

LES MILLS THE TRIP 25

MUSIC

01. ENTER

02. OUTSKIRTS

03. CITY

04. MALL

05. IN

06. COSMIC

07. HILO

08. OUT

09. EXIT

SUNSET
Mall

Waves
SUNSET

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

LES MILLS THE TRIP 25

© Les Mills International Ltd 2021



MUSIC

- 01

Intro (5:09)

M83 feat. Zola Jesus

© 2011 M83 Recording Inc.
Written by: A. Gonzalez, Y. Gonzalez, Meldal-Johnsen, Morgan
- 02

OK Pal (3:46)

M83

© 2011 M83 Recording Inc.
Written by: A. Gonzalez, Y. Gonzalez, Meldal-Johnsen
- 03

Echoes (5:34)

Roosevelt

© 2020 Greco-Roman Ltd.
Written by: Lauber
- 04

Keep It Comin' (6:09)

Bobby Weaving

© 2021 Les Mills Music Licensing Ltd.
Written by: Arts
- 05

Glow (6:20)

Space Above

© 2020 Space Above Music.
Written by: Short
- 06

In The End (3:04)

Dan Draper

© 2021 Les Mills Music Licensing Ltd.
Written by: Beasley
- 07

Monte Fisto (3:15)

Hudson Mohawke

© 2020 Warp Records.
Written by: Birchard
- 08

Zeit & Raum (4:11)

Ben Böhmer

© 2020 Anjunadeep.
Written by: Böhmer-Bärtels
- 09

Outro (2:12)

M83

© 2011 M83 Recording Inc.
Written by: A. Gonzalez, Y. Gonzalez
- OUTRO
10

Translight (3:09)

Breakbot

© 2020 Ed Banger records under exclusive license to Because Music.
Written by: Berland



MESSAGE FROM THE TRIP TEAM

THE TRIP 25 – L I G H T W A V E

We took our inspiration from the 80s synth-wave revival and we are so glad we did.

The essence is underpinned through heavy use of neon and a color palette which is synonymous with this era. In addition, selective retro effects and elements are used to create spaces that seamlessly blend and occasionally jump from one look to another.

Our opening graphic sequence uses a dirty VHS style filter to bring us into the vibe before being presented with a beautiful expansive view of the space we spend most of the workout in.

Our initial moments are spent traveling toward and through the outskirts of a large thriving city which shimmers in the low light.

Reflective surfaces are used heavily within internal spaces and these provide a wonderful depth to our experience as well as refracting light and giving glimpses of views we would not normally see.

Midway into the workout we lift and move through some type of wormhole or transitional space which takes us to other dimensions. During this time, the workout factor is high, especially for those up for the challenge.

We close out the workout with a reprise through the transitional wormhole before finding ourselves exiting the city we encountered at the start.

Our workout is progressive, and we continue to focus on longer flowing phases combined with energetic transitions between the more intense working phases. This has been a key feature of recent releases and one our riders seem to be enjoying.

Presented as a team teach, we have Bas & Chris bringing their individual style to the release. We felt this release was a great opportunity for instructors to get access to different styles presented in a cohesive way. We hope as we start to find more freedom in the COVID world that more of us will find opportunities to team teach and enjoy the dynamic this brings.

Hopefully, you notice the very inclusive approach to the coaching and how the Choreography is communicated in such a way to provide everyone the opportunity to find what works best for them especially when riding fast.

This release is quickly finding its place as a firm favorite for many, and we hope you enjoy bringing this release to life as you share it in your own unique and authentic way.

Thank you for your ongoing commitment, love, and passion.

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
- Presenters** – Chris Richardson & 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

Tell us what you think of this release.
Visit lesmills.com/release-feedback



01. ENTER – INTRO 5:09mins

SET THE SCENE

We are underway

PROFILE

55 intro

40 speed, 70 climb, 40 speed, 50 jumps

1/1 = 106rpm

TRACK TIP

We can use the opening graphic sequence as a chance to do our final checks and announcements, or we do these prior so we can take the opportunity to create some hype. Once underway we coach simply and smoothly, working our way through the build of Resistance & Pace which leads us to the first climb. The climbing section focuses on the basics and we start to lift energy toward the top. As we transition to the speed phase we suggest leaving this open so riders can take in the beauty of the Music & Visuals. The 6x rolling Jumps provide the first hint of the intensity to come. Now 106rpm is a very achievable Pace which everyone should be able to achieve and its also a prelude to the next track... Best watch out!

