

LES MILLS THE TRIP 24

MUSIC

01. TUNNEL 1

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MUSIC

01

Energy (3:46)

Disclosure

Courtesy of the Universal Music Group.
Written by: G. Lawrence, H. Lawrence, Fiddy, Ricotti

02

Right Here, Right Now (5:59)

Cold Waters

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Written by: Cook, Peters, Walsh

03

Got Love (4:59)

Fas Fash

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Written by: McCarthy

04

Idontknow (5:35)

Jamie xx

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Written by: James

05

Modul (4:39)

Herlock

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Written by: Norris

06

Most Precious Love (3:54)

House Gospel Choir

Courtesy of the Universal Music Group.
Written by: Milan, Hedge

07

Freedom In U (4:45)

Fas Fash

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Written by: McCarthy, Naley

08

DaDa (1:49)

Mow Music

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Written by: Oudeweernink

09

Thinking bout U (3:42)

LMJ

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Written by: Naley, Clampitt

OUTRO

10

4stepper (3:01)

Bobby Weaving

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Written by: Arts



MESSAGE FROM THE TRIP TEAM

THE TRIP 24 – K O M O R A 2 . 0

We return to explore the Chamber which was last seen in THE TRIP 12 – KOMORA.

As we did in the original we start and finish our ride in a holding chamber which connects us to a series of four tunnels.

The four tunnels take us to a series of new and exciting spaces. These tunnels share elements with the worlds we explore as well as sharing similar design elements to the original tunnels we encountered in THE TRIP 12.

The spaces are eclectic and include ice and fire elements before finishing in a space that lifts the soul and transcends fitness.

Workout factor is big, with a focus on continuous flowing phases combined with energetic transitions between the more intense working phases.

To anchor the release we brought Bas Hollander back to pick up where he finished off in THE TRIP 12, and this provided a great opportunity to create some subtle links for those of us familiar with the original. Those of us who are into the details will certainly pick up on some similarities as well as noticing how his delivery style has evolved.

The chance to create a sequel to one of our most loved releases was really exciting for us as a creative team – it also proved to be a challenge as we spent much of our time on this one in lockdown here in New Zealand due to the COVID-19 pandemic. We are very happy with the result and there are many standout moments which include more fresh original music from our Les Mills Artists.

We hope you love what we have created and enjoy exploring the new spaces, as well as finding fresh approaches to your teaching.

Thank you for your continued support and we commit to bringing you more great releases in 2021.

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** – 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. TUNNEL 1 – ENERGY 3:46mins

SET THE SCENE

Remember we are always in control of the workout

PROFILE

75 intro

30 speed, 45 climb

30 climb, 30 speed, 30 climb

1/1 = 128rpm

TRACK TIP

Yes this is a sequel but its also a great ride and workout so keep your intro fresh and mix up any references to the original, and sometimes you may even choose to say nothing! The vibe should be very inclusive and engaging without being over the top or driving. Some great lyrics should you choose to use them and plenty of wonderful accents within the instrumentation so it's a good idea to keep our coaching simple and spacious to allow the Music to breathe. The secondary benefit of giving the Music space is that it allows riders to get lured into the Visuals without us competing for attention.

BLOCK 1 – 75 intro

0:00	16x8	RECOVERY <i>You might remember TRIP 12 - Komora. Well this is TRIP 24 - Komora 2.0</i>		
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BLOCK 2 – 30 speed, 45 climb

1:17	8x8	Sit <i>Find the handle bars, and Medium Pace with a Resistance that gives us some control. Today we want to feel invincible, powerful, strong!</i>	M	1/2 - 3/4
1:47	8x8	Sit <i>Closing in on the 1, 2, 1, 2, 1, 2. Relaxed upper body while lifting the chest, and bracing the core. Now find Heavy Resistance, slowing the legs down. Taking it to another level</i>		3/4 - 1/1
2:17	8x8	Stand <i>We Stand. 1, 2, 1, 2. Finding the beat, and feeling good. Let's keep our hips over the pedals. Chest lifted. Core bracing hard!</i>	H & OPT +	1/2
2:48	4x8	Sit 16cts & Stand 16cts <i>During climbs we can up the Resistance to up the challenge. Let's try that. Stand. Wow that feels good</i>	OPT +	1/2

