

LES MILLS THE TRIP 28

MUSIC

01. BIG CITY 1

02. ROOFTOPS

03. BIG CITY CLIMB

04. JUMPS

05. ENTRY

06. DEEP

07. DEEPER

08. FAST

09. RUNNIN'

10. BIG CITY 2

DECLARATION OF INTENT

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MUSIC

- 01

Meet Me Outside (4:33)

Mick Martinez

Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley
- 02

Mine Tonight (3:21)

Herlock

Courtesy of Les Mills Music Licensing Ltd.
Written by: Norris
- 03

RIDE (2:47)

Dan Draper

Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley
- 04

E Go Betta (O'Flynn Edit) (4:35)

Dele Sosimi

© 2017 Wah Wah 45s.
Written by: Sosimi, Elias, Norris
- 05

Moonrider (4:29)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 06

Oh Say (4:24)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 07

Talia (3:59)

O'Flynn

© 2021 Panthus.
Written by: Norris
- 08

Sunshine (3:20)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 09

Who's That Runnin (4:41)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 10

Disco Dancer (3:55)

Kiki Gyan

Courtesy of Soundway Records Ltd & Soundway Publishing Ltd, by arrangement with Third Side Music.
Written by: Gyan
- OUTRO

Desires (Mixed) (2:52)

Jitwam

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Written by: Sinha



MESSAGE FROM THE TRIP TEAM

THE TRIP 28 – THE FUNK BOROUGH

This release is a vibe with soulful sounds and beats that make the body feel good!

Some of us will draw parallels with THE TRIP 16 – THE BOROUGH, however this time we bring extra funk.

The City is full of amazing detail and we are instantly embraced by the soulful sounds while we continuously flow for a full ten minutes before experiencing our first official recovery.

The free-flowing feel continues throughout the workout and provides a wonderful opportunity for everyone to dial-up or dial down their intensity whenever needed. This is a continuation of what we have seen in recent releases and the freedom this provides for everyone to find their own place in the workout is extremely empowering.

From the City, we delve into other spaces which are heavily influenced by the music and by the hyper-real era we find ourselves in.

The final challenge is a series of extremely heavy and slow climbs which are quickly followed by two quicker athletic climbs to bring us back where we started. The sense of accomplishment combined with the feel-good factor of the Music & Visuals is a wonderful thing.

For many of us, this release will usher in 2022 - however we want to pay our respects to all of you that continue to support us, and this wonderful program, especially over the past two years. It has been a tumultuous time, to say the least, so please accept our sincerest thanks.

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.
Visit lesmills.com/release-feedback



01. BIG CITY 1 – MEET ME OUTSIDE 4:33mins

SET THE SCENE

Let's take our energy wherever it needs to go

PROFILE

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

1/1 = 120rpm

TRACK TIP

Focus on creating simple continuous flow as we easily move in and out of accelerations and climbs. The workout factor is not taxing at this early stage, however we should feel the effect of the continuous movement as it shifts our breathing and warms our bodies. We avoid referencing the beat in the initial accelerations and during the third and final acceleration, we elude to the beat and how good it feels to ride. This looseness to our Coaching provides direction and opportunity for all riders which is a great way to lure people into the experience.

BLOCK 1 – Intro

0:00	14x8	RECOVER <i>Use this time to create some hype, set a class focus, and bring good vibes to the room</i>		
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BLOCK 2 – 15 Speed, 15 Speed, 30 Climb, 30 Speed, 30 Climb

