

LES MILLS THE TRIP 30

MUSIC

1. TUNNEL 1

2. ERA 1.1

3. ERA 1.2

4. TUNNEL 2

5. ERA 2.1

6. ERA 2.2

7. TUNNEL 3

8. ERA 3.1

9. ERA 3.2

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

Hibiscus (4:34)

TIBASKO

© 2021 Another Rhythm.
Written by: Bowden, Petalcorin, Doumbia
- 02

What We Got (5:18)

Fas Fash

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

All I Need (7:06)

Bobby Weaving

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

Sunsetter (2:00)

Nice Enough

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

Take Me Higher (5:52)

Herlock

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

Infinity (5:58)

Dan Draper

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

Love Somebody (2:47)

The Allergies

© 2021 Jalapeno Ltd.
Written by: Volsen, Spencer, Quezergue, Savpy
- 08

Popper (4:31)

Nice Enough

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

Rise (4:13)

Herlock

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

Your Life (3:02)

Herlock

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



MESSAGE FROM THE TRIP TEAM

THE TRIP 30 – T E M P U S

Are we in the past, present, or future?

Ultimately, it’s up to each rider to decide as we explore the concept of time travel across three eras.

Each era commences with a tunnel that transports us to an ancient land. Initially, we are dominated by speed before being challenged by big climbs. Each era progresses musically and visually, and the intensity naturally ramps up in line with this.

We loosely define each era and its progression by using some simple elements – Era 1 is barren, and we encounter stone, wood, and fire elements, Era 2 is populated with vegetation and the use of metal, mechanics, and tungsten light is evident and Era 3 is blanketed with ice, snow and illuminated elements.

Now let’s bring our attention to the workout, which is once again a wonderful continuous free-flowing ride.

The mix of speed and climbs are occasionally broken by short breaks. Once we reach the back end of the ride, our breaks are a bit longer. However, there is no doubt that our fitness endurance will benefit from the longer working phases this ride provides.

We also play with being Athletic & Animated which, as we know, allows us to connect to the Music & Visuals in a unique way. We anchor this concept with the idea of riding in a way that makes us feel good. This open & inclusive way of allowing each rider to move in a way that works for them is both empowering and engaging.

Lots of details in this one. Have fun exploring these new spaces and as always stay safe and be kind to each other!

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



01. TUNNEL 1 – HIBISCUS 4:34mins

SET THE SCENE

Let's energize with some speed

PROFILE

30 Speed, 120 Climb, 45 Speed

1/1 = 124rpm

TRACK TIP

We ease our riders into the experience by providing simple cues that guide them to early success. We also avoid demanding too much too early, especially during the early stages of the 2 minute climb. Try using your voice to create excitement by building our energy to and through the Music & Visual drop which happens just before the 3 minute mark. Lots of Visual details to explore in this one so provide space to allow everyone to take it in.

BLOCK 1 – 30 Speed, 120 Climb, 45 Speed

0:00	16x8	INTRO GRAPHICS Engage and excite our riders. Ease everyone into the experience		
1:02	8x8	Sit <i>Allow our speed to build towards the beat. Upper body is relaxed. Nice engagement of our core. Knees in line with toes</i>	M	3/4 - 1/1
1:33	4x8	Sit <i>Dial into Heavy Resistance now. It's the Resistance that slows our legs to the beat. 1, 2, 1, 2</i>	H	1/2
1:48	16x8	Stand 32cts & Sit 32cts - x2 <i>Stand – we lift our chest, push out of the handlebars, and stack our hips on top of the pedals. Allow the hands to float around</i>	OPT +/-	1/2
2:50	12x8	Stand <i>Feels good to vibe out on this beat. Body shifts side to side</i>	OPT +	1/2
3:36	2x8	Sit <i>Drop back. Sit down. Accelerate. Back off and find that Moderate gear. 45 seconds fast</i>	M	3/4 - 3/4+
3:44	12x8	Sit <i>If we can allow our hips to slide forward to help us get on the beat</i>		1/1
4:30	1x8	RECOVER		



02. ERA 1.1 – WHAT WE GOT 5:18mins

SET THE SCENE

Time Tunnel 1 is done

PROFILE

90 Speed

45 Climb, 90 Speed, 30 Climb

1/1 = 124rpm

TRACK TIP

The majority of the focus here is on speed, so with that in mind, we can dial into our Speed Coaching cues. Drip feeding these cues throughout each speed phase allows riders the time and space to consume bite-sized pieces of information, which in turn gives them the space to make changes before we ask for more. The added benefit of this is that it harnesses our 80/20 Approach and allows the Music & Visuals to feature prominently without being crowded by our Coaching. No need to fill the climbs with too much info either as there is a long climb in the next track.