BLOCK 3 – 30 climb, 30 speed, 30 climb

3:03	4x8	RECOVERY <i>NOTE: We suggest standing during this Recovery - Just walk it out. Float through this Recovery</i>		
3:18	8x8	Stand <i>Speed up. Sit. Reduce to moderate</i>	H & OPT +	1/2
3:48	8x8	Sit <i>1 and 1 and 1 and 1. The next 40 minutes is all about feeling good. Let's stay on it. Add more Resistance. Go Heavy. Back to the slow beat</i>	M	1/1
4:18	7x8	Stand <i>Stand. 1, 2, 1, 2. Great start to the ride. I'm looking forward to the challenge and hope you are too. Tunnel 1 done!</i>	H	1/2



02. ICE – RIGHT HERE, RIGHT NOW (CARMADA REMIX) 5:59mins

SET THE SCENE

We go steep. We go Heavy

PROFILE

15 climb

30 speed, 30 climb

30 climb

15 climb, 45 speed, 15 climb

15 climb, 45 speed, 15 climb

1/1 = 130rpm

TRACK TIP

Right from the start we level up! This is a classic song remixed - it's big, and it's driving. Try and create a sense of amazement at the size and scale of what we are experiencing - we are just a tiny piece in this massive space - this mind-set should help create a sense of drama in addition to some larger vocal shifts to contrast the vibe of the previous track. Continue to provide plenty of space for the Music & Visuals to breathe.

BLOCK 1 – 15 climb

4:46	2x8	RECOVERY <i>Let's see where it took us. We go steep. We go Heavy</i>		
4:53	4x8	Stand <i>Stand. 1, 1, 1, 1, 1</i>	H	1/2

BLOCK 2 – 30 speed 30 climb

5:08	6x8	RECOVERY <i>Recover. When we Recover we do whatever feels best for us. For now we Sit, reduce to Moderate, and roll over the top</i>		
5:30	8x8	Sit <i>Start closing in on the beat. Try to catch the 1, 2, 1, 2, 1, 2. Let's turn it up. Make it Heavy. Let the legs slow. Stand!</i>	M	3/4 - 1/1
6:00	8x8	Stand <i>Hips over pedals. Core bracing hard. Chest lifted. Shoulders down. Feel the pressure of the climb deep into the muscles</i>	H & OPT +	1/2

BLOCK 3 – 30 climb

6:29	4x8	RECOVERY <i>Let's walk it out. Up ahead we've got 4 surges. We run, then get back on beat</i>		
6:44	8x8	Stand - Surges x4 <i>8cts 3/4 & 8cts 1/2 - Run, run, run. Now back on beat. Run - bring hips forward. Beat - hips over pedals</i>	H & OPT +	3/4 & 1/2

BLOCK 4 – 15 climb, 45 speed, 15 climb

7:13	4x8	RECOVERY <i>Up next 2 blocks of work. Just over 1 minute each</i>		
7:28	4x8	Stand <i>Stand slow. 1, 2, 1, 2</i>	H	1/4
7:43	4x8	Stand <i>Feel the muscles engage even more. We're pushing hard. We speed up, Sit, reduce to Moderate. Hit the fast beat</i>	OPT +	1/2
7:58	8x8	Sit <i>Bring the hips forward. Drop the shoulders. Relax the upper body</i>	M	1/1
8:27	4x8	Sit <i>Stay quick, then start adding Resistance. Let the Resistance slow the legs. Heavy on the gear. 1, 2, 1, 2, 1, 2</i>		1/1 - 1/2
8:42	4x8	Stand <i>Stand. 1, 1, 1, 1. Quads, Glutes, Hamstrings in the game!</i>	H	1/2



