

LES MILLS THE TRIP 29

MUSIC

1. SNOW

2. IN & OUT

3. FABRIEK

4. GO & SLOW

5. VIBE

6. SLOW

7. SUNSHINE

8. BANGER

9. STAGE 3

10. ENERGIZE

DECLARATION OF INTENT

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.



MUSIC

- 01

Epoque (6:39)

Joris Delacroix

Courtesy of the Universal Music Group.
Written by: Delacroix
- 02

Take Me There (4:05)

Fas Fash

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

You Are My Life (2:56)

Chocolate Puma & Mike Cervello

© 2020 Axtone Records Ltd.
Written by: Steenkist, Ter Horst, Herssens, A. Gaye, M. Gaye, Stover
- 04

Better (4:57)

Nice Enough

Courtesy of Les Mills Music Licensing Ltd.
Written by: Blackwood
- 05

In Your Arms (5:02)

Herlock

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

Reformation (3:36)

Nice Enough

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

Talk About It (3:19)

Jungle

© 2021 Panthus.
Written by: Norris
- 08

Talamanca (3:06)

BURNS

© 2021 Glow Ent, LLC.
Written by: Burns
- 09

Red Dressed (Ben Böhmer Remix) (3:48)

Worakls feat. Eivør

© 2020 Hungry Music.
Written by: Rodrigues
- 10

Searching For Love (3:49)

Herlock

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

OUTRO

Stronger (2:58)

Jitwam

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



MESSAGE FROM THE TRIP TEAM

THE TRIP 29 – F A B R I E K

Are you ready for what might be the best night of your life?

The brutalist nature is heightened by falling snow and a stark color palette. However, as one might expect, that does not last for long.

As we journey through the interior of buildings, we encounter color and lights that contrast the exterior and bring energy and warmth with it.

As the sun sets, we speed towards the entrance of a club with queues of people waiting to enter – this is F A B R I E K .

From here, we journey through various spaces before we enter back into the City and this time we bring all the colors, lights and energy with us. It does make us wonder exactly how long we were down there?

Whilst there is a hard edge to the environment, we find the Music & Visuals provide plenty of contrasting moments that allow us to move and manipulate the energy of our riders.

By bringing our Inclusive Attitude and by creating a Fresh & Flexible approach to each ride, we uncover different layers within this workout. Uncovering new aspects to THE TRIP workouts brings renewed enthusiasm and it helps keep everyone engaged.

The continuous free-flowing feel with longer extended periods of effort continues in the release – we appreciate the feedback we have been receiving and we intend to continue with this endurance-based approach.

Great to have Bas leading this one too, and for the trainspotters out there, you may realize there is a connection with Bas and this release – any ideas?

Stay safe, be kind to each other and from us to you we 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 – Bas Hollander
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. SNOW – EPOQUE 6:39mins

SET THE SCENE

Feeling cold so let's get warm

PROFILE

90 Speed

45 Climb, 60 Speed, 30 Climb

1/1 = 120rpm

TRACK TIP

The build to the first drop is key! Avoid overcrowding the Music & Visuals with heaps of coaching. Instead, keep it quite simple and lead everyone to the first drop with a gradual build of vocal excitement. The initial speed surges are best left void of defined rhythm cues like 1, 2, 1, 2. Instead, we use FAST & EASE OFF which allows riders to find their own Pace, and then it's not until the back end of Block 1 that we encourage riding on the beat. Climbs are a good chance to reset and lay a good foundation for the longer and more intense climbing sections that will come later in the workout.

BLOCK 1 – Intro

0:00	18x8	INTRO GRAPHICS		
Great opportunity here to ease our riders into the vibe and to communicate and share our focus for this workout				

BLOCK 2 – 90 Speed

1:09	4x8	RECOVERY		
No need to rush here – we have plenty of time, so let everyone take in the view				
1:24	13x8	Sit	M	1/2 - 3/4+
Again, no need to rush. Allow speed to gradually build and create opportunity for Resistance to be adjusted				
2:14	8x8	Sit - Speed Surges - x2		1/1 - 3/4
1/1 16cts & 3/4 16cts – try using language like "fast" and "ease off" rather than the defined 1, 2, 1, 2 cues				
2:45	8x8	Sit - Speed Surges x1		1/1 - 3/4
1/1 32cts & 3/4 32cts				
3:16	8x8	Sit		1/1
Try some rhythm cues in the last 15 seconds				

