/2-3/4

BLOCK 2 – 45 speed, 15 climb, 45 speed, 45 climb

1:35	8x8	Sit <i>Touchdown. Phase 1. Let's focus on getting warm. Upper body relaxed. Light core brace. Knees in line with toes</i>		3/4
2:06	8x8	Sit <i>Building Pace. Nice and smooth. Finding our flow</i>	M	3/4+
2:38	8x8	Sit <i>Try and get on the beat here. Nice pump of the knees and a dip of the toes</i>		1/1
3:09	4x8	Sit <i>Add Resistance, it slows our legs down, find the rhythm, get ready to Stand</i>	H	1/1-1/2
3:25	4x8	Stand <i>Chest is lifted, tummy is tight, pushing out of the handlebars. Feels real good up here</i>		1/2
3:41	12x8	Sit <i>Feels so good when we gradually lift our Pace onto the beat</i>	M	3/4-1/1
4:28	4x8	Stand	H	1/2
4:44	4x8	Sit <i>Hold Resistance, hold Pace, Sit, slide the hips back</i>		1/2
5:00	4x8	Stand - Surges x2 <i>Stand 8cts 3/4 & Stand 8cts 1/2 – Run ahead of the beat, and now on the beat 1, 2, 1, 2</i>	H	3/4-1/2

BLOCK 3 – 30 climb

5:16	4x8	RECOVERY <i>The standing runs feel so energizing, let's do it again 4x</i>		
5:32	8x8	Stand – Surges x4 <i>Stand 8cts 3/4 & Stand 8cts 1/2</i>	H	3/4-1/2



02. TUNNEL 1 – CELESTINE 1:32mins

SET THE SCENE

Here we go

PROFILE

60 speed

1/1 = 130rpm

TRACK TIP

We continue the smooth building approach as we roll up for 30 seconds on the beat. We are at 130rpm now, compared to 122rpm in the previous track, so this provides a good challenge for everyone. Try using the 3/4+ to empower riders with tips to help them ride fast and then let them go for it during the 1/1 section. It's a very simple and short track with wonderful Visuals so allow everyone to be mesmerized by the wonderful designs.

BLOCK 1 – 60 speed

6:06	6x8	RECOVERY		
6:24	8x8	Sit <i>To help us ride fast we relax the shoulder, shift hips forward, light brace of the core, knees in line with toes</i>	M	3/4+
6:54	8x8	Sit <i>30 seconds on the beat</i>		1/1
7:24	4x8	RECOVERY		



03. SURREAL PT. 1 – KEEP THE FAITH 4:29mins

SET THE SCENE

Phase 2 of our workout

PROFILE

45 climb, 30 speed, 30 climb, 45 speed, 30 climb,
30 speed, 30 climb
1/1 = 126rpm

TRACK TIP

Similar to track 1 with another 4 minutes of continuous riding flow. Coach transitions in a way that keep everyone in the workout i.e. coach Resistance to find the Pace transitioning into climbs, and coach the acceleration before Resistance transitioning into speed. Our delivery style shifts as well as we bring more vibrancy and enthusiasm to our voice and become more Athletic & Animated. Try and be more playful in this track to create contrast to the next track which requires us to be more demanding.

BLOCK 1 – 45 climb, 30 speed, 30 climb, 45 speed, 30 climb, 30 speed, 30 climb

7:39	4x8	RECOVERY <i>Let's find some challenge with four minutes of continuous training</i>		
7:54	12x8	Stand 16cts & Sit 16cts – x3 <i>Accelerate last 16cts – If we can we add another gear when we Stand</i>	H & OPT+	1/2
8:40	8x8	Sit <i>OK 30 seconds on beat 1, 2, 1, 2</i>	M	1/1
9:11	8x8	Stand <i>Accelerate last 16cts – Where's your workout at? Mine is in a good place and I hope yours is too!</i>	H	1/2
9:42	12x8	Sit <i>45 seconds this time. Upper body is relaxed so we stay in the flow. Lets go!</i>	M	1/1
10:30	8x8	Stand <i>Accelerate last 32cts – We are so close and well over halfway</i>	H	1/2-3/4
11:01	8x8	Sit	M	1/1
11:31	8x8	Stand 16cts & Sit 16cts – x2 <i>This one takes us to the end. Slide the hips back for a strong leg drive</i>	H & OPT+	1/2