02. ICE – RIGHT HERE, RIGHT NOW (CARMADA REMIX) 5:59mins

BLOCK 5 – 15 climb, 45 speed, 15 climb

8:57	4x8	RECOVERY <i>We have to remember each individual can make a massive difference. Go Heavy. Go slow</i>		
9:11	4x8	Stand <i>Just take it step by step and keep pushing forward. Speed up. Stay up!</i>	H	1/4
9:26	4x8	Stand <i>Feel the beat pump it up. Faster. Sit. Moderate. Go!</i>	OPT +	1/2
9:41	8x8	Sit <i>1, 2, 1, 2, 1. Let's fill this space with our energy!</i>	M	1/1
10:11	4x8	Sit <i>Stay quick. Feel the gear grab the legs. Last 15 seconds</i>		1/1 - 1/2
10:25	4x8	Stand <i>Heart beating fast. Breathing deep. We're in this right here, right now!</i>	H	1/2
10:40	1x8	RECOVERY <i>Recover</i>		



03. TUNNEL 2 – GOT LOVE 4:59mins

SET THE SCENE

We're heading into Tunnel 2

PROFILE

60 jumps

45 jumps

45 jumps

1/1 = 94rpm

TRACK TIP

How do we maintain a sense of challenge yet create contrast from track 2 and the upcoming track 4? Our suggestion is to physically push your limit during these shorter blocks and allow yourself to vocalize the challenge you are experiencing with sound effects and breathing. When it comes to coaching content we keep it factual and remove the emotion from our voice to help intensify the sense of contrast. Also by sharing what we are feeling and experiencing internally we indirectly challenge our participants to match this. It's a great way to challenge our riders in a non demanding way.

BLOCK 1 – 60 jumps

10:44	4x8	RECOVERY <i>Back in the chamber. Take a moment</i>		
11:16	4x8	Sit <i>This one is about increasing our Power. Three sets. First set is 60 seconds</i>	M-H	1/2 - 1/1
11:26	4x8	Stand 4cts & Sit 4cts - x4 <i>Stand. 1, 2, 1, 2, 1, 2. Sit. 1, 2, 1, 2, 1, 2, 1, 2</i>	OPT +	1/1
11:46	4x8	Stand 8cts & Sit 8cts - x2 <i>When we Stand our hips are forward. When we Sit our hips are back</i>	OPT +	1/1
12:07	4x8	Stand 4cts & Sit 4cts - x4 <i>Keep the chest up. Keep the core braced. Powerful through our entire body!</i>	OPT +	1/1

BLOCK 2 – 45 jumps

12:28	6x8	RECOVERY <i>Second one 45 seconds. How can we level up? I'm going heavier than the first one</i>		
12:59	3x8	Sit <i>Stand in 4, 3, 2, 1</i>	M-H	1/2 - 1/1
13:14	4x8	Stand 4cts & Sit 4cts - x4 <i>I'm definitely feeling the difference. Are you?</i>	OPT +	1/1
13:35	4x8	Stand 12cts & Sit 4cts - x2 <i>Legs burning big time now. Power increasing</i>	OPT +	1/1

BLOCK 3 – 45 jumps

13:55	6x8	RECOVERY <i>Short explosive bursts. I love those. How can we level up this one? Let's bring the Power. Catch the beat. Moderate Heavy</i>		
14:26	3x8	Sit	M-H	1/2 - 1/1
14:42	4x8	Stand 4cts & Sit 4cts - x4 <i>Use our arms to pull up fast! Stand. Sit. Explode out of the seat</i>	OPT +	1/1
15:03	4x8	Stand 12cts & Sit 4ct - x2 <i>We're running! We're training! We're testing our powers. One more! Let's get it!</i>	OPT +	1/1
15:23	4x8	RECOVERY <i>Roll. Chill. Breathe. Tunnel 2 done!</i>		



04. FIRE – IDONTKNOW 5:53mins

SET THE SCENE

Ready to crank it up?

