

LES MILLS THE TRIP 32

MUSIC

1. HIGH

2. HIGHER

3. TRANSPORT 1

4. OASIS 1

5. OASIS 2

6. TRANSPORT 2

7. LOW

8. LOWER

9. RESURFACE

10. EXIT

DECLARATION OF INTENT

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MUSIC

01 **Welcome To The People** (3:47)
Jaded
© 2021 Higher Ground.
Written by: Parkinson, Akrami, Cretella

02 **Whole Lotta Love** (3:13)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts

03 **The Throw** (4:20)
Jagwar Ma
© 2013 Jagwar Ma under exclusive license to Future Classic.
Written by: Navidezadeh, Ma, Cross

04 **CHA CHA** (6:02)
Litter Fritter
© 2020 etcetc Music Pty Ltd.
Written by: Dignum

05 **Image Nation** (4:13)
Loods
© 2019 Loods.
Written by: Struck

06 **Mirrors** (4:02)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts

07 **C166W** (8:05)
Joyhauser
© 2018 Terminal M.
Written by: Cielen, Vanspauwen

08 **In Motion** (2:56)
Stray Beast
© 2021 Higher Ground.
Written by: Rockhill

09 **All In Your Head** (3:56)
jj indecisive
Courtesy of Les Mills Music Licensing Ltd.
Written by: Naley

10 **Turn Up** (3:40)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts



MESSAGE FROM THE TRIP TEAM

THE TRIP 32 – O A S I S

We glide in on the wind and then the party starts.

One World. Three Parts.

Part One is light-filled and lush which provides us with a wonderful sense of space and freedom. Surrounded by ethereal architecture, billowing fabrics, and some time in the clouds. It's energizing and refreshing.

Part Two is dry yet colorful and teaming with life. We move in and out of O A S I S and discover all it has to offer.

Part Three is dark and deep. The vibe here is the opposite of what we encountered earlier in the workout however it's just as engaging, and the beats keep us driving the intensity.

The time spent transporting between the different Parts is not to be underestimated. Challenging tunnels of smooth rolling jumps lure us deeper into our experience.

The ANIMATED focus we introduced in the last few releases continues here. However, this time it's on Bas to show us how he approaches it. Hopefully, you've now seen various ways of using this in your coaching and we also hope your riders are engaging with it too.

In Bas's words, "this might be my favorite release!" However, we are sure he said that last time. Enjoy your time exploring O A S I S and diving deep into the IMMERSIVE experience.

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 – 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

THE TRIP 32 VERSION RESUPPLY

V2 – Track 1: Resistance and Pace moved one row down (from time code 1:54)

V3 – Track 8: 15 Climb removed from Block 2



01. HIGH – WELCOME TO THE PEOPLE 3:47mins

SET THE SCENE

We're gliding in

PROFILE

60 INTRO

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

40 Climb

1/1 = 124rpm

TRACK TIP

A wonderfully upbeat and energetic way to start our workout, so a good idea to consider how we enhance the vibe with our language and voice. We flow from one phase to the other using our MORE BEFORE LESS approach, i.e. from climbs to speed we coach Pace before Resistance, then from speed to climbs, we coach Resistance before Pace. The first two speed phases are opportunities to move towards the beat and then the third phase is when we create a slightly more direct vibe and encourage riding on the beat. The first climb is a quick transition so be sure to cue it simply, whereas we have more time to transition in the second climb, so we can evolve and expand our language and describe the feel with more detail.

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

0:00		RECOVER		
		Be Fresh & Flexible with your introduction – create an engaging vibe and set a good focus and intention for the workout		
1:01	2x8	RECOVER	L	3/4
1:07	4x8	Sit		3/4 - 1/1
		Find a Light Resistance with a gentle push back		
1:23	4x8	Sit	M	3/4
1:38	4x8	Sit		3/4 - 1/1
		Find a Moderate Resistance, a slightly firmer tension		
1:54	8x8	Sit		
		Great opportunity here to get Animated		
2:25	8x8	Stand 16cts & Sit 16cts x2	H	1/2
		Let's add Resistance, Heavy gear, get ready to Stand. Chest up, abs braced		
2:56	8x8	Sit	M	1/1
		30 seconds on the beat. Go!		
3:27	4x8	Sit		3/4
		Ease off the Pace a little		
3:42	4x8	Sit	H	3/4 - 1/2
		Find Heavy again, hook into the slow beat, 1 2 1 2		
3:58	10x8	Stand	H	1/2
		When we Stand, our hips are above the pedals, chest is lifted, shoulders down, strong core brace		
4:37	½x8	RECOVER		



02. HIGHER – WHOLE LOTTA LOVE 3:13mins

SET THE SCENE

Onto the next part

PROFILE

30 Climb, 60 Speed, 30 Climb, 45 Speed

1/1 = 124rpm

TRACK TIP

This is a natural extension of the Warm-up with the chance to dial into heavier gears on the climbs and ride the faster beat on the longer speed phases. If we are dialing into being ANIMATED the first speed phase is a good chance to do this in addition to using our SPEED CUES to help riders hit the fast beat. Finding our own authentic way of dialing up the energy to match the natural progression of the workout is a great way to lure our riders deeper into their experience - often it's subtle shifts like this that can make the biggest difference.

