

LES MILLS THE TRIP 26

MUSIC

01. SPACE 1

02. SPACE 2

03. TRANSIT 1

04. JUNGLE

05. TROPICAL

06. TRANSIT 2

07. SNOW

08. ICE

09. TRANSIT 3

10. SPACE 3

DECLARATION OF INTENT

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MUSIC

01 **Your Body** (4:50)
Fas Fash
Courtesy of Les Mills Music Licensing Ltd.
Written by: McCarthy

02 **Midnight City** (3:55)
M83
© 2011 M83 Recording Inc.
Written by: Gonzalez, Morgan, Meldal-Johnsen

03 **LA** (3:40)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts

04 **Move With The Bounce** (4:18)
Fas Fash
Courtesy of Les Mills Music Licensing Ltd.
Written by: McCarthy

05 **Tropica** (4:43)
Herlock
Courtesy of Les Mills Music Licensing Ltd.
Written by: Norris

06 **Techno On My Mind** (3:16)
Mow Music
Courtesy of Les Mills Music Licensing Ltd.
Written by: Oudeweernink

07 **STARS** (5:34)
Montell2099
© 2020 Sable Valley Records.
Written by: Pinny

08 **Back To You** (2:57)
Mick Martinez
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasly

09 **Let It Still** (5:03)
Space Above
© 2017 Space Above Music.
Written by: Short, North, McCarthy

10 **Year One, One UFO** (2:58)
M83
© 2011 M83 Recording Inc.
Written by: Gonzalez, Meldal-Johnsen

11 **Still Crazy** (3:56)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts



MESSAGE FROM THE TRIP TEAM

THE TRIP 26 – S O L A R

The foundation of this release is the music, and at the heart of the music lies the beat, and it is the beat that inspired our approach to the visuals and approach taken by our Presenter – Khiran Huston – oh yeah, The Queen is back!

We bookend SOLAR with fractal images, beat reactive visuals, and a ride through deep space, to lure us into and out of the experience. Our initial encounter with space engages our bodies with the workout and our final encounter with space provides the chance to celebrate.

Movement and flow are highlights as we enter a lush jungle space that evolves into a ride over and underwater. A series of roller climbs at the back end of this environment lift the intensity and provide a great challenge.

A land covered in ice serves up a wonderful mix of climbs and speed phases which dial into an athletic feel before finishing on more of a strength-based vibe.

Three beat-driven Transit points provide relief from the main spaces we encounter, and while each of these Transit points is similar in some ways, they are most definitely unique to ride.

Once more we have created a progressive workout with a focus on longer flowing working phases combined with energetic transitions. Plenty of challenge for those that want to go there and of course easily scaled for any fitness level.

As mentioned, Khiran Huston is back and showcases her wonderfully connected style. Given the focus of ‘finding our cardio groove,’ Khiran brings the focus alive through her use of inclusive language and enthusiastic delivery.

We hope you enjoy learning and sharing SOLAR with your crew. Ensure you take time to prepare yourself well with thorough knowledge of the Choreography, and as always utilise the 80/20 Approach to maximise the drama and hype!

Stay safe and thank you!

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
- Presenter** – Khiran Huston
- Production Coordinator** – Anusha Kulal

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.
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01. SPACE 1 – YOUR BODY 4:50mins

SET THE SCENE

Let's do whatever feels right for us today

PROFILE

60 Intro
120 Climb, 30 Speed, 60 Climb
1/1 = 124rpm

TRACK TIP

The opening graphics are a great opportunity to lift the anticipation, do our final pre-class checks, and get on our bikes. The Music and Visuals build nicely during the opening sequence and this continues into the beginning of our workout. Create a welcoming and lifted vibe through the use of encouraging vocal tones, and utilize the 80/20 Approach so we are supporting the Music and Visuals rather than overpowering them. The initial climbing phase is focused on basic coaching and setting everyone up for success, and then we lift the vibe during the short speed section. The final climb provides a hint of the workout factor we are about to encounter and allows us to open up the lungs before we hit Space 2. In all aspects, we can let this one lift naturally and roll with the rise and fall of the Music and Visuals and the energy they bring.