PROFILE

20 slow climb, 20 speed

120 fast climb, 40 speed

45 fast climb, 70 speed

1/1 = 128rpm & 152rpm

TRACK TIP

This one has a mellow beginning and then we crank up the beat and transition to a faster bpm which opens up a world of opportunity! Take a similar approach to the previous track by delivering technical information in a non-emotive way and contrast that with more colorful and demanding vocal tones that enhance the feel of the Music & Visuals. Enjoy all of the challenges this one provides.

BLOCK 1 – 20 slow climb, 20 speed

15:44	8x8	RECOVERY <i>Recover now so we can work hard later. Find Heavy Resistance. Find the slow beat. 1, 2, 1, 2. Stand</i>		
16:14	6x8	Stand <i>Hips over pedals. Chest lifts. Core braces. Shoulders drop</i>	H	1/2
16:36	6x8	Sit <i>Accelerate. Sit. Reduce</i>	M	3/4 - 1/1

BLOCK 2 – 120 fast climb, 40 speed

16:59	2x8	TRANSITION - bpm faster <i>OK let's do this. Add Resistance and find the new beat</i>		
17:04	12x8	Sits 16cts & Stand 16cts - x3	H & OPT +	1/2
17:42	16x8	Sit 32cts & Stand 32cts - x2 <i>When we Sit focus on pushing the pedals forward. When we Stand focus on pushing the pedals down</i>	OPT +	1/2
18:33	2x8	Sit <i>Sit. Speed up. Reduce to Moderate</i>	M	1/2 - 3/4
18:39	12x8	Sit <i>Chase the beat. 40 seconds. All our energy into the legs. Small fast circles. Quads are burning. Legs are on fire!</i>		3/4++

BLOCK 3 – 45 fast climb, 70 speed

19:16	4½x8	RECOVERY <i>Recover. Reset. One more. Short climb, long speed phase. We are deep in the workout now</i>		
19:31	12x8	Stand 24cts & Sit 8cts - x3 <i>70 second speed phase coming. Speed up. Sit. Moderate. Chase</i>	H & OPT +	1/2
20:09	16x8	Sit - Surges x2 <i>56cts 3/4++ & 8cts 3/4 - The training is now. If we want it we got to work for it</i>	M	3/4++ - 3/4
20:59	6x8	Sit <i>Full speed 20 seconds. Don't just wish for it. Work for it. Do something!</i>		3/4++



05. TUNNEL 3 – MODUL 4:39mins

SET THE SCENE

We're heading into Tunnel 3.

PROFILE

30 speed, 30 climb

30 climb, 45 speed, 60 climb

1/1 = 118rpm

TRACK TIP

We take another opportunity to reset and revert to a calmer, less intense vibe. We are almost mellow but not lazy, the effort is there and our riders know we are enjoying it without being over the top. Focus on creating flow through the transitions to keep riders engaged in the ride, and we can coach MORE BEFORE LESS i.e. from speed to climbs coach Resistance before Pace, then from climbs to speed coach Pace before Resistance.

BLOCK 1 – 30 speed, 30 climb

21:19	4x8	RECOVERY <i>Back in the chamber. Third tunnel right ahead!</i>		
21:35	4x8	Sit <i>We're halfway already. Moderate Resistance. Medium Pace. Once we enter we accelerate and find the fast Pace</i>	M	3/4
21:52	8x8	Sit <i>Reset. Hips slightly forward. Opening up the chest. Light brace in the core. Shoulders down. Knees forward</i>		1/1
22:25	4x8	Sit <i>Add Resistance. Stronger engagement through the legs. Ready to Stand</i>	H	3/4 - 1/2
22:41	8x8	Stand 16cts & Sit 16cts - x2	OPT +	1/2