0:58	6x8	Sit <i>Up ahead we have two easy accelerations</i>	L	3/4
1:22	4x8	Sit <i>Accelerate</i>	M	3/4+
1:38	4x8	Sit <i>Ease back on the Pace</i>	L	3/4
1:54	4x8	Sit <i>Finding a Moderate Gear and accelerate</i>	M	3/4+
2:10	10x8	Stand <i>It's a strong Heavy Resistance</i>	H	1/2
2:50	3x8	Sit <i>Reconnect with our Medium Pace</i>	L	1/2 - 3/4
3:02	5x8	Sit <i>One more speed phase and one more climb and we will be warm</i>		3/4
3:22	8x8	Sit <i>Building Pace or On The Beat, we go with whatever feels good</i>	M	3/4+ - 1/1
3:54	10x8	Stand <i>Such an incredible workout ahead. It feels good. It sounds even better</i>	H	1/2



02. ROOFTOPS – MINE TONIGHT 3:21mins

SET THE SCENE

Smooth accelerations and upbeat climbs

PROFILE

45 Speed, 90 Climb, 60 Speed

1/1 = 127rpm

TRACK TIP

The continuous and fluid feel of the workout continues. However the workout factor is more present than the Big City, and the energy required becomes more evident. We increase our energy both vocally and physically. Think about how we can use the natural abilities of our voice to create this shift, and the faster rpm of this track will naturally increase our physical output resulting in all those wonderful body & breathing shifts. Communicate how YOU feel in an inclusive way.

BLOCK 1 – 45 Speed, 90 Climb, 60 Speed

4:33	12x8	Sit <i>Take your time with this flexible transition and do what your class needs</i>	M	3/4 - 3/4+
5:20	8x8	Stand <i>Feel the beat. When we Sit, we hold the gear</i>	H	1/2
5:50	4x8	Sit <i>Heart rate is increasing here</i>		1/2
6:06	4x8	Sit <i>Ease off the gear just a little</i>	OPT -	1/2
6:20	8x8	Stand <i>Heavy gear back on. 30 seconds before we go fast</i>	OPT +	1/2
6:51	4x8	Sit <i>Fast! Aiming to be on the beat but under is okay as well</i>	M	1/1
7:06	4x8	Sit <i>Ease back, catch our breath, and let's build into one more phase fast</i>		3/4
7:21	8x8	Sit <i>Heart rate is definitely lifted and we have a cool tingling sensation in our muscles. Stay as close to the beat as we can</i>		1/1
7:51	1x8	Sit <i>Put our Heavy gears on!</i>	H	1/1 - 1/2



03. BIG CITY CLIMB – RIDE 2:47mins

SET THE SCENE

Plenty of climbing ahead of us

PROFILE

180 Climb

1/1 = 138rpm

TRACK TIP

Energetic continuous climbing – did we mention it's continuous? The beauty of this is once we set the leg speed we hold it, so then the focus shifts to clearly coaching our Position & Resistance. Particular attention should go to coaching Resistance to keep riders in the workout and providing those inclusive suggestions of reducing or increasing gears. Again we use a vocal and physical shift and can continue to communicate how WE feel in an inclusive way.

BLOCK 1 – 180 Climb

7:55	4x8	Stand	H	1/2
8:09	4x8	Sit <i>Ease off just a little but stay in the work</i>	OPT -	1/2
8:23	4x8	Stand 16cts & Sit 16cts - x1	OPT +	1/2
8:36	4x8	Stand	OPT +	1/2
8:50	4x8	Sit <i>Hold the leg speed but take a touch off, now put it back on and...</i>	OPT -	1/2
9:04	4x8	Stand <i>Chest is high, core is switched on</i>	OPT +	1/2
9:18	4x8	Sit <i>If you can hold it, hold it but I'm pulling back here</i>	OPT -	1/2
9:32	4x8	Stand 16cts & Sit 16cts - x1	OPT +	1/2
9:46	4x8	Stand <i>Gear if you want it, if you need it</i>	OPT +	1/2
10:01	4x8	Sit <i>Sit, take a bit off</i>	OPT -	1/2
10:15	4x8	Stand 16cts & Sit 16cts - x1	OPT +	1/2
10:29	4x8	Stand <i>Stand, Stand, Stand!</i>	OPT +	1/2



04. JUMPS – E GO BETTA 4:35mins

SET THE SCENE

This one is energetic

PROFILE

30 Jumps

45 Jumps

45 Climb, 45 Jumps

1/1 = 107pm

TRACK TIP

Our first official moments of recovery after 10 minutes of continuous flow – use all of it. We use the Recovery moments to reset physically and they also provide the space to set good intentions for each Block, so do everyone a favor and be prepared. Once we enter the working phase of each Block our Layer 1 coaching should dominate. This should be the hardest we have worked so far, and each Block is relatively short so absolutely go for it and see how our riders respond to the challenge.