BLOCK 1 – 90 Speed

4:34	4x8	RECOVERY		
4:50	4x8	Sit <i>Up ahead, we are going to focus on 90 seconds of speed surges</i>	M	3/4 - 3/4+
5:06	24x8	Sit - Speed Surges x3 <i>28cts 1/1 & 8cts 3/4 – Like earlier, we allow our hips to slide forward to go fast. Then naturally slow</i>		1/1 - 3/4

BLOCK 2 – 45 Climb, 90 Speed, 30 Climb

6:40	4x8	RECOVER <i>Well done. We've earned this Recovery. Let's go Heavy on the gear and slow on the beat</i>		
6:56	12x8	Stand <i>Building tension on this climb. Adding a gear? The workout factor is picking up now</i>	H & OPT +	1/2
7:43	24x8	Sit - Speed Surges x3 <i>28cts 1/1 & 8cts 3/4 – Shifting and leaning around the bends, enjoying those subtle shifts of pressure</i>	M	1/1 - 3/4
9:17	8x8	Stand	H	1/2



03. ERA 1.2 – ALL I NEED 7:06mins

SET THE SCENE

Up ahead we have 4 minutes of climbing

PROFILE

240 Climb

120 Speed

1/1 = 120rpm

TRACK TIP

A fully Inclusive Attitude is helpful on this one as we challenge our riders with 4 minutes of climbing and 2 minutes of speed. Providing everyone with the freedom to adjust their intensity as they see fit is an important part of this. In each section, time codes play an important role in letting our riders know how far they have to go, so be sure to know the Music & Visuals well. Apart from that, allow your voice to lift and drop as we guide and encourage riders through these demanding extended phases.

BLOCK 1 – 240 Climb

9:51	4x8	RECOVER <i>The Recovery is short but that's okay because we can dial up or down our intensity whenever it feels right for us</i>		
10:07	4x8	Sit <i>Drop in and start finding the climb now. Build towards that Heavy pressure that supports us when we Stand</i>	M	1/2
10:23	4x8	Stand <i>We want to enjoy these 4 minutes of climbing, so let's pace ourselves</i>	H	1/2
10:39	6x8	Sit	OPT -	1/2
11:03	24x8	Stand <i>How good is the beat? While the pressure is on the light side of Heavy, we can allow our body to shift around a little more</i>	OPT +/-	1/2
12:39	4x8	Sit <i>I'm backing off a little Resistance here to let my legs freshen up a little, but we stay on the beat</i>	OPT -	1/2
12:55	16x8	Stand <i>Really enjoying this. Vibin' to the beat. Enjoying the shifts of the road. We have 30 seconds left, so let's go hard</i>	OPT +/-	1/2

BLOCK 2 – 120 Speed

13:59	8x8	RECOVER <i>Well deserved Recovery and now we head into a 2 minute speed phase, so allow your leg speed to float on and off the beat</i>		
14:31	4x8	Sit <i>Find that Moderate gear so we have plenty of control under our speed conditions</i>	M	3/4 - 3/4+
14:47	32x8	Sit <i>Think about being Athletic & Animated here – when will you be on the beat, when will you shift with the road etc</i>		1/1 - 3/4+



04. TUNNEL 2 – SUNSETTER 2:00mins

SET THE SCENE

We are back on

PROFILE

20 Jumps, 40 Jumps

1/1 = 90pm

TRACK TIP

The Music lures us in and then the combination of Resistance & Pace brings an unexpected amount of workout factor. Try and let the vocal range do some of the lifting by starting cruisy and then ramping up the speed of delivery and volume as we get closer to the end. As always with this style of track, encourage riders to Stand on the beat or get as close as they can, and then its absolutely okay to fall off the beat when they Sit. It's a magical track that initially provides some respite before bringing us ALL back to reality! Enjoy.

BLOCK 1 – 20 Jumps, 40 Jumps

16:57	2x8	RECOVER		
17:08	2x8	Sit <i>20 seconds of Athletic jumps – go!</i>	M	1/1
17:18	4x8	Stand 8cts & Sit 8cts - x2 <i>Try to stay on the beat when we Sit but its okay to fall off if we have to</i>	M-H	1/1 - 3/4
17:40	4x8	Sit <i>Backing off to Moderate gear here, staying with the rhythm. Let's get our groove on here. 40 seconds coming up</i>	M	1/1
18:01	8x8	Stand 8cts & Sit 8cts - x4 <i>This one is dialing in now!</i>	M-H	1/1 - 3/4
18:44	2x8	RECOVER <i>The sweat is real. The fitness is real. Time Tunnel 2 is done</i>		



05. ERA 2.1 – TAKE ME HIGHER 5:52mins

SET THE SCENE

We're back. Again

PROFILE

30 Speed, 30 Speed

60 Speed

75 Climb

60 Speed

1/1 = 128rpm

TRACK TIP

We progressively intensify throughout this track, especially when it comes to speed. Its works well when the phases are blended together and riders are guided into each phase with well-timed pre cues. Once again we encounter shorter Recovery phases of approx. 15 seconds – whilst they are short, we continue to be Inclusive and provide each rider the opportunity to dial into THEIR own personal best intensity.