BLOCK 1 – 60 intro

0:00 16x8 **RECOVER**
Push play. Final checks. Get ready

BLOCK 2 – 120 climb, 30 speed, 60 climb

1:02	2x8	RECOVER		
1:10	16x8	Sit <i>Simple set up of our seated Position and then focus on building towards Heavy Resistance</i>	L - H	1/2
2:13	16x8	Stand <i>Resistance should already be set so focus is on great standing Technique</i>	H	1/2
3:15	8x8	Sit <i>Let's accelerate, reduce, moderate gear, aim for the beat, and feel the energy of the song</i>	M	1/1
3:46	16x8	Stand <i>Back to our Heavy Resistance and Stand up. We have 1 minute to let our body respond to this gear</i>	H	1/2



02. SPACE 2 – MIDNIGHT CITY 3:55mins

SET THE SCENE

Strong climbs and fast energetic power phases

PROFILE

20 Jumps, 20 Climb, 20 Jumps, 30 Climb, 20 Jumps, 30 Climb, 60 Jumps

1/1 = 105rpm

TRACK TIP

With 4 minutes of 'warm-up' done we move into another 4 minutes of continuous workout flow, however this time the intensity really ramps up! We mix up jumps with slower, heavier climbs, and these slower climbs either allow respite for those that need it or absolutely challenge those that want it. Know your audience and provide the options in an inclusive and supportive way. The jumps feel real good when the Resistance hits the sweet spot and Pace is on the beat, but be sure to let riders know "when we sit down it's okay to slow down". Allow the athleticism of the movement to drive vocal shifts.

BLOCK 1 – 20 Jumps, 20 Climb, 20 Jumps, 30 Climb, 20 Jumps, 30 Climb, 60 Jumps

4:50	2x8	RECOVER <i>Short introduction so script and practice</i>		
4:58	2x8	Sit <i>Let's hook into the beat. 1 2 1 2. Moderate - Heavy. Stand up</i>	M - H	1/1
5:08	4x8	Stand 8cts & Sit 8cts - x2 <i>Focus on the rhythm of the Pace and the timing of the Position changes</i>		1/1 - 3/4
5:26	1x8	Sit <i>Add a Heavy Resistance. Stand up</i>	H	3/4 - 1/2
5:30	2x8	Stand <i>So when we Stand we are on the beat and when we sit we might get dragged off the beat and that's okay</i>		1/2
5:40	1x8	Sit <i>Accelerate. Sit. Moderate - Heavy</i>	M - H	1/2 - 1/1
5:45	4x8	Stand 8cts & Sit 8cts - x2 <i>Hips are forward. Chest is lifted</i>		1/1 - 3/4
6:03	1x8	Sit <i>Back to the Heavy gear. Put it on</i>	H	3/4 - 1/2
6:07	6x8	Stand <i>A little longer this time, and we can really feel the contrast</i>		1/2
6:30	1x8	Sit	M - H	1/2 - 1/1
6:39	4x8	Stand 8cts & Sit 8cts - x2 <i>It's totally fine to get dragged off the beat</i>		1/1 - 3/4
6:58	2x8	Sit	H	3/4 - 1/2
7:07	5x8	Stand <i>This is our final phase. This final set we are doubling from 8's to 16's, and I'm challenging you to lean into it</i>		1/2
7:29	1x8	Sit	M - H	1/2 - 1/1
7:34	16x8	Stand 16cts & Sit 16cts - x2½ <i>On the beat when we Stand up. Lean into the discomfort to get the results</i>		1/1 - 3/4



03. TRANSIT 1 – LA 3:40mins

SET THE SCENE

Our first Transit point

PROFILE

60 Speed

30 Climb, 60 Speed

1/1 = 122rpm

TRACK TIP

The first of our beat-driven Transit points. Coaching is focused on the basics of speed - hips forward and toes down - along with any other Speed Coaching cues we think are applicable for our riders i.e. eyes forward, upper body relaxed, tight fast circles with the feet. From there we use aspirational language to "*chase and catch*" the beat, and reinforce the beat with simple rhythm cues. Finally, we use our Inclusive Attitude to maintain a positive and supportive environment as many riders will find riding the beat for 60 seconds quite challenging.

