

LES MILLS THE TRIP 27

MUSIC

01. COAST 1

02. FESTIVAL

03. INLAND

04. DESERT

05. VISIONS

06. TRIPIN'

07. ZODIACS

08. ASTRO

09. TRIPOUT

10. COAST 2

DECLARATION OF INTENT



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MUSIC

INTRO **Runnin'** (2:44)
Dan Draper
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

01 **Stand And Deliver** (3:19)
Dan Draper
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

02 **Super Stupid** (4:43)
Funkadelic
© 2005 Westbound Records Inc.
Written by: Clinton, Nelson, Ross, Hazel

03 **Still Think About Ya** (2:55)
Dan Draper
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

04 **Elephant** (3:29)
Tame Impala
Courtesy of the Universal Music Group.
Written by: Parker, Watson

05 **Horns Sound Better With You** (5:49)
Herlock
Courtesy of Les Mills Music Licensing Ltd.
Written by: Norris

06 **Free Your Mind** (4:53)
Cut Copy
Courtesy of the Universal Music Group.
Written by: Hoey, Scott, Whitford, Browning

07 **No Fear** (4:09)
Green Tea And Sunshine
© 2021 Les Mills Music Licensing Ltd.
Written by: Cover

08 **Soul Pitched** (4:05)
Mow Music
Courtesy of Les Mills Music Licensing Ltd.
Written by: Oudeweernink

09 **I Got A Thing, You Got A Thing, Everybody's Got A Thing** (3:04)
Funkadelic
© 1970 Westbound Records Inc.
Written by: Haskins

10 **Could Heaven Ever Be Like This** (3:34)
Idris Muhammad
© 1977 Sony Music Entertainment.
Written by: Matthews, Sarafino

OUTRO **Float On** (1:59)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts



MESSAGE FROM THE TRIP TEAM

THE TRIP 27 – A K O S

With this release, we wanted to suspend reality for the briefest of moments, and take more of a nostalgic journey, hence the heavy reference to the 70's – fuzz rock, festivals, and freedom!

The name is derived from the Greek word Zodiakos, and the stellar references in all senses of the word are scattered throughout our journey.

We have time to ease into this one, and the opening sequence can be used to do our final pre-class checks, or we can choose to ride from the very beginning – feel free to mix this up.

Starting on the coast we quickly get a feel for speed before we head inland to a festival and beyond. The desert can do strange things to people and it's here we encounter more magic.

After a ride that leaves much to the imagination, we find ourselves back on the coast, but let's be honest, things will never quite be the same.

To enhance the feeling of freedom we created a workout focus that allows riders to adjust their Resistance and Pace in a way that suits them best. This empowers riders to dial up or dial down their intensity and it supports the Inclusive Attitude we promote in THE TRIP.

The workout itself has a great mix of long flowing blocks and utilises athletic jumps, and surging sections to keep the heart rate lifted and the vibes high. There is plenty of challenge for those wanting to push themselves and it can be easily scaled for any fitness level.

Finally, on a personal note, we want to let everyone know we couldn't do what we do without the support provided to us by THE TRIP community and the wider LES MILLS family – we absolutely love the passion each of you has for this program.

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** – Chris Richardson
- 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
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01. COAST 1 – STAND AND DELIVER 3:19mins

SET THE SCENE

3 minutes to get warm

PROFILE

60 Speed, 15 Climb, 30 Speed, 15 Climb, 15 Speed

1/1 = 125rpm

TRACK TIP

INTRO - every workout is different, some days we feel the need for speed and just want to nail the Pace and other days we crave a different type of challenge and want to crush the Resistance, but no matter what we choose today let's be energetic, let's be positive, and let's do what feels right for us, and if that means dropping our Pace to gain control or taking more Resistance and falling slightly off the beat that's totally cool.

The climbs are only 15 seconds so coach these simply which allows us to focus on the speed phases. We provide our riders the freedom to find a Pace that feels good for them and we do this by using supportive and suggestive language like accelerate, build Pace, and chase the beat.