BLOCK 1 – 30 Jumps

10:42	4x8	RECOVER		
11:01	4x8	Sit	M	1/1
		<i>Rolling jumps that start short and progressively get longer</i>		
11:19	8x8	Stand 4cts & Sit 4cts - x8	M - H	1/1 - 3/4
		<i>Keep it super simple with majority of Layer 1 cues</i>		
11:54	8x8	Sit	OPT - / +	1/1
		<i>Ease off some Resistance before suggesting everyone to add some back on</i>		

BLOCK 2 – 45 Jumps

12:30	4x8	RECOVER		
		<i>We Stand on the beat of the music but its okay if we get dragged off when we Sit down</i>		
12:48	8x8	Stand 8cts & Sit 8cts - x4	M - H	1/1 - 3/4
		<i>Longer jumps now</i>		
13:24	4x8	Stand 16cts & Sit 16cts - x1		1/1 - 3/4
		<i>We are not finished. We are standing for 16</i>		

BLOCK 3 – 45 Climb, 45 Jumps

13:42	4x8	RECOVER		
		<i>Massive heart rate shift and I'm okay with that... how about you?</i>		
14:00	5x8	Stand	H	1/2
14:23	4x8	Sit	M - H	1/2 - 1/1
		<i>This is challenging in the seat, so grip the handlebars</i>		
14:41	8x8	Stand 16cts & Sit 16cts - x1		1/1 - 3/4
		<i>One more phase together</i>		
14:59	4x8	Sit		1/1
		<i>Feels so good when we hold the Resistance and stay on the beat</i>		



05. ENTRY – MOONRIDER 4:29mins

SET THE SCENE

Let's feel the shift of speed

PROFILE

60 Speed

45 Speed, 45 Climb, 15 Speed, 15 Climb

1/1 = 134rpm

TRACK TIP

Two distinct Blocks that feel quite different. Block 1 is our opportunity to smooth it all out – we keep it spacious and give everyone the freedom to do whatever feels right for them in that moment. Block 2 progressively ramps in intensity and our language, voice, and body, should match this. A great track that provides space to actively recover at the start before we get lured back into the amazing intensity of this workout.

BLOCK 1 – 60 Speed

15:18	8x8	RECOVER		
15:46	4x8	Sit	M	3/4 - 3/4+
		Let's feel the shift of speed from Medium, to Building, to On Beat		
16:00	16x8	Sit		1/1
		Do whatever feels good for us		

BLOCK 2 – 45 Speed, 45 Climb, 15 Speed, 15 Climb

16:58	4x8	RECOVER		
17:12	8x8	Sit	M	3/4 - 3/4+
		Let's build again. It feels light, it feels fluid, it feels good		
17:41	12x8	Sit		1/1
		45 seconds. Relax. 30 seconds. Feels energizing to hit the rhythm. 15 seconds. Prepare to Stand		
18:24	12x8	Stand 16cts & Sit 16cts - x3	H & OPT +	1/2
		Get up! Hold it. Sit. Hit it strong here. This beat, this sound is keeping us going		
19:07	4x8	Sit	M	1/1
		Wind it up, back it off, hit the speed		
19:21	2x8	Sit	H	3/4 - 1/2
		Gears! Put them on		
19:28	4x8	Stand		1/2
19:43	1x8	RECOVER		



06. DEEP – OH SAY 4:24mins

SET THE SCENE

Smooth things out

PROFILE

60 Climb, 30 Speed, 60 Climb

30 Speed, 30 Climb

1/1 = 124rpm

TRACK TIP

Now is a great time to assess the room and to choose an approach for this smooth track. One option is to keep it spacious and follow the smooth vibe created by the extended transitions in and out of climbs and speed. Another option is to be more demanding and energetic using the heavy & fast beats to drive the energy. Both are valid approaches but must be made based on your audience. Another option of course is to mix it up and do a bit of both. Off you go!