BLOCK 1 – 30 climb, 45 speed, 60 climb

23:14	4x8	RECOVERY <i>Feels so good. Needed that reset. Try adding Resistance before and during climbs to up the challenge</i>		
23:30	8x8	Stand 16cts & Sit 16cts - x2 <i>Who's adding a gear before the next one? Pressure is building. Feels good. Bring the good vibes. Speed up. Ride the fast beat!</i>	H & OPT +	1/2
24:03	12x8	Sit <i>Getting into the groove. Finding a flow that keeps us in it. Fast transition. Add Heavy. Slow down. Stand</i>	M	1/1
24:52	4x8	Stand <i>60 seconds. Hips over pedals. Hold the gear and Sit</i>	H	1/2
25:09	4x8	Sit		1/2
25:25	8x8	Stand <i>30 seconds left. It's getting tough. Use our bodyweight. Side, side, side, side. One push at a time. Tunnel 3 done!</i>	OPT +	1/2



06. TRANSFORM – MOST PRECIOUS LOVE 3:54mins

SET THE SCENE

We're in the next space

PROFILE

30 speed

15 climb, 30 speed, 60 climb

45 climb

1/1 = 124rpm

TRACK TIP

We continue the vibe from Tunnel 3 by focusing on creating flow especially from climbs to speed. We also let go much more than we did in the Tunnel and we amplify our enjoyment in a way that feels right for us. Think pure enjoyment. Groovin'. Vibin'. This is a great space to be in. When we think and feel like this how does it show up in our bodies and our voice? BIG TIP - save something up the sleeve for the next track!

BLOCK 1 – 30 speed

25:58	4x8	RECOVERY <i>We continue the vibes. Find Moderate Resistance. Fast for 30 seconds in 1, 2, 3...</i>		
26:13	8x8	Sit <i>Let's go! 1 and 1 and 1 and 1. Ridin'. Groovin'. Vibin'</i>	M	3/4 - 1/1

BLOCK 2 – 15 climb, 30 speed, 60 climb

26:44	4x8	RECOVERY <i>Two blocks of work coming up. Starting with a climb. Switch to a Heavy gear. Find the slow rhythm. Stand</i>		
27:00	4x8	Stand <i>Hips over pedals. Chest lifted proud. 30 seconds speed. Faster. Sit. Moderate</i>	H	1/2
27:15	8x8	Sit <i>Relax the shoulders and keep the legs vibin'. Smooth transition. Heavy. Slow. Stand</i>	M	1/1
27:46	8x8	Stand 16cts & Sit 16cts - x2	H & OPT +	1/2
28:17	8x8	Stand <i>It's the beat that keeps us in it. All we have to do is stick to the beat. To the 1, 2, 1, 2, 1, 2. The beat just feels so good</i>	OPT +	1/2

BLOCK 3 – 45 climb

28:48	4x8	RECOVERY <i>Breathe. Calm. Heavy on the gear. Stand!</i>		
29:04	4x8	Stand 16cts & Sit 16cts - x1 <i>45 seconds climbing. Let's go Heavy. Sit. When we add enough Resistance we transform our bodies</i>	H	1/2
29:19	8x8	Stand <i>We're transforming our bodies. To the beat, on the beat, to the beat</i>	OPT +	1/2



07. TRANSCEND – FREEDOM IN U 4:45mins

SET THE SCENE

Let's take it higher, take it faster

PROFILE

30 climb, 30 speed

30 climb, 30 speed

45 climb

30 climb, 30 speed

1/1 = 128rpm

TRACK TIP

So the BIG TIP from the last track was to save something for this track. We level up and amplify the sense of enjoyment once more. This is a great time to revisit some of the feelings we explored in track 2, the sense of being part of something bigger than us, exploring the sense of togetherness, and transcending anything ordinary. Plenty of room left for the Music & Visuals to just be. BIG TIP - yup you guessed it! Save a little more for the next track.