BLOCK 1 – Intro

0:00	59x8	RECOVER <i>Great opportunity here to do our final pre class announcements and checks. Be Fresh & Flexible and feel free to mix it up from class to class</i>		
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BLOCK 2 – 60 Speed, 15 Climb, 30 Speed, 15 Climb, 15 Speed

2:43	6x8	Sit <i>Find a Moderate gear, it gives us some good tension to give us control when we ride fast</i>	M	1/2 - 3/4
3:06	4x8	Sit		3/4+
3:22	4x8	Sit <i>Medium Pace and let's hold the Resistance</i>		3/4
3:38	2x8	Sit <i>Build Pace and accelerate</i>		3/4+
3:45	4x8	Sit <i>Can feel my heart rate lifting already and it feels good when we brace the core for control</i>		3/4
4:00	6x8	Sit <i>Pump the knees and feel the good vibes</i>		3/4+
4:24	4x8	Sit <i>Start adding Resistance and allow the legs to slow</i>	H	3/4 - 1/2
4:39	4x8	Stand <i>Chest is lifted and belly is braced</i>		1/2
4:55	6x8	Sit <i>This time we try to ride the beat - 1, 2, 1, 2</i>	M	1/1
5:19	2x8	Sit <i>Adding Resistance again, remember these climbs are short</i>	H	3/4 - 1/2
5:26	4x8	Stand <i>Nice proud chest pushing out of the handlebars</i>		1/2
5:42	4x8	Sit <i>Chase the beat. Find the beat. Get the beat</i>	M	1/1
5:58	2x8	RECOVER <i>3 minutes and we are nice and warm</i>		



02. FESTIVAL – SUPER STUPID 4:43mins

SET THE SCENE

When we Stand we jump on the beat, and when we Sit we try and stay on the beat

PROFILE

30 Jumps

40 Jumps

60 Jumps

70 Jumps

1/1 = 102rpm

TRACK TIP

We love this style of riding especially early in a workout as it provides an excellent opportunity to ramp up the intensity quickly. We recommend riding this track several times before teaching to ensure we understand where the intensity lies within the track and how it can be manipulated. Encouraging riders to be on the beat when they Stand yet at the same time providing some freedom for riders to find their own feel is important. We guide by using language that suggests - if we can, if we want, try to etc - and it's the power of suggestion that ultimately empowers people. It's a beautiful thing.

BLOCK 1 – 30 Jumps

6:02	4x8	RECOVER		
6:16	4x8	Sit	L	3/4 - 1/1
		<i>Rolling up onto the beat</i>		
6:37	4x8	Sit	M	1/1
		<i>Athletic jumps up ahead</i>		
6:57	2x8	Stand 8cts & Sit 8cts - x1	M - H	1/1 - 3/4
		<i>Try and hold the beat</i>		
7:07	4x8	Stand 4cts & Sit 4cts - x4		1/1 - 3/4
		<i>Shift the hips forward when we Stand and back when we Sit</i>		

BLOCK 2 – 40 Jumps

7:26	2x8	RECOVER		
7:36	4x8	Stand 4cts & Sit 4cts - x4	M - H	1/1 - 3/4
		<i>When we Sit if we get dragged off the beat that's cool</i>		
7:55	4x8	Stand 12cts & Sit 4cts - x2		1/1 - 3/4

BLOCK 3 – 60 Jumps

8:14	2x8	RECOVER		
		<i>Feels good when the gear grabs on. Dig in and lets go!</i>		
8:23	4x8	Stand 8cts & Sit 8cts - x2	M - H	1/1 - 3/4
8:42	8x8	Stand 16cts & Sit 16ts - x2		1/1 - 3/4
		<i>Jump up and stay up. Go! Leaning and rolling into the bends</i>		

BLOCK 4 – 70 Jumps

9:20	2x8	RECOVER		
		<i>Wow. One more. Just over a minute</i>		
9:29	4x8	Stand 8cts & Sit 8cts - x2	M - H	1/1 - 3/4
		<i>Are we dialed into our Resistance? Just remember everyday is different</i>		
9:48	10x8	Stand 16cts & Sit 16cts - x2		1/1 - 3/4
		<i>Pumping the knees and staying powerful</i>		
10:36	2x8	RECOVER		



03. INLAND – STILL THINK ABOUT YA 2:55mins

SET THE SCENE

Let's smooth it out a bit

PROFILE

15 Climb, 20 Speed, 15 Climb, 20 Speed, 15 Climb, 40 Speed

1/1 = 116rpm

TRACK TIP

Continuous. Flowing. Easy but not. This one is not as demanding as the previous track but like our Warm-up, we have 3 minutes of continuous riding and that alone gives this track some bite especially for anyone naturally inclined to push themselves. Good chance to show some vocal contrast especially after the grittier rock feel encountered so far. The end of this track flows directly into the next so be aware of that and pre-empt the transition to keep our riders engaged and in the moment.