BLOCK 1 – 60 Climb, 30 Speed, 60 Climb

19:46	4x8	RECOVER		
20:02	16x8	Stand 32cts & Sit 32cts - x2	H	1/2
		As we smooth it out, let's acknowledge how hard we've been working		
21:04	8x8	Sit	M	1/1
		Beat. 30 seconds		
21:34	8x8	Stand	H	1/2
		Shift the focus. Heavy. Stand up. From fast, light and free to heavy and powerful		
22:05	8x8	Sit		1/2
		Big circles as we push and pull this tight tension		

BLOCK 2 – 30 Speed, 30 Climb

22:36	4x8	RECOVER		
22:52	4x8	Sit	M	1/2 - 3/4+
23:07	8x8	Sit		1/1
		Let's go. The constant tension feels so good		
23:38	8x8	Stand	H	1/2



07. DEEPER – TALIA 3:59mins

SET THE SCENE

Some really nice shifts of speed

PROFILE

30 Speed, 30 Climb

45 Climb, 60 Speed

1/1 = 129rpm

TRACK TIP

Fill this song with space. Keep coaching to a minimum and let the energy of your voice communicate the feel of each part of the track. Subdued. Silent. Nurturing. Engaged. Celebratory. We are sure there are plenty more for you and your class to discover as well.

BLOCK 1 – 30 Speed, 30 Climb

24:10	4x8	RECOVER <i>We've got nice shifts of speed, and really strong, bold climbs</i>		
24:25	4x8	Sit	L	3/4
24:40	4x8	Sit <i>Slow it down, take a moment, now building</i>	M	1/2 - 3/4
24:55	8½x8	Sit <i>Sync into the music, now try the beat</i>		3/4+ - 1/1
25:57	8x8	Stand <i>The music and what we are seeing is really energizing</i>	H	1/2

BLOCK 2 – 45 Climb, 60 Speed

25:55	4x8	RECOVER		
26:10	4x8	Stand	H	1/2
26:24	4x8	Sit <i>This feel right here right now, this moment, this feeling, so good</i>		1/2
26:39	4x8	Stand	OPT +	1/2
26:54	16½x8	Sit	M	1/1
27:54	4x8	RECOVER		



08. FAST – SUNSHINE 3:20mins

SET THE SCENE

This is never ending fun

PROFILE

15 Speed, 15 Climb, 20 Speed, 40 Climb,
15 Speed, 30 Speed

1/1 = 125rpm

TRACK TIP

The key is setting up the quick transitions into speed. We can make it way easier for everyone if we front load our coaching and explain what 'fast' means. The transition into the climbs are longer so we have time here to emphasize the need for Heavy Resistance. Other than that we keep the coaching simple and we ramp up the fun factor. Woooooooooooo!

BLOCK 1 – 15 Speed, 15 Climb, 20 Speed, 40 Climb, 15 Speed, 30 Speed

28:09	4x8	RECOVER		
28:24	2x8	Sit <i>When I say 'fast' gear is Moderate, legs are fast</i>	M	3/4+
28:32	4x8	Sit <i>Fast</i>		1/1
28:47	2x8	Sit <i>Heavy, Heavy, Heavy!</i>	H	3/4 - 1/2
28:55	4x8	Stand <i>Get on up. Faster. Faster. Faster</i>		1/2 - 3/4
29:10	6x8	Sit <i>Fast</i>	M	1/1
29:33	2x8	Sit <i>Wanna go Heavy?</i>	H	3/4 - 1/2
29:42	10x8	Stand		1/2
30:19	2x8	Sit	M	3/4
30:27	2x8	Sit <i>Build up. Let's go...</i>		3/4+
30:35	4x8	Sit <i>Fast</i>		1/1
30:50	2x8	Sit		3/4+
30:58	8x8	Sit <i>Fast</i>		1/1