BLOCK 1 – 55 intro

0:00	12x8	RECOVER		
		<i>Last opportunity for final checks and then we are underway</i>		

BLOCK 2 – 40 speed, 70 climb, 40 speed, 50 jumps

0:55	8x8	Sit	L	3/4
		<i>Find a Light Resistance that connects us to our bike and the road</i>		
1:31	4x8	Sit	L - M	3/4+
		<i>Nice energy shift as we build our Pace</i>		
1:50	4x8	Sit	M	1/1
		<i>Moderate Resistance now, we use this when we ride fast with control</i>		
2:08	6x8	Stand	H	1/2
		<i>Chest is lifted, abs are braced, and hips are above the pedals</i>		
2:35	2x8	Sit		1/2
		<i>Hold Pace and lets keep driving, keep pushing</i>		
2:44	8x8	Stand	OPT +	1/2
		<i>NOTE: transition last 16cts - Accelerate, Sit, reduce to Moderate gear</i>		
3:21	8x8	Sit	M	1/1
3:58	12x8	Stand 8cts & Sit 8cts - x6	M - H	3/4+ - 3/4
		<i>When we Sit down we can slow down</i>		
4:52	4x8	RECOVER		
		<i>What a way to start! We are energized and we are feeling great</i>		



02. OUTSKIRTS – OK PAL 3:46mins

SET THE SCENE

We're heading toward the City

PROFILE

40 jumps, 20 surge, 20 surge

30 climb, 40 jumps

1/1 = 106rpm

TRACK TIP

This is also 106rpm yet the energy and the feel of the Music & Visuals, as well as the workout, take a big shift here. Now we do encourage everyone to Jump on the beat however by using our Inclusive Attitude and coaching with Suggestions we are able to cater to all abilities. We should expect to feel a bit gassed as we move toward the Recovery and that is okay as we get a good reset prior to the final Block. Ramping our vocal delivery during each block also creates contrast especially for the Surges and the final series of Jumps.

BLOCK 1 – 40 jumps, 20 surge, 20 surge

5:09	4x8	Sit	L	3/4 - 1/1
5:27	2x8	Sit <i>Let's take the same Moderate - Heavy Resistance from the Warm-up except this time when we Stand we Stand on the beat</i>	M - H	1/1
5:36	8x8	Stand 8cts & Sit 8cts - x4 <i>When we Sit down we can slow down - knees are lifted pumping up and down</i>	OPT+	1/1 - 3/4
6:12	4x8	Stand - Surges x4 Stand 4cts 1/1+ & Stand 4cts 3/4	OPT+	1/1+ - 3/4
6:31	4x8	Sit <i>Let's do that again. 20 seconds. 4x Standing surges. Moderate - Heavy is the gear</i>	L	3/4 - 1/1
6:49	4x8	Stand - Surges x4 Stand 4cts 1/1+ & Stand 4cts 3/4	M - H	1/1+ - 3/4

BLOCK 2 – 30 climb, 40 jumps

7:07	5x8	RECOVER <i>Up ahead a 30 second climb</i>		
7:29	3x8	Stand <i>1, 2, 1, 2 with hips over pedals and chest lifted</i>	H	1/2
7:43	4x8	Sit <i>Hips back now driving the pedals forward</i>		1/2 - 3/4
8:01	8x8	Stand 8cts & Sit 8cts - x4 <i>Stand run! Run on the beat. Sit. Hips back and drop off if we have to</i>	M - H	1/1 - 3/4
8:37	4x8	RECOVER <i>Legs are ready. Bodies are ready</i>		



03. CITY – ECHOES 5:34mins

SET THE SCENE

We've arrived at the city

PROFILE

60 climb, 30 speed, 60 climb, 30 speed

80 speed

1/1 = 124rpm

TRACK TIP

In a nutshell - take time to progressively coach the climbs and allow intensity to build, then just have fun in the speed phases! Okay, so there is more to it than that but you get the idea. In the climbs try using a calmer more composed voice in the initial phases before allowing more intense sounds and language to creep in as the climbs progress. In the speed phases try a significant shift to lighter brighter sounds that convey a sense of enjoyment and freedom. In the back end remain Fresh & Flexible with the Speed Surges, sometimes go a bit deeper with coaching, and other times just let it go - keep the 80/20 Approach in mind here.