04. SURREAL PT. 2 – MELODY OF LOVE (ADELPHI MUSIC FACTORY ‘TIME TO BRING PEACE’ REMIX) 5:31mins

SET THE SCENE

Four demanding climbs

PROFILE

75 climb

75 climb

45 climb

75 climb

1/1 = 130rpm

TRACK TIP

Just over 10 minutes into this workout and a great opportunity to be more demanding. Whilst we are driving more intensity in this track we continue to be inclusive and supportive of the effort everyone is putting in. The Stand HIGH & LOW needs to be clearly set up and simply coached during Block 2 and this will give everyone more freedom to play with the Position once they know the expectations. Do your best to let riders know most climbs are just over a minute, except for the shorter 45 second climb in Block 3. Big beats for a big climb!

BLOCK 1 – 75 climb

12:02	4x8	RECOVERY		
12:15	20x8	Stand 24cts & Sit 8cts – x5	H & OPT+	1/2
<i>The beats don’t get much bigger than this. At just over a minute this climb is demanding</i>				

BLOCK 2 – 75 climb

13:31	4x8	RECOVERY		
<i>Wow. Check this out.</i>				
13:46	4x8	Stand	H	1/2
<i>Listen, we are going Stand HIGH and Stand LOW, the subtle shifts are going to keep us in it</i>				
14:01	8x8	Stand LOW 16cts & HIGH 16cts – x2		1/2
<i>Stand LOW, chest drops slight and hips back a bit. Stand HIGH, chest lifts high and hips come forward</i>				
14:30	8x8	Stand LOW 8cts & HIGH 8cts – x4		1/2
<i>Break it down</i>				

BLOCK 3 – 45 climb

15:00	4x8	RECOVERY		
<i>2 climbs done and 2 to go. This one is only 45 seconds so we can afford to go heavier</i>				
15:15	12x8	Stand 24cts & Sit 8cts – x3	H & OPT+	1/2
<i>The beats, the music, the feel, the rhythm. So good!</i>				

BLOCK 4 – 75 climb

15:59	4x8	RECOVERY		
<i>Back to the HIGH LOW. Use the shift of Position to shift the feel in the legs</i>				
16:14	4x8	Stand	H	1/2
<i>The challenge doesn’t find us, we find the challenge. Its of our own making</i>				
16:28	8x8	Stand LOW 16cts & HIGH 16cts – x2		1/2
<i>LOW, feel the back of the legs. HIGH feel the top of the legs</i>				
16:58	8x8	Stand LOW 8cts & HIGH 8cts – x4		1/2
17:28	4x8	RECOVERY		
<i>Well done. We’re doing great</i>				



05. TUNNEL 2 – IN FLIGHT 2:44mins

SET THE SCENE

Tunnel 2 will take us to Phase 3

PROFILE

45 speed

15 climb, 30 speed

1/1 = 120rpm

TRACK TIP

Similar to track 2 with a smooth building approach. We dial back our energy from the demands of the previous track and allow ourselves to be calmer and more methodical. Once again this provides great contrast for our riders and the chance to sink even deeper into the immersive experience.

BLOCK 1 – 45 speed

17:40	4x8	RECOVERY <i>Whatever speed feels good for you</i>		
17:57	4x8	Sit	M	3/4-3/4+
18:13	12x8	Sit <i>Dial in. Nice and relaxed. Lean</i>		1/1

BLOCK 2 – 15 climb, 30 speed

19:01	4x8	Sit <i>Up ahead short climb into 30 seconds of speed</i>	H	3/4-1/2
19:17	4x8	Stand <i>Feels so good up here. Gives us the flexibility to pick up speed now</i>		1/2
19:33	8x8	Sit <i>Are we leaning? Feels good!</i>	M	1/1
20:06	4x8	RECOVERY <i>We made it. Lets go Phase 3</i>		



06. HYPE – HYPERPARADISE (FLUME REMIX)

[GANZ FLIP] 4:24mins

SET THE SCENE

Bring the Hype!