09. RUNNIN' – WHO'S THAT RUNNIN 4:41mins

SET THE SCENE

We are going to get so strong

PROFILE

25 Climb

30 Climb

30 Climb

60 Climb

60 Climb

1/1 = 80rpm

TRACK TIP

Lots of wonderful contrast in this one and the workout factor is extreme for anyone who really wants it. The first 3 Blocks are very slow so the Heavy Resistance required needs to be at the upper end of the scale in order to hit the slow beat. The options to add gears in the RECOVER phases should be encouraged. In Blocks 4 & 5, we double the Pace and reduce Resistance slightly, as well as increase the duration and this is when the workout factor goes exponential. Enjoy pushing the limits on this one.

BLOCK 1 – 25 Climb

31:29	4x8	RECOVER <i>Put a Heavy as gear on</i>		
31:52	4x8	Stand	H	1/2

BLOCK 2 – 30 Climb

32:16	1x8	RECOVER <i>Walk. Try grabbing a gear</i>		
32:22	5x8	Stand <i>Move</i>	OPT +	1/2

BLOCK 3 – 30 Climb

32:52	1x8	RECOVER <i>Another gear?</i>		
32:58	5x8	Stand <i>By staying in this right now we get so strong</i>	OPT +	1/2

BLOCK 4 – 60 Climb

33:27	3x8	RECOVER <i>Time to ramp up the intensity factor</i>		
33:46	5x8	Stand <i>Let's test our fitness. Expect the heart rate to go up</i>	M - H	1/1
34:15	4x8	Sit 4cts & Stand 4cts - x4	OPT +	1/1
34:38	1x8	Stand <i>Stay standing</i>	OPT +	1/1

BLOCK 5 – 60 Climb

34:44	3x8	RECOVER <i>Let's get our athleticism on!</i>		
35:02	5x8	Stand <i>Muscles are absolutely screaming right now</i>		1/1
35:32	4x8	Sit 4cts & Stand 4cts - x4	OPT +	1/1
35:55	1x8	Stand <i>Stay here!</i>	OPT +	1/1
36:01	1x8	RECOVER <i>Well done</i>		



10. BIG CITY 2 – DISCO DANCER 3:55mins

SET THE SCENE

We took ourselves there

PROFILE

140 Speed

30 Climb, 30 Speed

1/1 = 114rpm

TRACK TIP

This has an upbeat sound with a laid back feel. Keep the language light and loose, and deliver in a way that maintains a wonderful energized vibe. Take time to ensure everyone recognizes those feelings of success from a tough workout and as always encourage people to come back sometime soon. As we dismount from the bike encourage people to find time to stretch. Enjoy!

BLOCK 1 – 140 Speed

36:10	4x8	RECOVER		
36:26	4x8	Sit	L - M	3/4
		Light to Moderate Resistance and a cruisy Pace		
36:43	12x8	Sit		3/4+ - 1/1
		Just do whatever feels good right now. Building Pace or hitting the beat		
37:33	8x8	Sit		3/4
38:07	8x8	Sit		3/4+ - 1/1

BLOCK 2 – 30 Climb, 30 Speed

38:40	4x8	RECOVER		
		Feeling light and relaxed. Now find just enough gear to Stand on		
38:57	8x8	Stand	H	1/2
		Oh yeah. Just enough		
39:31	8x8	Sit	L - M	3/4+
40:03	4x8	RECOVER		
		Acknowledge & Applaud everyone for their effort		



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.