BLOCK 3 – 45 Climb, 60 Speed, 30 Climb

3:47	4x8	RECOVERY		
Let's set up for the climb. Add gear and find the slow 1, 2, 1, 2				
4:02	12x8	Stand 16cts & Sit 16cts - x3	H & OPT +	1/2
Focus on simple Layer 1 cues and provide opportunities again to adjust Resistance				
4:47	1x8	Sit	M	1/2 - 1/1
4:52	16x8	Sit		1/1
Allow riders to speed up or slow down as often they need. Intensity should be lifting here				
5:53	8x8	Stand	H	1/2
6:24	4x8	RECOVERY		
When we Recover we just do whatever feels good				



02. IN & OUT – TAKE ME THERE 4:05mins

SET THE SCENE

We are coming in hot

PROFILE

30 Speed, 30 Climb, 45 Speed, 20 Climb

45 Climb, 45 Speed

1/1 = 140rpm

TRACK TIP

Action-packed with quick transitions! This is a great chance to utilize our MORE BEFORE LESS tool – so when we transition from speed to climbs cue Resistance before Pace, and from climbs to speed, cue Pace before Resistance. By doing this we maintain more flow in the workout, and wow, does it make a difference to those of us who want to go there physically. The music is hyped and energetic so we can be both Athletic & Animated to match that.

BLOCK 1 – 30 Speed, 30 Climb, 45 Speed, 20 Climb

6:39	2x8	RECOVERY <i>Are we ready? Moderate Gear and... Drop!</i>		
6:46	8x8	Sit <i>Hips slide forward. Quick fast circles</i>	M	1/1
7:14	8x8	Stand 24cts & Sit 8cts - x2 <i>Slow beat. Heavy gear. Up ahead 45 seconds fast</i>	H	1/2
7:41	12x8	Sit <i>To stay fast and for quick fast circles, remember to keep hips forward</i>	M	1/1
8:23	4x8	Sit 16cts & Stand 16cts - x1 <i>Make it Heavy and stay seated. Add a gear and Stand up!</i>	H	1/2
8:37	6x8	Sit 8cts & Stand 8cts - x3 <i>This should be quite intense</i>	OPT +	1/2

BLOCK 2 – 45 Climb, 45 Speed

8:57	4x8	RECOVERY <i>Loving that intensity</i>		
9:11	4x8	Stand	H	1/2
9:25	8x8	Sit 24cts & Stand 8cts - x2 <i>Allow riders to reduce Resistance when they Sit</i>	OPT +	1/2
9:53	12x8	Sit	M	1/1
10:34	3x8	RECOVERY		



03. FABRIEK – YOU ARE MY LIFE 2:56mins

SET THE SCENE

Welcome to FABRIEK

PROFILE

45 Speed, 45 Climb, 45 Speed

1/1 = 126rpm

TRACK TIP

We take the energy from the previous track and amplify it even more – question is, do we double down on our delivery from Track 2 and maintain that vibe or take a slightly different approach? If we double down, we can really amp up the builds into the speed phases. Another option is to still hype the builds and then internalize after the music drops and let the Music & Visuals do the work. We encourage you to try different approaches and remain Fresh & Flexible during the 3 minutes of continuous flow.

BLOCK 1 – 45 Speed, 45 Climb, 45 Speed

10:44	4x8	RECOVERY <i>45 Fast. 45 Slow. 45 Fast</i>		
11:00	4x8	Sit	M	3/4
11:15	12x8	Sit <i>Let's get into the rhythm</i>		1/1
12:01	2x8	Sit <i>Make it Heavy. Slow it down. 1, 2, 1, 2 Stand</i>	H	3/4 - 1/2
12:08	12x8	Stand <i>Hips over pedals and core is braced hard. Try adding a gear</i>		1/2
12:54	12x8	Sit <i>Fast on the beat – let's go!</i>	M	1/1
13:40	1x8	RECOVERY		



04. GO & SLOW – BETTER 4:57mins

SET THE SCENE

Time to go deeper

PROFILE

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

1/1 = 130pm

TRACK TIP

The continuous flow continues – so be sure to provide opportunities for riders to dial up or down the intensity depending on their level. The speed surges allow us to go fast for longer and anyone wanting a physical challenge can test their Resistance & Pace. Think carefully about how you deliver this one so it's not just 5 minutes of hardcore coaching. Try bringing in some light & shade as we guide riders through this challenging space.