BLOCK 1 – 60 climb, 30 speed, 60 climb, 30 speed

8:55	2x8	RECOVER <i>Up next we have a 1 minute climb then 30 seconds fast Pace</i>		
9:02	4x8	Sit <i>Let's hook into the beat and start finding a Heavy Resistance that helps us stick to the beat</i>	L - H	1/2
9:18	8x8	Stand <i>We can use our body weight here</i>	H & OPT +	1/2
9:49	4x8	Sit <i>Its challenging, it feels heavier</i>		1/2
10:04	4x8	Stand	OPT +	1/2
10:20	8x8	Sit <i>Slide hips forward in the seat and keep chest up with core braced</i>	M	1/1
10:51	2x8	Sit <i>Let's do that again. 1 minute climb and then 30 seconds speed</i>		3/4 - 1/2
10:59	16x8	Stand 24cts & Sit 8cts - x4 <i>Try and get progressive with our intensity here, adding more Resistance when we Sit</i>	OPT +	1/2
12:01	8x8	Sit	M	1/1

BLOCK 2 – 80 speed

12:32	4x8	RECOVER <i>Let's stick with the speed now, a series of 6x surges chasing, catching, on or over the beat</i>		
12:47	24x8	Sit - Speed Surges x6 <i>Sit 24cts fast & Sit 8cts slow - Go fast now, and ease off, and go again</i>	M & OPT +	1/1+ - 3/4
14:20	2x8	RECOVER <i>Love those strong climbs and sweeping descents</i>		



04. MALL – KEEP IT COMIN' 6:09mins

SET THE SCENE

Let's explore some more

PROFILE

60 climb, 30 speed, 45 climb, 30 speed, 45 climb, 60 speed, 45 climb

1/1 = 121pm

TRACK TIP

The lyrics may have inspired us. Now the trick in this one is to pace ourselves so we suggest trying this one out a few times before unleashing on a real audience. Understanding where to pitch the energy of the workout, the coaching, and our vocal delivery is crucial to ensure we keep everyone in the flow and finding a place that makes them feel good yet challenged all at the same time. Choosing where the pockets of coaching reside will also help us retain space for the Music & Visuals to pop.

BLOCK 1 – 60 climb, 30 speed, 45 climb, 30 speed, 45 climb, 60 speed, 45 climb					
14:28	8x8	RECOVER			
		Focus on 6 minutes of continuous flow now shifting in and out of climbs and speed phases, so let's pace ourselves			
15:01	16x8	Stand 32cts & Sit 32cts - x2	H & OPT +	1/2	
		Let's reset and re-energize. Now to maintain our flow accelerate first, slide forward second, back off third			
16:05	8x8	Sit	M	1/1	
		Leaning into these long sweeping corners, and speeding up and slowing down as many times as we need to			
16:37	8x8	Stand 32cts & Sit 32cts - x1	H	1/2	
		Straight into the next one as we keep this flow going. When we Sit try pushing the pedals forward			
17:09	4x8	Stand	OPT +	1/2	
		When we Stand try pushing the pedals down			
17:25	8x8	Sit	M	1/1	
		On the beat 1, 2, 1, 2, 1, 2, 1 - halfway mark now 3 minutes into the flow. Smooth transition. Heavy Gear. Stand			
17:57	8x8	Stand 32cts & Sit 32cts - x1	H	1/2	
		Add Resistance if we can			
18:29	4x8	Stand	OPT +	1/2	
		Add Resistance if we can			
18:45	16x8	Sit	M	1/1	
		As long as we have the control that's all that matters. Love to lean and shift with the road			
19:49	12x8	Stand	H	1/2	
		45 seconds. Keep shifting our bodyweight			
20:37	1x8	RECOVER			
		Wow. 6 minutes of flow			



