

LES MILLS THE TRIP 31

MUSIC

1. APPROACH

2. OUTSKIRTS

3. CITY

4. TUNNEL IN

5. INNER CORE

6. INNER REALM

7. OUTER CORE

8. TUNNEL OUT

9. RECEDE

DECLARATION OF INTENT

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MUSIC

- INTRO

Do It (1:00)

Tom Young

Courtesy of Les Mills Music Licensing Ltd.
Written by: Young
- 01

Fury (5:49)

Teho & Joris Delacroix

© 2022 Labo T.
Written by: Vicente, Delacroix
- 02

Les Dune (4:27)

Herlock

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

Les Zimmer (4:38)

Herlock

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

A Matter Of Time (3:56)

Ben Böhmer

© 2021 Anjunadeep.
Written by: Böhmer-Bärtels
- 05

Randy (WWW) (7:28)

Justice

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Records / Because Music.
Written by: Augé, de Rosnay, Phalen
- 06

Dive In The Deep End (4:45)

Mick Martinez

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

These Things Will Come To Be (3:35)

DJ Seinfeld

© 2022 Ninja Tune.
Written by: Jakobsson
- 08

Let Me Set You Free (3:48)

Dan Draper

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

Umza (3:33)

Montoya

© 2022 White Forest Records
Written by: Montoya
- OUTRO

Skyline (1:53)

Dan Draper feat. Connor Youngblood

Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley, Youngblood



MESSAGE FROM THE TRIP TEAM

THE TRIP 31 – V E L O C I T Y

A world surrounded by water.

After approaching this civilization from a distance, we explore the inner and outer realms and discover both the old, the new, and the futuristic.

The water is ever present and in constant motion which is mirrored by our path and workout. The continuous flow of the ride is occasionally broken by brief moments of recovery that allow riders an opportunity to re-set and re-engage.

Upon entering the core of this realm, we encounter one of the most challenging and athletically intense tracks we have ever designed – of course it takes commitment from riders to create this experience and ultimately everyone can make their own choice on any given day – some days are just better than others!

The Athletic & Animated focus we introduced in THE TRIP 30 continues here, and it's great to see how Khiran continues this in her own authentic way. The open & inclusive way of allowing each rider to move in a way that works for them continues to be something we actively promote, and rider feedback clearly tells us it's extremely empowering.

We know we say there are lots of details, but the truth is, there are – so once again have fun exploring V E L O C I T Y and as always, stay safe and be kind to each other!

Les & Chris
THE TRIP Team

CREDITS

Chief Creative Officer – Dr Jackie Mills

Creative Director – Les Mills Jnr

Choreography – Chris Richardson

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. APPROACH – FURY 5:49mins

SET THE SCENE

We have arrived

PROFILE

120 Climb

120 Speed

1/1 = 124rpm

TRACK TIP

Block 1 focuses on climbing – once we lock riders onto the Pace, we can then focus on Resistance & Position. Plenty of time available, so stay calm and composed and provide plenty of space for Silence allowing riders to acclimatise to their new environment. Block 2 focuses on speed – this time, we adjust Resistance first before moving onto Position & Pace. The energy can naturally evolve here as we match our Voice to the Music & Visuals. We have a good opportunity during the speed phase to suggest how riders may become more Animated by leaning into the bends.

BLOCK 1 – 120 Climb

0:00	14x8	RECOVER Be Fresh & Flexible with your introduction - create an engaging vibe and set a good focus and intention for the workout		
1:00	8x8	Sit Ease riders into this first phase by coaching Pace before moving onto Resistance - try not to rush this	H	1/2
1:31	13x8	Sit <i>Shift our hips back and build the pressure</i>	OPT +	1/2
2:21	12x8	Stand <i>Feels strong when our chest is lifted and our core is braced, and even stronger when our hips are high and our body shifts side to side</i>	OPT +	1/2

BLOCK 2 – 120 Speed

3:08	4x8	RECOVER <i>Recover in a way that feels good for you</i>		
3:23	10x8	Sit <i>Reconnect and find a Moderate gear</i>	M	3/4
4:02	24x8	Sit <i>On the beat. 1 2 1 2. Upper body relaxed. Let's shift, a little lean to the left, a little lean to the right</i>		1/1
5:35	4x8	RECOVER		



02. OUTSKIRTS – LES DUNE 4:27mins

SET THE SCENE

Let's continue on our path

PROFILE

45 Climb, 60 Speed

110 Climb

1/1 = 124rpm

TRACK TIP

We can take a similar approach as we did in the previous track. Provide plenty of space for Silence as we allow our simple coaching to land with our riders. Intensity should naturally lift as we deepen our understanding of how the Resistance feels, especially when riding the slow or fast beat. The other benefit of not going too hard here is it provides us with the chance to lift AGAIN in the next track.