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

13:41	8x8	RECOVERY <i>When I say GO, we ride on the beat. And when I say SLOW, we naturally slow down under the beat</i>		
14:11	8x8	Stand 16cts & Sit 16cts - x2 <i>30 seconds. Try holding the gear when we Sit and then add a gear before we Stand</i>	OPT +	1/2
14:41	16x8	Sit - Speed Surges - x4 <i>1/1 24cts & 3/4 8cts – cue this section simply, even if its just "Go" and "Slow"</i>	M	1/1
15:40	4x8	Stand	H	1/2
15:54	4x8	Sit <i>Accelerate. Moderate gear. Wait for it. Go!</i>		1/2 - 3/4
16:09	16x8	Sit Speed Surges - x4 <i>1/1 24cts & 3/4 8cts – introduce some Layer 2 cues here</i>	M	1/1
17:08	8x8	Stand 16cts & Sit 16cts - x2	H & OPT +	1/2
17:38	8x8	Sit - Speed Surges - x2 <i>1/1 24cts & 3/4 8cts – motivate all the way</i>	M	1/1
18:07	8x8	Stand 16cts & Sit 16cts - x2	OPT +	1/2



05. VIBE – IN YOUR ARMS 5:02mins

SET THE SCENE

Just breathe and tune into the feel

PROFILE

45 Speed
15 Climb, 30 Speed
60 Climb
75 Climb
1/1 = 127rpm

TRACK TIP

Blocks 1 & 2 focus on speed. Blocks 3 & 4 focus on strength. Musically we have a track that lures us in and then it kicks with an upbeat feel so its often surprising how hard we end up working with this one. Think about how we can contrast our performance vocally compared to tracks 4 & 6.

BLOCK 1 – 45 Speed

18:38	4x8	RECOVERY <i>Next up we have 45 seconds fast. We are back at it</i>		
18:53	4x8	Sit	M	1/2 - 3/4+
19:08	12x8	Sit		1/1

BLOCK 2 – 15 Climb, 30 Speed

19:54	4x8	RECOVERY <i>Up next, we have 15 seconds up and 30 seconds down</i>		
20:09	4x8	Stand <i>Hips over pedals and chest lifted. Now start running</i>	H	1/2 - 3/4
20:24	8x8	Sit	M	1/1

BLOCK 3 – 60 Climb

20:54	4x8	RECOVERY <i>Half-way point. Let's tune in to how we are feeling</i>		
21:09	8x8	Stand 16cts & Sit 16cts - x2 <i>It feels strong. It feels heavy, especially when we Sit and climb</i>	H	1/2
21:39	8x8	Stand <i>Heavy. Strong. Sticky. Strength</i>	OPT +	1/2

BLOCK 4 – 75 Climb

22:10	4x8	RECOVERY <i>OK, so 75 seconds – Heavy on the gear and slow on the Pace</i>		
22:25	8x8	Stand 16cts & Sit 16cts - x2 <i>We can reduce gear when we Sit but let's add it back when we Stand</i>	H	1/2
22:55	12x8	Stand	OPT +	1/2



06. SLOW – REFORMATION 3:36mins

SET THE SCENE

Super Slow. Super Heavy

PROFILE

45 Climb

60 Climb

1/1 = 90rpm

TRACK TIP

Use slow rhythm cues at the start of each Block to set the Pace and to encourage riders to use a Heavy gear. The slower Pace requires a much heavier Resistance and whilst we can demand it from our riders using a commanding style of coaching, we may be best served using a more moderate approach – just think about your audience before you go all in with everything you got.

BLOCK 1 – 45 Climb

23:40	4x8	RECOVERY <i>Catch the slow beat</i>		
24:05	4x8	Stand <i>Chest lifted. Core on. Shifting side to side</i>	H+	1/2
24:26	8x8	Sit 16cts & Stand 16cts - x2 <i>Push the pedals forward. If we can, add more gear</i>	OPT +	1/2

BLOCK 2 – 60 Climb

25:09	2x8	RECOVERY <i>How are we feeling right now?</i>		
25:19	4x8	Sit <i>Use this next one to really crank it up</i>	L - H+	3/4 - 1/2
25:41	12x8	Stand 16cts & Sit 16cts - x3	OPT +	1/2
26:45	4x8	RECOVERY <i>Wow. Let's get out of here</i>		



07. SUNSHINE – TALK ABOUT IT 3:19mins

SET THE SCENE

Let's move into the light

PROFILE

25 Speed, 15 Speed

30 Speed, 15 Jump

1/1 = 127rpm

TRACK TIP

A wonderful opportunity to reset ourselves and transition from the darker, enclosed and intense spaces into the more open, light filled spaces. Our language, tone, physicality and overall delivery style should shift as a result – try a lighter upbeat approach which will be a nice change from the grind of the previous track and the big energy of the upcoming tracks.