BLOCK 1 – 30 Speed, 30 Speed

18:57	4x8	RECOVER <i>Something tells me it's going to be a bit different</i>		
19:13	8x8	Sit <i>Allow our legs to build up towards the beat. This is a chance to reset, re-energize and re-commit</i>	M	3/4+
19:43	4x8	Sit <i>Pull back a little here. Up next, another 30 seconds and this time, let's push onto the beat</i>		3/4
19:58	8x8	Sit <i>Getting onto the beat. Sometimes it's only a difference of 2 or 3 percent</i>		1/1

BLOCK 2 – 60 Speed

20:28	4x8	RECOVER <i>Short Recovery. Most of our Recoveries are only 10-15 seconds</i>		
20:43	8x8	Sit <i>30 seconds building to the beat. Moving into 30 seconds on the beat</i>	M	3/4+
21:13	8x8	Sit		1/1

BLOCK 3 – 75 Climb

21:43	4x8	RECOVER <i>Done with the speed for now. Moving into a climbing phase. Just over 1 minute</i>		
21:59	12x8	Stand 16cts & Sit 16cts - x3 <i>Let's see if we can hold our Resistance as we Sit back. Option to dial back a little but put it back on before we Stand up</i>	H & OPT+/-	1/2
22:44	8x8	Stand <i>30 seconds left. I'm adding a gear. Commit to making it all the way</i>	OPT +	1/2

BLOCK 4 – 60 Speed

23:14	4x8	RECOVER <i>Chill out. Do whatever you need to do. I'm dropping back to Moderate gear because we are going there next</i>		
23:30	4x8	Sit <i>Let's go now. We are building Pace and getting on the beat. This time it's 1 minute – we're just gonna get on it!</i>	M	3/4 - 3/4+
23:44	16x8	Sit <i>Plenty of opportunities to move with the road</i>		1/1
24:45	2x8	RECOVER <i>Great work</i>		



06. ERA 2.2 – INFINITY 5:58mins

SET THE SCENE

5 minute climb

PROFILE

300 Climb

1/1 = 102rpm

TRACK TIP

Similar to ERA 1.2 but with extra spice! Take a similar approach as we did earlier by providing everyone with the freedom to adjust their intensity as they see fit. The long standing & seated phases early on allow riders to dial into their Resistance, then the multiple shifts of Position at the back end provide impetus, energy, and momentum to grind through the final 90 seconds. Enjoy the challenge.

BLOCK 1 – 300 Climb

24:52	8x8	RECOVER <i>Do what you need in this moment right now</i>		
25:27	16x8	Stand <i>Just remember what we did 4 minutes before, so let's just stretch our Climb to the 5-minute mark</i>	H & OPT +	1/2
26:43	16x8	Sit <i>Smooth transition back to the seat. Committing to the Resistance. Focusing on the pedal stroke. If we need to, just back off a bit</i>	OPT -/+	1/2
27:59	8x8	Stand <i>Lots of pressure in the mid section, the glutes, quads, hamstrings and calves</i>	OPT +	1/2
28:37	20x8	Sit 16cts & stand 16cts - x5 <i>Upper body is locking in now. Using the upper body to help the leg drive</i>	OPT -/+	1/2
30:12	4x8	RECOVER <i>5 minutes of straight up climb – on the rocks!</i>		



07. TUNNEL 3 – LOVE SOMEBODY 2:47mins

SET THE SCENE

Time to move on

PROFILE

20 Jumps, 20 Jumps, 20 Climb, 20 Jumps, 20 Jumps

1/1 = 110rpm

TRACK TIP

As we did in Tunnel 2, we encourage riders to Stand on the beat or get as close as they can, and then its absolutely okay to fall off the beat when they Sit. The kicker with this one is the Pace, as we increase from 90rpm in Tunnel 2 to 110rpm in Tunnel 3. The Music & Visuals provide plenty of energy and encouragement to get on the beat, so find your way lean into this physically & vocally.