BLOCK 1 – 15 Climb, 20 Speed, 15 Climb, 20 Speed, 15 Climb, 40 Speed

10:44	6x8	RECOVER <i>Nice deep breaths</i>		
11:08	4x8	Sit <i>Back into short climbs again so let's go Heavy</i>	M	3/4
11:25	4x8	Stand <i>Focus on staying lifted, positive and energetic</i>	H	1/2
11:41	6x8	Sit <i>Find the beat if you can and it helps when we slide forward and dip the toes</i>	M	1/1
12:06	4x8	Stand <i>Definitely smoothing it out now and feeling like we might be able to push harder</i>	H	1/2
12:22	6x8	Sit <i>Hanging onto Pace, building into the climb, adding Resistance, slowing the legs</i>	M	1/1
12:47	4x8	Stand <i>Nice deep breaths. It feels good to fill up the lungs</i>	H	1/2
13:03	8x8	Sit <i>We are going to keep the speed rolling</i>	M	1/1



04. DESERT – ELEPHANT 3:29mins

SET THE SCENE

Let's keep rollin' deeper into the desert

PROFILE

120 Speed, 70 Climb

1/1 = 124pm

TRACK TIP

The front half of the track focuses on speed and the key is to maintain the Moderate Resistance or refine it slightly from the previous track. Holding the gear keeps our legs locked into the workout and then the surges of Pace allow the intensity to lift and drop. The back half focuses on climbing so maintain engagement through the transition by coaching the shift to Heavy gear before anything else. From there check in with your audience and see how hard you can push them - at all times keep it positive and inclusive.

BLOCK 1 – 120 Speed, 70 Climb

13:38	5x8	Sit <i>Hold onto the Resistance and let's just drop back to Medium Pace</i>	M	3/4
13:58	1x8	Sit <i>Short surge of speed go!</i>		3/4+
14:02	5x8	Sit <i>These surges of speed build up toward the beat</i>	OPT +/-	3/4
14:21	1x8	Sit		3/4+
14:25	5x8	Sit <i>These surges of speed keep us in the workout, in the hot deep end</i>	OPT +/-	3/4
14:45	2x8	Sit <i>Aim to catch the beat as much as you can</i>		3/4+
14:53	16x8	Sit - Speed Surges x2 <i>Sit 1/1 56cts & Sit 3/4 8cts - Let's use the shifts of the road to help give us the momentum</i>		1/1 - 3/4
15:55	8x8	Stand <i>Push out of the handlebars and enjoy the shift of Position</i>	H	1/2
16:26	8x8	Sit 16cts & Stand 16cts - x2 <i>Let's see if we can hold the gear when we Sit down, and maybe grab another when we Stand</i>	OPT +/-	1/2
16:58	2x8	Stand <i>Accelerate!</i>		1/2 - 3/4



05. VISIONS – HORNS SOUND BETTER WITH YOU 5:49mins

SET THE SCENE

We are working hard and it's so good

PROFILE

30 Climb, 45 Speed, 15 Climb

60 Speed

30 Climb, 45 Speed, 30 Speed

1/1 = 132rpm

TRACK TIP

Block 1 feels best when a lighter approach is taken, so nothing too demanding here in terms of language or vocal tone. Block 2 is enhanced when we are more focused, direct, and intense on nailing the speed surge feel. When combined with the optional extra gears it really does spike the intensity. Block 3 is a mix of the previous Blocks with some extra energy and fun for good measure. Keep the coaching relatively simple, allow our voice to create contrast, and our riders can get lost amongst the amazing Music & Visuals.

BLOCK 1 – 30 Climb, 45 Speed, 15 Climb

17:07	8x8	RECOVER <i>I'm backing off now and finding some Recovery</i>		
17:36	8x8	Stand	H & OPT +	1/2
18:05	12x8	Sit <i>45 seconds fast here so let's find the beat</i>	M	1/1
18:49	4x8	Stand <i>Challenge a Heavy gear. We flyin'</i>	H	1/2

BLOCK 2 – 60 Speed

19:04	4x8	RECOVER		
19:18	4x8	Sit <i>Let's build Pace again and get ready to surge in and out of speed for 1 minute</i>	M	3/4 - 3/4+
19:33	16x8	Sit - Speed Surges x4 <i>Sit 1/1 16cts & Sit 3/4 16cts - Little more gear maybe?</i>	OPT +	1/1 - 3/4