BLOCK 1 – 60 Speed

8:44	4x8	RECOVER <i>60 seconds to ride fast, to chase and to catch the beat, and when we ride fast we ride fast with control</i>		
9:01	4x8	Sit <i>Find a Moderate gear. Put it on, put it on, put it on!</i>	M	1/2 - 1/1
9:16	16x8	Sit <i>Chase. Catch. On the beat. Our hips are forward and our toes are down</i>		1/1

BLOCK 2 – 30 Climb, 60 Speed

10:19	4x8	RECOVER <i>Recovery. Well done. One more phase. We start with a climb and then we chase and catch the beat again</i>		
10:35	4x8	Sit <i>Build Resistance in readiness for the climb</i>	L - H	3/4 - 1/2
10:51	8x8	Stand <i>Can we feel the energy building? Can we be accountable for our fitness today?</i>	OPT +	1/2
11:22	16x8	Sit <i>We love riding on the rhythm, it's so energizing!</i>	M	1/1



04. JUNGLE – MOVE WITH THE BOUNCE 4:18mins

SET THE SCENE

Strong climbs and bursts of speed

PROFILE

30 Climb, 80 Speed

30 Climb, 30 Speed, 30 Climb, 30 Speed

1/1 = 128pm

TRACK TIP

We kick it up a notch! The Music is more playful in contrast to Transit 1 and the 'Move To The Bounce' lyric and syncopated beats are matched by the fluid and playful movement of the Visuals. The Pace picks up and we match this by lifting our vocal tone and bringing more color to our language. Two 2-minute blocks of continuous flow with a short Recovery between - remember to maintain workout flow by cueing Pace before Resistance when transitioning from climbs to speed, and then cueing Resistance before Pace when transitioning from speed to climbs.

BLOCK 1 – 30 Climb, 80 Speed

12:25	4x8	RECOVER <i>Take a moment to Acknowledge & Applaud our riders then we Profile the next phase of the workout</i>		
12:40	8x8	Stand <i>Hook into the rhythm. Grab another gear if you need</i>	H & OPT +	1/2
13:10	4x8	Sit <i>Beat. On it. Our hips are forward, our toes are down, and our upper bodies are relaxed</i>	M	1/1
13:25	4x8	Sit <i>Smooth. Just under the beat</i>	OPT +	3/4+
13:41	12x8	Sit <i>45 seconds now and we want to ride the beat</i>		1/1

BLOCK 2 – 30 Climb, 30 Speed, 30 Climb, 30 Speed

14:26	4x8	RECOVER <i>Small breather. Let's grab the gear for another strong climb</i>		
14:41	8x8	Stand 16cts & Sit 16cts - x2 <i>Big strong circles here. Feel the beat building through the legs</i>	H & OPT +	1/2
15:11	8x8	Sit <i>30 seconds</i>	M	1/1
15:41	8x8	Stand 16cts & Sit 16cts - x2 <i>Quick transition. Heavy and Stand</i>	H & OPT +	1/2
16:12	8x8	Sit <i>Let's go! It's our choice to finish on the beat</i>	M	1/1



05. TROPICAL – TROPICA 4:43mins

SET THE SCENE

Summertime vibes

PROFILE

60 Climb, 30 Speed, 30 Climb, 15 Speed

30 Climb, 45 Speed, 30 Climb

1/1 = 124rpm

TRACK TIP

Similar to Jungle but with a different vibe. The Music provides a sense of easing off but don't be fooled - yes the BPM is slightly slower but that should allow us to take more Resistance, especially in the climbing sections, and it's amazing what a difference it makes! Maintain the continuous flow by choosing the order of cues carefully, and then layer on a heap of those good summertime vibes to bring it all to life.

BLOCK 1 – 60 Climb, 30 Speed, 30 Climb, 15 Speed

16:42	4x8	RECOVER <i>Watch out for the roller climbs at the back end of the speed phases</i>		
16:59	8x8	Stand 32cts & Sit 32cts - x1 <i>Instant mood booster right here. Hook into it</i>	H & OPT +	1/2
17:30	8x8	Stand 16cts & Sit 16cts - x2 <i>Try grabbing another gear</i>	OPT +	1/2
18:01	8x8	Sit <i>This tune is a vibe</i>	M	1/1
18:32	8x8	Sit 8cts & Stand 8cts - x4 <i>This is our roller climb</i>	H & OPT +	1/2
19:04	4x8	Sit <i>Only 15 seconds. Go, go, go!</i>	M	1/1

BLOCK 2 – 30 Climb, 45 speed, 30 Climb

19:19	4x8	RECOVER <i>Nice. Let's do whatever makes us feel good</i>		
19:35	8x8	Stand 16cts & Sit 16cts - x2 <i>This strong climb, then a speed burst, then our rollers</i>	H & OPT +	1/2
20:06	12x8	Sit <i>Feeling the energy through the legs, it feels so good</i>	M	1/1
20:53	8x8	Sit 8cts & Stand 8cts - x4	H & OPT +	1/2



06. TRANSIT 2 – TECHNO ON MY MIND 3:16mins

SET THE SCENE

Our second Transit point

PROFILE

90 Climb

80 Climb

1/1 = 128rpm

TRACK TIP

Focus on clear and simple coaching of the Lo/Hi Positions. When we Stand Lo our hips move back a bit and we brace the core hard. When we Stand Hi our chest is up and hips are forward. Physically challenging especially if we push the level of Resistance - invite riders to add Resistance at any time when they feel the need to be challenged. Create an empowering and energetic environment.