BLOCK 1 – 45 Climb, 60 Speed

5:50	6x8	RECOVER <i>We start with a 45 second climb</i>		
6:06	4x8	Sit <i>Once we've got the Pace we grab the Heavy gears and we...</i>	H	1/2
6:21	8x8	Stand <i>When we Stand, it's strong and we can add Resistance if we need</i>	OPT +	1/2
6:53	16x8	Sit <i>Hips slide forward, core is braced, chest is lifted. We have 1 minute. Shift to the left. Slide to the right</i>	M	1/1

BLOCK 2 – 110 Climb

7:55	8x8	RECOVER <i>Easy. Doing whatever feels good</i>		
8:26	4x8	Sit <i>Find the Heavy gear and let's gets pulled onto the beat</i>	H	1/2
8:42	4x8	Stand <i>Resistance feels strong</i>	OPT +	1/2
8:57	4x8	Sit <i>Shall we take on another gear? Standing for 1 minute. Let's go!</i>		1/2
9:13	16x8	Stand <i>This beat keeps us on the Pace and motivates us to move and climb</i>	OPT +	1/2



03. CITY – LES ZIMMER 4:38mins

SET THE SCENE

Traveling deeper now

PROFILE

120 Climb, 60 Speed, 15 Climb

1/1 = 128rpm

TRACK TIP

Great time to kick it up a notch both physically and vocally – and if we physically start to intensify, we should naturally bump up vocal intensity and contrast as well. In addition to this, we don't encounter any true Recovery until the very end. However, we should be providing opportunities for riders to soften the intensity slightly in order to stay close to the workout – this is where coaching such as "reduce slightly when we Sit but make sure we put it back on before we Stand" is so valuable.

BLOCK 1 – 120 Climb, 60 Speed, 15 Climb

10:17	4x8	RECOVER		
10:30	4x8	Sit	H	1/2
		Start finding Heavy Resistance. Hook into the sound		
10:47	8x8	Stand	OPT +	1/2
		We are climbing for just over 2 minutes		
11:17	8x8	Sit 16cts & Stand 16cts - x2	OPT +/-	1/2
		As we move in and out of the seat let's make sure our core is tight		
11:47	8x8	Sit	OPT +/-	1/2
		We can hold Resistance or take the edge off. Listen to your body		
12:15	8x8	Stand	OPT +	1/2
		Feeling the workout factor now. This is what we came for. Let's accelerate. Let's Sit. Back it off. Let's go!		
12:47	16x8	Sit	M	1/1
		60 seconds on the beat. Shift to the right. Flow to the left		
13:47	4x8	Sit		3/4 - 1/2
		One more kicker, only 15 seconds, find the Resistance, find the Pace		
14:02	4x8	Stand	H	1/2
14:17	8x8	RECOVER		
		Excellent. Great work		



04. TUNNEL IN – A MATTER OF TIME 3:56mins

SET THE SCENE

Let's roll

PROFILE

30 Speed, 30 Climb, 30 Speed

30 Climb, 30 Speed, 30 Climb

1/1 = 134pm

TRACK TIP

Try using the MORE BEFORE LESS guideline here i.e. from speed to climbs coach Resistance before Pace, then from climbs to speed coach Pace before Resistance. By doing this, we maintain better flow and keep participants engaged in the workout by minimizing or removing those micro-moments where they may disengage. It's a subtle technique and requires some focused practice but the bang for the buck is worth it. We keep our energy lifted off the back of the previous track. However, the tone is somewhat lighter but still vibrant and uplifting – the Music & Visual is a great guide for setting the right vibe here.

BLOCK 1 – 30 Speed, 30 Climb, 30 Speed

14:54	4x8	RECOVER		
15:08	4x8	Sit <i>We've got 30 speed, 30 climbing, then 30 seconds speed again. It's only 90 seconds</i>	M	3/4
15:22	8x8	Sit <i>Relax through the upper body, energy through the legs, we've got this</i>		1/1
15:51	8x8	Stand <i>Tall. Lifted. Side to side</i>	H	1/2
16:20	8x8	Sit <i>Run it. Sit. Back it off let's go! Finding the speed that works for us</i>	M	1/1

BLOCK 2 – 30 Climb, 30 Speed, 30 Climb

16:48	8x8	RECOVER <i>In this back half we are going to flip it. 30 seconds climbing, 30 speed, 30 climb</i>		
17:17	8x8	Stand <i>Beautiful strong feeling</i>	H	1/2
17:46	8x8	Sit <i>Working hard but it's fun!</i>	M	1/1
18:14	8x8	Stand <i>30 seconds. 15 seconds. Done</i>	H	1/2