BLOCK 3 – 30 Climb, 45 speed, 30 Speed

20:31	4x8	RECOVER		
20:45	4x8	Stand <i>Last phase and about 2 minutes left</i>	H	1/2
21:00	4x8	Sit <i>Dig in and push and drive through the hips</i>		1/2 - 3/4
21:15	12x8	Sit <i>Hit the beat</i>	M	1/1
21:58	4x8	Sit <i>Hold the gear, rolling, maintaining some energy here</i>		3/4 - 3/4+
22:13	8x8	Sit <i>30 seconds here</i>		1/1
22:42	4x8	RECOVER		



06. TRIPIN' – FREE YOUR MIND 4:53mins

SET THE SCENE

We be tripin'

PROFILE

80 Speed, 40 Climb, 40 Speed

80 Speed

1/1 = 118rpm

TRACK TIP

This one should creep up on us and before we know it we are fully revved up and working hard! In many ways, Block 1 is very similar in feel to Track 3 with a continuous flowing feel moving smoothly in and out of our feature speed surges. We break up the Block with a climb and this is a good chance to check in and see what our riders need for the back end of this track. Allow lots of freedom to let riders choose the right Pace for them especially when combined with a good honest Moderate Resistance. The kaleidoscopic Visuals at the back end of this track are amongst some of the best our riders will experience so allow them to soak it up!

BLOCK 1 – 80 Speed. 40 Climb, 40 Speed

22:56	6x8	RECOVER <i>Let's extend our Recovery here as we close in on half way</i>		
23:20	6x8	Sit <i>Out of Recovery now and we check in with our Moderate gear and a Medium Pace</i>	M	3/4
23:45	6x8	Sit - Speed Surges x3 <i>Sit 1/1 8cts & Sit 3/4 8cts</i>		1/1 - 3/4
24:09	4x8	Sit <i>Let's stick with Medium Pace right now and let the Moderate gear hug the legs with good pressure</i>		3/4
24:26	4x8	Sit - Speed Surges x2 <i>Sit 1/1 8cts & Sit 3/4 8cts</i>		1/1 - 3/4
24:42	4x8	Sit <i>Smooth transition in to our climb so shifting form Moderate all the way over to a Heavy gear</i>	H	3/4 - 1/2
24:59	6x8	Stand <i>Are we tripin' out or are we tripin' in?</i>		1/2
25:23	4x8	Sit <i>Nice. Feeling the energy building here</i>	M	3/4
25:40	4x8	Sit - Speed Surge x2 <i>Sit 1/1 8cts & Sit 3/4 8cts</i>		1/1 - 3/4

BLOCK 2 – 80 Speed

25:57	4x8	RECOVER <i>Get ready to build the Pace and then we will challenge the beat</i>		
26:13	8x8	Sit <i>Hips slide forward, slide brace of the core, knees in line, toes dipped. Primed and ready</i>	M	3/4+
26:46	4x8	Sit		1/1
27:03	8x8	Sit - Speed Surge x4 <i>Sit 1/1+ 8cts & Sit 3/4 8cts - Fast as we can! The need for speed is strong in us</i>		1/1+ - 3/4
27:36	4x8	RECOVER <i>Take some well deserved Recovery</i>		



07. ZODIACS – NO FEAR 4:09mins

SET THE SCENE

Almost 3 minutes of climbing then 1 minute of speed

PROFILE

150 Climb, 60 Speed

1/1 = 120rpm

TRACK TIP

Smooth, steady and consistent with pared back vocal tones are a great way to create contrast between the previous track and the one after this. Add in the rhythmic, almost hypnotic, syncopated beats of the Music, and the dream like Visuals and you have a wonderful chance to give riders some space before encountering what will be a frantic finish to the workout with Tracks 9 & 10.