BLOCK 1 – 90 Climb

21:26	4x8	RECOVER <i>Well done everyone. Okay Transit point 2. We know it's beat driven so put a Heavy gear on and get ready to Stand up</i>		
21:41	4x8	Stand	H	1/2
21:56	4x8	Sit <i>We are going to work the Resistance and put it to the test</i>		1/2
22:11	4x8	Stand <i>Are we in the sweet spot?</i>	OPT +	1/2
22:26	4x8	Stand Lo 16cts & Stand Hi 16cts - x1 <i>Stand Lo - butt back a bit and core is on. Stand Hi - hips forward and chest is high</i>	OPT +	1/2
22:41	8x8	Stand Lo 8cts & Stand Hi 8cts - x4	OPT +	1/2

BLOCK 2 – 80 Climb

23:11	2x8	RECOVER <i>Take a breath</i>		
23:19	4x8	Stand <i>Working the Resistance and finding the sweet spot before we put it to the test</i>	H	1/2
23:33	4x8	Sit <i>It's up to us to dial up or dial down - I'm going up!</i>		1/2
23:49	4x8	Stand <i>By staying in the work here we get stronger</i>	OPT +	1/2
24:04	4x8	Stand Lo 16cts & Stand Hi 16cts - x1	OPT +	1/2
24:18	6x8	Stand Lo 8cts & Stand Hi 8cts - x3 <i>Bring the hype!</i>	OPT +	1/2



07. SNOW – STARS 5:34mins

SET THE SCENE

Opportunity now to light up our fitness

PROFILE

60 Climb

30 Climb, 60 Speed

90 Climb

1/1 = 140rpm

TRACK TIP

Every release has a banger. Set up simply to create success. Profile to empower. Build the hype. Let the Music and Visuals do the work!

BLOCK 1 – 60 Climb

24:41	8x8	RECOVER		
25:08	4x8	Sit	L - H	1/2
25:21	8x8	Stand 32cts & Sit 32cts - x1 <i>Coming up to halfway. Let's get so fit</i>	OPT +	1/2
25:48	8x8	Stand 24cts & Sit 8cts - x2 <i>30 seconds left. Work the Resistance. Work the rhythm. Stay with me. This is the challenge we came for</i>	OPT +	1/2

BLOCK 2 – 30 Climb, 60 Speed

26:16	5x8	RECOVER <i>Lighting up our fitness. Taking chances. That's what we are doing</i>		
26:33	4x8	Sit <i>Find a Heavy gear</i>	L - H	3/4 - 1/2
26:26	8x8	Stand	OPT +	1/2
27:14	16x8	Sit - Speed Surges x4 <i>Sit 1/1 24cts & Sit 3/4+ 8cts - On beat. On beat. C'mon!</i>	M	1/1 - 3/4+

BLOCK 3 – 90 Climb

28:09	5x8	RECOVER <i>One more. There is something about pushing past our comfort zone that feels so good</i>		
28:26	4x8	Sit	L - H	1/2
28:40	8x8	Stand 32cts & Sit 32cts - x1 <i>Final phase and we are going to finish together. Come with me!</i>	OPT +	1/2
29:08	8x8	Stand 24cts & Sit 8cts - x2 <i>I choose to dial up right now. I choose to dial up right now</i>	OPT +	1/2
29:35	4x8	Sit <i>We deserve absolutely everything. This is our time</i>		1/2
29:49	4x8	Stand	OPT +	1/2
30:02	4x8	RECOVER <i>Well done. We did that</i>		



08. ICE – BACK TO YOU 2:57mins

SET THE SCENE

Let's smooth it out

PROFILE

30 Speed, 15 Climb

30 Climb, 30 Speed, 15 Climb

1/1 = 126rpm

TRACK TIP

Like we experienced with Tropical the Music provides a sense of easing off but once again don't be fooled - the slower BPM allows us to take more Resistance in climbing and speed sections, and again it's amazing what a difference it makes! Maintain the continuous flow by choosing the order of cues carefully, and provide plenty of opportunities for riders to dial-up or dial down their intensity.