05. INNER CORE – RANDY (WWW) 7:28mins

SET THE SCENE

We are in the core

PROFILE

70 Jumps

70 Climb

70 Climb, 70 Jumps, 70 Climb

1/1 = 106 - 114rpm

NOTE: The rpm shifts in this track and ranges between 106-114

TRACK TIP

Without a doubt this is hard, at least it should be hard. It's an athletic challenge and our job is to ensure we give everyone the chance to be an athlete. Encourage riders to go there and use the influence of Suggestions to empower riders to find their personal best. Some days you will absolutely charge on this one and feel unbeatable and on other days, it sneaks up on you and gives you the biggest kick of your life – no matter what, we enjoy every moment and express the joy and passion of how it makes us feel. Authentic. Raw. Real... and such a blast!

BLOCK 1 – 70 Jumps

18:44	1x8	RECOVER		
18:56	3x8	Sit <i>We've got just over a minute of jumps, and we jump eight times!</i>	L	1/2 - 1/1
19:15	4x8	Sit <i>When we Stand we are on the beat and we Sit we try and stay on the beat</i>	M - H	1/1
19:33	8x8	Stand 8cts & Sit 8cts - x4 <i>Stand – chest up, hips high, knees pump up. Sit - hips back, knees still pump</i>	OPT +	1/1 - 3/4
20:00	2x8	Stand		1/1
20:10	8x8	Sit 8cts & Stand 8cts - x4 <i>I'm falling off the beat when I Sit down and that's absolutely OK</i>	OPT +	1/1 - 3/4

BLOCK 2 – 70 Climb

20:46	4x8	RECOVER <i>It's not long. It's just enough</i>		
21:04	4x8	Sit <i>Here we go. Heavy. Heavy. Heavy. We're going straight up! Heavy!</i>	H ++	1/2
21:22	8x8	Stand <i>Straight up vertical climb. Tugging on the handlebars. Pushing the pedals</i>		1/2
21:58	4x8	Sit <i>Hold the gear. Feel the pull, feel the push</i>		1/2



05. INNER CORE – RANDY (WWW) 7:28mins

BLOCK 3 – 70 Climb, 70 Jumps, 70 Climb

22:16	9x8	RECOVER		
22:57	2x8	Stand <i>Ready to work again?</i>	H	1/2
23:06	4x8	Sit <i>Strong and Heavy on this beat</i>		1/2
23:24	3½x8	Stand <i>Feel the connection</i>	OPT +	1/2
23:40	2x8	Stand <i>Speed up. Speed up</i>		3/4
23:48	2x8	Sit <i>Reduce Resistance. Onto the beat</i>	M-H	3/4 - 1/1
23:57	16x8	Stand 16cts & Sit 16cts - x4 <i>Grab a gear at any time. Feel the intensity shift. We are riding it, the power energy</i>	OPT +	1/1 - 3/4
25:04	4x8	Sit <i>Grab the Heavy</i>	H++	3/4 - 1/2
25:21	4x8	Stand		1/2
25:38	3½x8	Sit		1/2
25:53	2x8	Stand <i>We got one more kick</i>	OPT +	1/2
26:01	4x8	Stand <i>Accelerate. The strength and the power. Ultimate athleticism</i>		1/2 - 3/4



06. INNER REALM – DIVE IN THE DEEP END 4:45mins

SET THE SCENE

We are going to have some fun here

PROFILE

40 Climb, 15 Speed, 15 Climb, 15 Speed

45 Climb, 45 Speed, 30 Climb

1/1 = 122rpm

TRACK TIP

Similar to the TUNNEL IN (track 4) we create a state shift – which in all honesty should be self-induced coming off the back of the last track. Keep it light, energized, and fun to help create that state shift and take opportunities to engage with your riders and get a feel for what they need.