BLOCK 1 – 150 Climb, 60 Speed

27:50	2x8	RECOVER		
27:58	8x8	Sit <i>Nice easy flow here into almost 3 minutes of climbing</i>	M	3/4
28:30	20x8	Stand <i>Given the duration of the climb feel free to shift your hands around</i>	H & OPT +	1/2
29:50	6x8	Sit <i>Sit. If you need to, back off the gear a bit but stay on the beat</i>	OPT -	1/2
30:14	10x8	Stand <i>If we took the gear off we should put it back on</i>	OPT +	1/2
30:54	16x8	Sit <i>Find the beat. Chase and roll. Are we rollin' - yeah we rollin'!</i>	M	1/1



08. ASTRO – SOUL PITCHED 4:05mins

SET THE SCENE

Let's push our limits on this one and our imagination can run wild

PROFILE

20 Speed, 60 Climb - x2

1/1 = 140rpm

TRACK TIP

We can't go over it. We can't go under it. We've got to go through it. This packs real punch and the 20 seconds of speed are energizing and almost lull us into thinking we might be able to take it easy. However, if we are urgent and coach Heavy Resistance first when entering the climbing section we can be guaranteed this will be one of those tracks our riders talk of for years to come! The Standing Surges are not overly quick and with the correct Resistance we should only just be able to get ahead of the beat. RIP.

BLOCK 1 – 20 Speed, 60 Climb

32:00	8x8	RECOVER <i>After almost 3 minutes of climbing and 1 minute all I'm asking for now is 20 seconds of speed</i>		
32:27	4x8	Sit <i>Moderate gear, maybe a touch more?</i>	M & OPT +	3/4 - 3/4+
32:41	6x8	Sit - Speed Surges x3 <i>Sit 1/1 8cts & Sit 3/4 8cts</i>		1/1 - 3/4
33:02	2x8	Sit <i>Find Heavy. It really grips and grabs</i>	H	3/4 - 1/2
33:09	8x8	Stand <i>Chest is lifted here. Up ahead 3 standing surges holding onto the Resistance</i>		1/2
33:36	6x8	Stand - Surges x3 <i>Stand 1/2+ 8cts & Stand 1/2 8cts - Try to go faster!</i>		1/2+ - 1/2
33:57	2x8	Stand		1/2

BLOCK 2 – 20 Speed, 60 Climb

34:04	3x8	RECOVER <i>Again?</i>		
34:14	4x8	Sit	M & OPT +	3/4 - 3/4+
34:27	6x8	Sit - Speed Surges x3 <i>Sit 1/1 8cts & Sit 3/4 8cts - Go. Slow. Aim for as fast as we can</i>		1/1 - 3/4
34:48	2x8	Sit <i>Heavy gears and feel the legs slow</i>	H	3/4 - 1/2
34:55	8x8	Stand <i>It's not meant to be easy. Positive intention and enthusiasm feels good when we step up</i>		1/2
35:22	8x8	Stand - Surges x4 <i>Stand 1/2+ 8cts & Stand 1/2 8cts - hold surge on last 8cts</i>		1/2+ - 1/2
35:50	4x8	RECOVER		



09. TRIPOUT – I GOT A THING, YOU GOT A THING, EVERYBODY'S GOT A THING

3:04mins

SET THE SCENE

Almost out of here

PROFILE

50 Speed - x2

1/1 = 155rpm

TRACK TIP

Not much to be said. L I T E R A L L Y. Keep this spacious. Let your riders loose on the Music & Visuals!

BLOCK 1 – 50 Speed

36:04	12x8	RECOVER		
		<i>50 seconds as fast as we want to go</i>		
36:38	16x8	Sit	M	3/4++

BLOCK 2 – 50 Speed

37:29	12x8	RECOVER		
		<i>We back. This is my place. This our place. Build Pace</i>		
38:13	16x8	Sit	M	3/4++



10. COAST 2 – COULD HEAVEN EVER BE LIKE THIS 3:34mins

SET THE SCENE

Back on the Coast

PROFILE

60 Climb, 120 Speed

1/1 = 126rpm

TRACK TIP

Light and cruisy sums this one up. Just enjoy the flow and the freedom this track provides and similar to the INTRO take a Fresh & Flexible approach to this one from class to class. Coaching is virtually non existent and this allows everyone to relax and enjoy the final moments.

BLOCK 1 – 60 Climb, 120 Speed

39:07	8x8	RECOVER <i>Almost done but not quite</i>		
39:34	8x8	Stand <i>Choose how hard you want to work</i>	H	1/2
40:05	4x8	Sit <i>Feel free to dial back or hang onto the gear</i>	OPT -	1/2
40:20	6x8	Stand <i>If we backed off we should be putting the gear back in</i>	OPT +	1/2
40:43	32x8	Sit <i>Whatever speed feels good</i>	M	3/4 - 1/1
42:41	8x8	RECOVER <i>The fuzz rock. The Festivals. The freedom!</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.