BLOCK 1 – 30 Speed, 15 Climb

30:15	4x8	RECOVER		
30:32	4x8	Sit <i>When we are ready lets find the handlebars, find a Moderate gear, and build</i>	M	1/2 - 1/1
30:47	8x8	Sit <i>Try and stay as close to the beat as we can</i>		1/1
31:18	4x8	Stand <i>Liking this energy. It feels good</i>	H	1/1

BLOCK 2 – 30 Climb, 30 Speed, 15 Climb

31:33	4x8	RECOVER <i>We can continue to smooth it out or we can choose to pick it up a bit</i>		
31:48	4x8	Stand	H	1/2
32:04	4x8	Sit <i>Feeling the heart rate shoot up</i>		1/2 - 3/4
32:19	8x8	Sit	M	1/1
32:50	4x8	Stand <i>Heavy. Heavy. Last kick. That strength vibe through the legs</i>	H	1/2
33:05	2x8	RECOVER <i>Great way to smooth it out</i>		



09. TRANSIT 3 – LET IT STILL 5:03mins

SET THE SCENE

Our third Transit point

PROFILE

90 Climb, 30 Speed, 30 Climb, 30 Speed,
30 Climb

1/1 = 118rpm

TRACK TIP

Don't rush. Take your time. Allow the drama of the Music and the artistry of the Visuals to reveal themselves, and if we say anything we keep it relevant and simple. The RPM is not super quick but it will provide a challenge for those who want to push the upper end of their Moderate Resistance, and for riders who find speed challenging it provides more of an opportunity for them to hit the beat - and it feels oh so good to hit the beat.

BLOCK 1 – 90 Climb, 30 Speed, 30 Climb, 30 Speed, 30 Climb

33:13	8x8	RECOVER <i>Take this Recovery however we need it</i>		
33:45	8x8	Sit <i>Long climb ahead so let's take our time building to a Heavy Resistance</i>	L - H	1/2
34:18	7x8	Stand <i>Add a gear and let's Stand. Feel the energy build</i>	OPT +	1/2
34:46	4x8	Sit <i>Feel the tension build</i>		1/2
35:03	2x8	Stand	OPT +	1/2
35:11	2x8	Sit <i>Sit. Build speed. Moderate. Let's go!</i>		1/2 - 3/4
35:19	8x8	Sit	M	1/1
35:51	8x8	Stand <i>Grab a Heavy Resistance. Grab it now. Put it on</i>	H	1/2
36:24	8x8	Sit <i>Speed. The buzz feels so good. This is our last speed phase</i>	M	1/1
36:52	3x8	Sit <i>Add the gears. Heavy. Heavy. Heavy</i>	M - H	1/1 - 1/2
37:05	8x8	Stand <i>Stay in the intensity and finish our workout</i>	H & OPT +	1/2
37:38	8x8	RECOVER <i>Time. Well done</i>		



10. SPACE 3 – YEAR ONE, ONE UFO 2:58mins

SET THE SCENE

We did it. It's time to celebrate

PROFILE

90 climb, 45 speed

1/1 = 148rpm

TRACK TIP

The Music lifts us up and enhances the euphoria of the workout. Bright string instrumentation and building drum beats culminate in a guitar frenzy that put an exclamation mark on this ride! No need to drive intensity here, instead focus on reflecting and celebrating the effort of everyone in the room including yourself. Keep it positive the entire time and be sure to sign off with enthusiasm and encourage your riders to join you again sometime soon.

BLOCK 1 – 90 Climb, 45 Speed

38:16	4x8	RECOVER		
38:30	8x8	Sit	L	1/2
38:55	4x8	Stand	H	1/2
		Just needs to be enough to Stand on		
39:08	4x8	Sit		1/2
		Almost feels like we are stretching out here		
39:21	4x8	Stand	OPT +	1/2
39:34	8x8	Sit	OPT -	1/2
		Let's kick it one more time		
40:00	6x8	Stand	OPT +	1/2
		We explored some incredible spaces		
40:20	2x8	Sit	M	3/4 - 3/4++
40:26	12x8	Sit		3/4++
		Go free. Chase. Catch		
41:06	4x8	RECOVER		
		Beat driven Transit points and amazing spaces. We did that		



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.