BLOCK 1 – 30 climb, 30 speed

29:51	4x8	RECOVERY <i>4 levels. Level 1 we are up for 30, and down for 30. Heavy. Slow. Stand</i>		
30:07	8x8	Stand <i>Get a feel for the rhythm. Hips over pedals. Chest lifted. Pushing hard. We speed up. Reduce. Fast!</i>	H	1/2
30:37	8x8	Sit <i>Relax shoulders. Chest up. Light core brace</i>	M	1/1

BLOCK 2 – 30 climb, 30 speed

31:07	4x8	RECOVERY <i>Level 2, and this time lets aim to make it stronger up, and faster down. Heavy. Slow beat. Stand</i>		
31:22	8x8	Stand <i>We need our bodyweight. Shift it side to side. Let's add that gear. Use our upper body. Pull the handlebars</i>	H & OPT +	1/2
31:52	8x8	Sit <i>Now to level up, use the bends. Lean with me. It feels so good!</i>	M	1/1

BLOCK 3 – 45 climb

32:22	4x8	RECOVERY <i>Recover. Level 3. 45 seconds just climbing. Heavier than before</i>		
32:37	12x8	Stand 24cts & Sit 8cts - x3	H & OPT +	

BLOCK 4 – 30 climb, 30 speed

33:22	4x8	RECOVERY <i>Wow. Level 4. We're going beyond what we are capable of to transcend our fitness to another level</i>		
33:37	8x8	Stand <i>If we are in control of the workout how Heavy can we make it right now? Add a gear. Transcending our fitness</i>	H & OPT +	1/2
34:07	8x8	Sit <i>Bring the energy here. Fast circles. Stay here with me</i>	M	1/1



08. TRANSFER – DADA 1:49mins

SET THE SCENE

As fast as we can go

PROFILE

25 speed - x2

1/1 = 150rpm

TRACK TIP

Anything left? There better be because we need it now! If we know TRIP 12 we know how good this track is and we should know what works for our riders. The Music & Visuals are similar but they are different so it does provide a chance to change it up! Try and maintain the sense of enjoyment even though its maximum everything!

BLOCK 1 – 25 speed

34:38	6x8	RECOVERY <i>In TRIP 12 Komora we had this red tunnel. This is Komora 2.0 so it's back. Fresh new look. Fresh new sound!</i>		
34:56	4x8	Sit <i>Transferring all of our energy into speed</i>	M	3/4 - 3/4+
35:09	8x8	Sit <i>Go go . Even faster! Hips forward. Small circles</i>		3/4++

BLOCK 2 – 25 speed

35:35	4x8	RECOVERY		
35:47	4x8	Sit <i>Speed up. Get ready</i>	M	3/4 - 3/4+
36:00	8x8	Sit <i>How much more can we give? Transfer all our energy into speed right now!</i>		3/4++



09. TUNNEL 4 – THINKING BOUT U 3:42mins

SET THE SCENE

We're heading into Tunnel 4

PROFILE

30 speed - x3

1/1 = 130rpm

TRACK TIP

This track should allow everyone to physically taper, and celebrate. Take a smooth approach to allow time for some internal reflection, and let everyone feel the sense of satisfaction gained from a great workout. As we close out the ride and dismount use lots of compliments and enthusiastically encourage people to come back soon.

BLOCK 1 – 30 speed

36:26	12x8	RECOVERY What a workout. One more tunnel left		
37:10	4x8	Sit Moderate gear. Medium Pace. Breathe. Nice and easy	M	3/4
37:25	8x8	Sit Accelerate. Chasing the beat. Maybe touching it. Whatever we do make sure it feels good		3/4+ - 1/1
37:54	1x8	Sit		3/4

BLOCK 2 – 30 speed

37:58	8x8	RECOVERY Recover. What a journey. So many different spaces		
38:27	4x8	Breathing slowing down by now. Back on Moderate Resistance	M	3/4
38:42	8x8	Sit		3/4+ - 1/1

BLOCK 3 – 30 speed

39:11	4x8	RECOVERY We went to extremes today. Heavy climbs. Fast descents. Fire to Ice		
39:26	8x8	Sit We go one last time. Cruise. Make it feel good	M	3/4+ - 1/1
39:56	4x8	RECOVERY Tunnel 4 done! Back where we started. We can be so proud of ourselves. We did it		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 United.

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.