BLOCK 1 – 20 Jumps, 20 Jumps, 20 Climb, 20 Jumps, 20 Jumps

30:27	2x8	RECOVER Time Tunnel number 3. We've got some good beats on this one		
30:36	4x8	Sit <i>This one is quicker. If you can't hang on the beat, just slip underneath it but we stay as close as we can</i>	M	1/1
30:53	4x8	Stand 4cts & Sit 4cts - x4 <i>4, 3, 2, 1, Sit. Short bursts of 20 seconds</i>	M-H	1/1 - 3/4
31:10	4x8	Sit <i>Moderate gear, stay on the beat. How good is this! 20 second hits, going back for another one. Jump up for 8 this time</i>	M	1/1
31:28	4x8	Stand 8cts & Sit 8cts - x2	M-H	1/1 - 3/4
31:45	4x8	Stand <i>Let's go real Heavy, super Heavy, Stand when you're ready!</i>	H	1/2
32:03	4x8	Sit <i>How good is this groove?</i>	M	1/1
32:20	4x8	Stand 4cts & Sit 4cts - x4	M-H	1/1 - 3/4
32:37	4x8	Sit <i>My tank is almost empty. Charge up now. Let's make some noise</i>	M	1/1
32:54	4x8	Stand 8cts & Sit 8cts - x2 <i>Time...Tunnel 3 done!</i>	M-H	1/1 - 3/4



08. ERA 3.1 – POPPER 4:31mins

SET THE SCENE

Let's see what awaits us

PROFILE

45 Speed, 45 Climb, 30 Speed, 15 Climb, 45 Speed

1/1 = 128rpm

TRACK TIP

Structure cues using the MORE BEFORE LESS guideline – from speed into climbs, cue Resistance before Pace. From climbs into speed, cue Pace before Resistance. By doing this, we maintain better flow and stay closer to the workout. Outside of this, keep the approach Fresh & Flexible and go with what your riders need most. Do they need to be driven? Do they need to be nurtured? Do they need to be encouraged and energized?

BLOCK 1 – 45 Speed, 45 Climb, 30 Speed, 15 Climb, 45 Speed

33:13	8x8	RECOVER <i>We are on a journey of progression. The ultimate journey</i>		
33:44	4x8	Sit <i>45 seconds on the fast. Mod gear. Go!</i>	M	3/4+
33:59	12x8	Sit <i>Every drop, every roll, is an opportunity to get back on the beat</i>		1/1
34:44	4x8	Sit <i>Maintain the flow, shifting to our Heavy gear, getting on the 1, 2, 1, 2</i>	H	3/4 - 1/2
34:59	4x8	Stand		1/2
35:14	4x8	Sit <i>Keep the leg drive going by shifting the hips back</i>	OPT -/+	1/2
35:29	4x8	Stand	OPT +	1/2
35:44	8x8	Sit <i>30 seconds on the fly. Halfway, 15 seconds. Max speed – so good!</i>	M	1/1
36:14	4x8	Sit <i>Straight into the climb, shifting to the Heavy</i>	H	3/4 - 1/2
36:29	4x8	Stand <i>15 up to the last speed phase. 45 fast!</i>		1/2 - 3/4
36:44	12x8	Sit <i>We've got our buzz going on now</i>	M	1/1
37:30	4x8	RECOVER		



09. ERA 3.2 – RISE 4:13mins

SET THE SCENE

We are here now

PROFILE

30 Speed, 30 Speed

45 Climb, 45 Speed

1/1 = 124rpm

TRACK TIP

Another great opportunity to remain Fresh & Flexible – mix up the approach by sometimes taking a back seat to the Music & Visuals, and occasionally injecting yourself to ramp up the energy and focus. Alternatively, get amongst it from the get-go and give it absolutely everything! Wrap up by linking back to whatever focus you have brought into this workout and Acknowledge & Applause the effort of everyone in the room.

BLOCK 1 – 30 Speed, 30 Speed

37:44	8x8	RECOVER <i>The beauty of a long Recovery is we get to compose ourselves, and that opens the door to intensity</i>		
38:17	4x8	Sit <i>So let's open up to intensity because we only have a few more moments together</i>	M	3/4 - 3/4+
38:32	8x8	Sit		1/1
39:03	4x8	Sit <i>If you really want to open up that door to intensity, take a little more Resistance</i>	OPT +	3/4 - 3/4+
39:19	8x8	Sit <i>Lean. Shift. Drop</i>		1/1

BLOCK 2 – 45 Climb, 45 Speed

39:49	8x8	RECOVER <i>It's all ahead of us. 45 climb. 45 speed</i>		
40:21	4x8	Stand <i>This is all we have left</i>	H	1/2
40:36	4x8	Sit <i>Few more moments on this climb, then one more speed phase together</i>		1/2
40:51	4x8	Stand <i>Want another gear? I'm going for it</i>	OPT +	1/2 - 3/4
41:07	12x8	Sit <i>All the color, all the energy, all the speed</i>	M	1/1
41:54	10x8	RECOVER <i>We are back. We did that. We traveled through time together!</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.