05. IN – GLOW 6:20mins

SET THE SCENE

We're lifting off

PROFILE

80 climb

30 climb, 70 speed

50 climb, 50 speed

1/1 = 138rpm

TRACK TIP

There is a bit to take in here, let alone actually going in - but into what? Keep any storytelling vague and refrain from definitively labeling the experience - by doing this we allow our riders to create their own impressions and it makes for good conversation after class. Aside from this there is plenty of workout factor here for those who want the challenge. This is a great chance to keep it simple and let the Music bang!

BLOCK 1 – 80 climb

20:40	8x8	RECOVER		
21:06	24x8	Stand	H & OPT +	1/2
When we are ready find Heavy Resistance and roll onto the beat. Reset. We are in control so grab gear if you want				

BLOCK 2 – 30 climb, 70 speed

22:29	6x8	RECOVER		
Start to ease off and lift and breathe. We are definitely going in. Here we go				
22:50	8x8	Stand	H & OPT +	1/2
When we Sit we go fast for just over a minute				
23:18	20x8	Sit	M	1/1
Eyes forward, hips forward. Shoulders down, toes down				

BLOCK 3 – 50 climb, 50 speed

24:27	9x8	RECOVER		
Feels so good staying in it for so long. The challenge intensifies. The endurance feel is so good				
25:00	14x8	Stand	H & OPT +	1/2
We can add more any time we want. Chest up, stay lifted				
25:49	14x8	Sit	M	1/1
Just under a minute. Focus on fast. Slide in, dip the toes				
26:38	5x8	RECOVER		
Great work. Good job				



06. COSMIC – IN THE END 3:04mins

SET THE SCENE

Shall we shift things up a bit

PROFILE

25 jumps, 10 climb, 25 jumps

50 jumps

1/1 = 160rpm

TRACK TIP

On paper this does not look challenging but wow-wee just you wait. To set everyone up for success take the time to prepare and practice the intro - with Moderate Heavy gear we Stand on the beat and when we Sit we hold that Moderate Heavy gear and try to Surge over the beat. This is the key to creating the right feel and sensations as we sweep up and down the various spaces. Apart from that have a heap of fun because you naturally want to - not just because we are suggesting you do - which will be a counter point to tracks 5 and 7.

BLOCK 1 – 25 jumps, 10 climb, 25 jumps

26:58	1x8	RECOVER		
27:01	8x8	Sit	L	1/2
		When we Stand we Stand with Moderate - Heavy gear and then when we Sit we hold the gear and try to Surge over the beat		
27:25	8x8	Stand 16cts & Sit Surge 16cts - x2	M - H	1/2 - 3/4
		Stand on the beat. Sit and accelerate		
27:49	4x8	Stand	OPT +	1/2
28:01	8x8	Sit	L	1/2
		Hold onto the beat, just back off a bit of Resistance		
28:25	8x8	Stand 16cts & Sit Surge 16cts - x2	M - H	1/2 - 3/4
		It's a challenge, lets test ourselves		

BLOCK 2 – 50 jumps

28:49	8x8	RECOVER		
		Challenges can feel daunting at times, but when we just get up and do it, it feels so good		
29:13	16x8	Stand 16cts & Sit Surge 16cts - x4	M - H	1/2 - 3/4
		Love the challenge		



07. HILO – MONTE FISTO 3:15mins

SET THE SCENE

The intensity is high right now

PROFILE

25 climb

25 climb

25 climb

50 climb

1/1 = 168rpm

TRACK TIP

No need to overthink this. Just focus on clear and simple coaching of the Hi/Lo Positions. When we Stand Hi our chest is up and hips are forward. When we Stand Lo our hips move back a bit and we brace the core hard. Physically challenging especially if we Stand the entire time - provide the opportunity for riders to Sit during Recovery. Such a hard track but so much fun at the same time! How will you show that?