PROFILE

30 climb, 30 speed, 30 climb

40 climb, 30 speed, 50 climb

1/1 = 140rpm

TRACK TIP

This is our moment to come together UNITED and to feel the HYPE! This track is a remix from THE TRIP 1 – brand new road, brand new visuals, brand new workout – so if your riders are familiar with the earlier release consider making that connection. So many ways you can approach this one so go with your gut. If you are undecided favor the 80/20 Approach and provide lots of space and silence especially on the downhill speed sections.

BLOCK 1 – 30 climb, 30 speed, 30 climb

20:20	8x8	RECOVERY		
20:47	8x8	Stand	H	1/2
		Accelerate last 16cts – Push out of the handlebar, lift the chest, brace the bell, shift side to side		
21:14	8x8	Sit	M	1/1
		Fast. Fast. As fast as we can		
21:40	1x8	Sit	H	3/4-1/2
		Hustle. Heavy. 1, 2, 1, 2		
21:44	7x8	Stand		1/2
		Its infectious, the energy is so good and the workout is even better		

BLOCK 2 – 40 climb, 30 speed, 50 climb

22:07	8x8	RECOVERY		
		We are here, right now. UNITED		
22:34	12x8	Stand	H	1/2-3/4
		When the music goes we go. When I go you go. We go!		
23:09	8x8	Sit	M	1/1
23:36	1x8	Sit	H	3/4-1/2
		Kick into gear. Go Heavy now		
23:40	15x8	Stand		1/2
		The demands are high, but the results are big, and when we go there we get it		
24:30	4x8	RECOVERY		
		Time. We'll never forget that one		



07. HYPER – SUPERNOVA 4:50mins

SET THE SCENE

From the Hype to the Hyper

PROFILE

65 climb & jumps – x3

1/1 = 88rpm

TRACK TIP

Just as we did in track 4 we lift the intensity and deliver in a more demanding way. We remain supportive, positive, and inclusive of everyone’s abilities, so be sure to Turn & Acknowledge the effort everyone is putting in. Blocks 1 & 3 are the same and we mix things up in Block 2. Try and let everyone know when there is 20 seconds in each Block as it goes a long way to helping them stay in the workout.

BLOCK 1 – 65 climb & jumps

24:46	8x8	RECOVERY <i>Lets get serious with the training. We learn to love this feeling</i>		
25:30	4x8	Stand <i>Instantly hit the power on the 1, 2, 1, 2</i>	M-H	1/1
25:52	4x8	Sit & Stand – 8's x2 <i>Sit hold the beat. Jump up, Stand up! Sit and shift back and drive the pedal forward, use the power of the legs</i>	OPT+	1/1
26:14	2x8	Sit <i>20 seconds. Stay here</i>		1/1
26:25	2x8	Stand <i>Final 10 seconds. Stand now!</i>		1/1

BLOCK 2 – 65 climb & jumps

26:36	4x8	RECOVERY <i>Can we crank this one a bit more? Learning to love it</i>		
26:58	4x8	Stand & Sit – 8's x2 <i>Mixing it up, breaking it up, keeping the body guessing</i>	M-H	1/1
27:19	4x8	Stand & Sit – 4's x4 <i>We like a break down. Stand 4, Sit 4, 4 times</i>	OPT+	1/1
27:41	2x8	Stand – 16's x1 <i>20 seconds left</i>		1/1
27:52	2x8	Sit & Stand – 8's x1		1/1

BLOCK 3 – 65 climb & jumps

28:03	4x8	RECOVERY <i>We need to lean into the pressure, that’s where the gains are made</i>		
28:25	4x8	Stand <i>Stay lifted. Lean in. Push up. Drive up</i>	M-H	1/1
28:47	4x8	Sit & Stand – 8's x2	OPT+	1/1
29:09	2x8	Sit <i>Are you at your top end. Less than 20. Stay in your max zone</i>		1/1
29:20	2x8	Stand		1/1
29:31	½x8	RECOVERY <i>Excellent!</i>		



08. HYPERDRIVE – COME WITH ME 4:46mins

SET THE SCENE

From Hype, to the Hyper, to the Hyperdrive

PROFILE

60 climb, 70 speed

30 climb, 90 speed

1/1 = 131rpm

TRACK TIP

We peak here. Musically and physically we lift beyond expectation and take ourselves well beyond what we think we are capable of. Read your room and do what is required to keep your riders in it. So many ways you can crank this one! The speed surges are a great way to stay in the workout – in a similar way to the Stand HIGH & LOW – with subtle shifts of Position to shift the feel and the Pace. This one will get you good.