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

26:18	8x8	RECOVERY		
		Applaud & Acknowledge the effort from the previous track		
26:52	10x8	Stand	H	1/2
		Grab just enough to Stand on. How are we feeling?		
27:31	4x8	Sit	M	1/1
		On the beat. The Pace, we got this		
27:47	6x8	Stand	H	1/2
		Let's do that again one more time. 15 seconds of this climbing, then 15 seconds of the fun with the speed		
28:11	4x8	Sit	M	1/1
		Speed up. Reduce. On the beat		

BLOCK 1 – 45 Climb, 45 Speed, 30 Climb

28:26	6x8	RECOVERY		
28:50	12x8	Stand	H	1/2
		Heavy and Stand. These shifts of intensity and feel, we experience them, we own them		
29:37	12x8	Sit	M	1/1
		Chasing. Catching. Riding the speed		
30:24	8x8	Sit 16cts & Stand 16cts - x2	H	1/2
		Add the gears. Heavy gears! Last kick		



07. OUTER CORE – THESE THINGS WILL COME TO BE 3:35mins

SET THE SCENE

Really smooth Pace here

PROFILE

30 Build, 60 Speed

45 Build, 30 Speed

1/1 = 126rpm

TRACK TIP

The Medium Pace phases can be light & playful and the On The Beat phases can have some extra spice or focus. Ultimately, we are gearing up for the dramatic intensity shift for the TUNNEL OUT so just be sure to give yourself and your riders somewhere to go! Pro-tip is to use the final Recovery to ensure Moderate gear is engaged in readiness for the TUNNEL OUT.

BLOCK 1 – 30 Build, 60 Speed

30:56	8x8	RECOVER		
31:23	8x8	Sit Medium Pace. Moderate gear. Light on the handlebars	M	3/4
31:57	16x8	Sit On the beat. 60 seconds. Shift. Slide. Chasing the speed		1/1

BLOCK 1 – 45 Build, 30 Speed

32:58	2x8	RECOVER Easy		
33:07	12x8	Sit Medium. We are going to go fast again but only 30 seconds this time	M	3/4
33:52	8x8	Sit The fluidity and the constant movement		1/1
34:23	4x8	RECOVER Use this Recovery to set up the next speed phase		



08. TUNNEL OUT – LET ME SET YOU FREE 3:48mins

SET THE SCENE

We can hear it, we can see it

PROFILE

15 Speed, 45 Climb, 45 Speed, 60 Climb, 45 Speed, 15 Climb

1/1 = 139rpm

TRACK TIP

Banger! This TUNNEL OUT should challenge the intensity of the INNER CORE. Much of the intensity should come from the hustling nature of the transitions. Using the MORE BEFORE LESS guideline, we generate urgency through the speed of our cues and the depth and breadth of our voice. Even when we dial back vocal volume, we are best served to remained focused and direct in our unique supportive way which harnesses our Inclusive Attitude. Bring. The. Noise!

BLOCK 1 – 15 Speed, 45 Climb, 45 Speed, 60 Climb, 45 Speed, 15 Climb

34:36	2x8	Sit	M	3/4
34:43	4x8	Sit		1/1
		On the beat. 15 seconds		
34:57	4x8	Stand	H	1/2
		Heavy. Stand up. This is our Tunnel Out		
35:11	4x8	Sit		1/2
35:25	4x8	Stand	OPT +	1/2
		This is our final big kick		
35:38	12x8	Sit	M	1/1
		Speed. 45 seconds. The constant movement, We are spiraling. As we twist, as we turn		
36:20	8x8	Stand 28cts & Sit 8cts - x2	H	1/2
36:48	4x8	Sit	OPT -	1/2
		If you need to take the edge off take it off. If you took it off put it back on!		
37:01	4x8	Stand	OPT +	1/2
		Accelerate. Sit. Reduce. Speed		
37:15	12x8	Sit	M	1/1
		Stay with the beat. Stay with the work		
37:57	4x8	Stand	H	1/2
38:10	4x8	RECOVER		
		Time. Well done. Nice. Ease up		



09. RECEDE – UMZA 3:33mins

SET THE SCENE

Let's stay with the good vibes

PROFILE

70 Climb

40 Speed

1/1 = 100rpm

TRACK TIP

Super chill but heavy on the vibes. Find lots of space and just allow the enormity of the preceding workout to sink in, and give riders an opportunity to reflect before we close out the workout and celebrate as we Acknowledge & Applaud the effort of everyone in the room.

BLOCK 1 – 70 Climb

38:24	6x8	RECOVER		
38:52	3x8	Sit	H	1/2
Let's get some good vibes in the legs				
39:06	7x8	Stand		1/2
It's not Heavy, Heavy. It's just enough. Lengthening our legs out, almost like a stretch				
39:40	7x8	Stand	OPT +	1/2
Try grabbing some more gear. Just flow, just shift side to side and lengthen the body				

BLOCK 2 – 40 Speed

40:14	10x8	RECOVER		
There is something beautiful about breathing. Slow it down before we launch one last time				
41:02	8x8	Sit	M	1/1
Riding. Moving. Feeling. Flowing				
41:40	4x8	RECOVER		
Slowing				



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.