BLOCK 1 – 25 climb

30:03	8x8	RECOVER <i>Short blocks of intensity. 25 seconds standing with Heavy Resistance</i>		
30:25	8x8	Stand <i>Chest up lift up</i>	H & OPT +	1/2

BLOCK 2 – 25 climb

30:48	4x8	RECOVER <i>Stand Hi means chest up hips forward. Stand Lo means hips back brace core hard</i>		
31:00	8x8	Stand Hi 24cts & Lo 8cts - x2	H & OPT +	1/2

BLOCK 3 – 25 climb

31:23	4x8	RECOVER <i>Halfway. Round 3 of 4</i>		
31:34	8x8	Stand <i>Push out of the shoulders and lift the chest</i>	H & OPT +	1/2

BLOCK 4 – 50 climb

31:57	4x8	RECOVER <i>Back with the HiLo and switching it up so we can stay in longer. 50 seconds this time</i>		
32:08	8x8	Stand Hi 24cts & Lo 8cts - x2 <i>Stand Hi feel the shifts in the front of the legs</i>	H & OPT +	1/2
32:31	8x8	Stand Lo 24cts & Hi 8cts - x2 <i>Stand Lo feel the shift in the back of the legs</i>	OPT +	1/2
32:54	8x8	RECOVER <i>Wow. We stayed with the intensity and now the last chance to work hard is incoming</i>		



08. OUT – ZEIT & RAUM 4:11mins

SET THE SCENE

As fast as we can go

PROFILE

30 climb, 30 speed, 45 climb

30 climb, 30 speed, 15 climb

1/1 = 124rpm

TRACK TIP

Apply a similar vibe to track 5 - take a simple approach and let the Music bang! We remind our riders they are in control of their speed, so as long as they have a gear that provides control they are free to go for it. We also remind everyone these are the final opportunities to work hard and its always a glorious thing to see how much effort people put in when they understand this. To quote the Masterclass "just go get it!"

BLOCK 1 – 30 climb, 30 speed, 45 climb

33:17	4x8	Sit <i>Find the beat. Find Heavy</i>	H	1/2
33:33	8x8	Stand <i>30 climb, 30 speed, 45 climb, then we hit the break</i>	H & OPT+	1/2
34:05	8x8	Sit <i>It does not matter how fast we go as long as we have control. Let's go get it!</i>	M	1/1 - 1/1+
34:35	8x8	Stand <i>Go Heavy for the challenge. It's tough</i>	H & OPT +	1/2
35:07	4x8	Sit <i>This is not the moment to give in. Hold on tight. Just 15 seconds</i>		1/2
35:23	8x8	RECOVER		

BLOCK 2 – 30 climb, 30 speed, 15 climb

35:54	4x8	Sit <i>This is our last chance to work</i>	H	1/2
36:09	8x8	Stand <i>When we roll over the top we have 30 seconds of speed</i>	H	1/2
36:40	8x8	Sit <i>Find your beat. Speed up and slow down as many times as we need to</i>	M	1/1 - 1/1+
37:12	4x8	Stand <i>This is the kick. How good does it feel to know we are almost there</i>	H	1/2
37:27	1x8	RECOVER		1/2



09. EXIT – OUTRO 2:12mins

SET THE SCENE

Take it all in

PROFILE

60 climb

1/1 = 110rpm

TRACK TIP

We climb for 60 seconds but there is nothing demanding here - its just feel good vibes the entire time. Find opportunities to Acknowledge & Applause the effort everyone has put into this workout. Try choosing some moments to reflect on, especially if there were any where the class really responded. It's a great way to close out a class reminding everyone of the best moments before we encourage them to join us again sometime soon.

BLOCK 1 – 60 climb

37:30	8x8	RECOVER <i>Sit back relax and Recover. What a wonderful workout. We did so well. Great effort everybody</i>		
38:07	8x8	Sit <i>Find a gear that feels good to Stand on</i>	L - H	1/2
38:33	12x8	Stand 16cts & Sit 8cts - x4 <i>Not working hard. Just focusing on feeling good. Nice lift when we Stand, really stretching it out</i>		1/2
39:26	4x8	RECOVER <i>Take it all in here. We did that. Congratulations!</i>		



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.