BLOCK 1 – 60 climb, 70 speed

29:36	4½x8	RECOVERY <i>Let's build our energy on this climb</i>		
29:52	16x8	Stand <i>Accelerate last 16cts – On the drops we will feel that good sensation of speed</i>	H & OPT+	
30:51	20x8	Sit – Surges x5 <i>24cts 1/1 & 8cts 3/4 – Slide forward to go fast. When we relax it allows us to go quicker</i>	M	1/1-3/4

BLOCK 2 – 30 climb, 90 speed

32:05	4x8	RECOVERY <i>Have a moment then find just enough to Stand on</i>		
32:20	8x8	Stand <i>Accelerate last 16cts – Keep our eyes forward. How many? Faster than we think we are capable of</i>	H	1/2
32:49	24x8	Sit – Surges x6 <i>24cts 1/1 & 8cts 3/4 – Athletic. Animated.</i>	M	1/1-3/4
34:18	1x8	RECOVERY		



09. TUNNEL 3 – WALKING WITH ELEPHANTS 4:54mins

SET THE SCENE

Whatever happens now just happens

PROFILE

90 climb – x2

1/1 = 120rpm

TRACK TIP

The climbs are fluid as we Stand HIGH & LOW, and we provide an opportunity for everyone to find their own place. The motivated will naturally go there, and those not wanting to push so hard should be given the freedom to do just that. Positive upbeat vibes in an understated way will give everyone the space they need right now. Utilize the same Stand HIGH & LOW cues from earlier in the class and avoid introducing new or overcomplicated coaching that will clutter this wonderful track.

BLOCK 1 – 90 climb

34:22	8x8	RECOVERY		
34:54	8x8	Sit	L-H	1/2
		Gradually build our Resistance from Light to Heavy		
35:26	16x8	Stand HIGH 16cts & LOW 16cts – x4	OPT+	1/2
		Anytime we Stand up we can grab more gear		
36:30	4x8	Sit	OPT-	1/2
		Stay close to the workout. Get that good buzz		
36:46	4x8	Stand	+	1/2

BLOCK 2 – 90 climb

37:04	8x8	RECOVERY		
37:36	16x8	Stand HIGH 16cts & LOW 16cts – x4	H & OPT+	1/2
		The HIGH LOW flow feels so good. The subtle shifts keep us in for longer. Feeling the back & front of the legs		
38:38	4x8	Sit	OPT-	1/2
38:54	4x8	Stand	+	1/2
		Last one. 15 seconds		
39:10	1/2x8	RECOVERY		



10. FLY OUT – EMILY 3:15mins

SET THE SCENE

We are back. Phase 4

PROFILE

70 speed, 15 climb

50 speed

1/1 = 110rpm

TRACK TIP

Hold on to the good vibes, the music, the beat, the rhythm. Coaching is spacious and allows us to be more spontaneous in the moment.

BLOCK 1 – 70 speed, 15 climb

39:13	8x8	RECOVERY		
39:48	24x8	Sit <i>Find a gear that feels good, and find a Pace that feels better. Feel free to build up onto the beat</i>	L-M	3/4-1/1
40:58	4x8	Stand	M-H	1/2

BLOCK 2 – 50 speed

41:16	4x8	RECOVERY <i>How good does that feel. Feels amazing</i>		
41:35	12x8	Sit <i>Let’s lift up. Our final moments</i>	L-M	3/4-1/1
42:27	8x8	RECOVERY Celebrate & APPLAUSE		SLOW & STOP



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 Les Mills.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