BLOCK 1 – 25 Speed, 15 Speed

27:06	4x8	RECOVERY <i>We reduce Resistance, make it light, and Recover</i>		
27:22	8x8	Sit <i>We need a refresher. Now slowly start building</i>	L	3/4 - 3/4+
27:52	6x8	Sit <i>25 seconds</i>	M	1/1
28:15	8x8	Sit <i>Next 15 seconds let's roll up to the beat</i>	L	3/4 - 3/4+
28:45	4x8	Sit	M	1/1

BLOCK 2 – 30 Speed, 15 Jump

29:00	4x8	RECOVERY		
29:15	6x8	Sit <i>Building again. Up ahead 30 seconds fast then 15 seconds climb</i>	L	1/2 - 3/4
29:38	8x8	Sit <i>Sliding forward. Quick fast circles</i>	M	1/1
30:08	4x8	Stand <i>Back into the training zone</i>	H	1/2
30:24	2x8	RECOVERY <i>Nice. Good work</i>		



08. BANGER – TALAMANCA 3:06mins

SET THE SCENE

This is the back end of the workout

PROFILE

30 Climb, 30 Speed

30 Climb, 45 Speed

1/1 = 126rpm

TRACK TIP

Short. Intense. Banger! They don't come much simpler than this so take the opportunity to dial back on the coaching and focus on the hype of the builds and the intensity of the workout. Other approaches are absolutely valid but as always, it depends on your audience so choose wisely.

BLOCK 1 – 30 Climb, 30 Speed

30:29	4x8	RECOVERY <i>We go up for 30 and down for 30 (seconds)</i>		
30:45	8x8	Stand <i>I'm going for a gear change, are you going with me?</i>	H & OPT +	1/2
31:15	8x8	Sit <i>Compact. Hips forward. Slicing through this tunnel</i>	M	1/1

BLOCK 2 – 30 Climb, 45 Speed

31:46	8x8	RECOVERY <i>30 seconds up and 45 seconds down – let's start heavier this time</i>		
32:16	8x8	Stand	H	1/2
32:47	12x8	Sit <i>Fast on the beat right now!</i>	M	1/1



09. STAGE 3 – RED DRESSED 3:48mins

SET THE SCENE

Just over 3 minutes

PROFILE

210 climb

1/1 = 125rpm

TRACK TIP

There are several BIG moments in the Music and these are fantastic opportunities to crank up the intensity. We maintain our Inclusive Attitude through careful choice of language, especially when it comes to the moments where riders can dial back – are we dialing back because we want to or because we need to, or are we just working to our absolute limit and need a short break? Whatever the reason it's valid to the individual and something to be respected. The Music then tapers at the back end, so you can try different approaches here from class to class to keep it Fresh & Flexible.

BLOCK 1 – 210 Climb

33:32	8x8	RECOVERY <i>This is a continuous climb, so let's go Heavy and Stand up!</i>		
34:03	8x8	Stand <i>This is going to challenge us, but challenge is good, it makes us better</i>	H	1/2
34:34	8x8	Sit 16cts & Stand 16cts - x2 <i>Hold the gear, hold the Pace, Sit. Try adding a gear and Stand back up</i>	OPT +	1/2
35:06	8x8	Sit <i>If we feel we need to, we can reduce slightly – just make it yours</i>	OPT -	1/2
35:36	8x8	Stand <i>When its Heavy, we need our body weight to shift side-to-side</i>	OPT +	1/2
36:07	8x8	Sit <i>We are in control from the beginning all the way to the end</i>	OPT -	1/2
36:38	12x8	Stand <i>This may be the steepest part</i>	OPT +	1/2



10. ENERGIZE – SEARCHING FOR LOVE 3:49mins

SET THE SCENE

We made it

PROFILE

45 Speed

30 Speed

45 Climb

1/1 = 128rpm

TRACK TIP

Light. Energizing. Refreshing. Take a moment to Acknowledge and Applaud our riders as we reflect on a great workout.

BLOCK 1 – 45 Speed

37:26	10x8	RECOVERY		
		What a ride. What a feeling		
38:02	12x8	Sit	L	3/4 - 3/4+
		Nice and light on a Medium Pace		

BLOCK 2 – 30 Speed

38:49	4x8	RECOVERY		
39:04	4x8	Sit	M	3/4
39:19	8x8	Sit		3/4+ - 1/1
		Building Pace		

BLOCK 3 – 45 Climb

39:49	4x8	Sit	H	3/4 - 1/2
		Take your time with transitioning here		
40:05	12x8	Stand	OPT +	1/2
		We are back in the city but it feels different		
40:50	4x8	Sit	M	1/1
41:05	2x8	RECOVERY		
		We did that. Les Mills THE TRIP – FABRIEK		



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.