BLOCK 1 – 30 Climb, 60 Speed, 30 Climb, 45 speed

4:42	4½x8	RECOVER <i>Well done and feeling good</i>		
4:57	8x8	Stand <i>Up ahead 60 seconds of speed</i>	H	1/2
5:27	16x8	Sit <i>Great chance here to get Animated – bring our hips forward to help us ride faster</i>	M	1/1
6:28	3x8	Sit <i>Add Heavy Resistance and slow the legs down</i>	H	3/4 - 1/2
6:37	7½x8	Stand <i>We are working harder now – up ahead 45 seconds on the beat</i>		1/2
7:07	12x8	Sit <i>It's fast!</i>	M	1/1
7:54	1x8	RECOVER <i>Whenever we Recover, do what's best for you</i>		



03. TRANSPORT 1 – THE THROW 4:20mins

SET THE SCENE

The landscape is changing

PROFILE

40 Speed

120 Jumps

40 Speed

1/1 = 104rpm

TRACK TIP

Don't be fooled. We love this style and bpm range as it provides the perfect storm of Position shifts, Resistance, Pace, and duration to provide a super challenging workout. The other great thing is each individual can dial in or out as much as they need to. This is best done when they are given permission, so using our SUGGESTIONS to adjust gear, stand on the beat, taper off when seated, etc are super important. We recommend riding this track a few times outside of the studio so you gain an intimate understanding of how challenging this one can be.

BLOCK 1 – 40 Speed

7:56	4x8	RECOVER <i>Let's stay on Moderate and take some time to hook into the beat</i>		
8:12	8x8	Sit <i>Find the 1 2 1 2</i>	M	1/1

BLOCK 2 – 120 Jumps

8:49	2x8	RECOVER <i>Hold the gear & Recover</i>		
8:59	4x8	Sit <i>Next up we've got about 2 minutes of rolling jumps</i>	M-H	1/1
9:18	12x8	Stand 8cts & Sit 8cts x6 <i>When we Stand we stand on the beat. When we Sit it's ok if we taper off slightly</i>	OPT +	1/1 - 3/4
10:14	12x8	Stand 16cts & Sit 16cts x3 <i>Let's see if we can make the transition smooth, remove the sharpness</i>	OPT +	1/1 - 3/4

BLOCK 3 – 40 Speed

11:09	4x8	RECOVER <i>That was 2 minutes! Just a bit more to go</i>		
11:28	8x8	Sit <i>Back onto Moderate and back on the beat 1 2 1 2</i>	M	1/1
12:05	2x8	RECOVER		



04. OASIS 1 – CHA CHA 6:02mins

SET THE SCENE

Take a good look around

PROFILE

30 Speed, 30 Climb, 75 Speed, 30 Climb

15 Climb, 60 Speed, 75 Climb

1/1 = 127pm

TRACK TIP

The first minute of this one is crucial to allow riders the chance to refresh after the previous challenge. The Speed Surges are designed to be engaging and keep riders in it for longer. They provide just enough respite yet at the same time, when approached positively, they accumulate and ramp up the intensity. Back these up with the challenge of the long second climb and you have one that riders will love to leave behind – hopefully with a feeling of success and accomplishment!

BLOCK 1 – 30 Speed, 30 Climb, 75 Speed, 30 Climb

12:14	8x8	RECOVER		
12:45	8x8	Sit <i>Medium Pace and slowly building to the beat</i>	M	3/4 - 1/1
13:15	8x8	Sit 16cts & Stand 16cts x2 <i>Start seated, and stay strong. 75 seconds Speed Surges incoming</i>	H	1/2
13:45	20x8	Sit - Speed Surges x5 <i>24ct 1/1 & 8cts 3/4 – Ease off the beat. Back on the beat</i>	M	1/1 - 3/4
15:00	4x8	Stand 24cts & Sit 8cts x1 <i>If we can lets add a gear before we Stand up again</i>	H	1/2
15:16	4x8	Stand	OPT +	1/2

BLOCK 2 – 15 Climb, 60 Speed, 75 Climb

15:31	4x8	Recover <i>I'm going to stay standing for the Recovery</i>		
15:46	4x8	Stand <i>Find the slow beat 1 2 1 2</i>	H	1/2
16:01	16x8	Sit - Speed Surges x4 <i>24ct 1/1 & 8cts 3/4 - Ease off the beat. Back on the beat</i>	M	1/1 - 3/4
17:02	12x8	Stand 24cts & Sit 8cts x3 <i>Let's crank it up for this longer phase. Body needs to move side to side</i>	H & OPT +	1/2
17:47	4x8	Sit <i>If we need to we can reduce a bit here</i>	OPT -	1/2
18:02	4x8	Stand <i>If we backed off put it back on</i>	OPT +	1/2



05. OASIS 2 – IMAGE NATION 4:13mins

SET THE SCENE

Surprise!

PROFILE

30 Climb

15 Climb, 90 Speed

15 Climb, 45 Speed

1/1 = 127

TRACK TIP

Straight in on this one – and will we surprise our riders or give them plenty of warning? Be FRESH & FLEXIBLE with it. Keep the climbs spacious and almost empty of cues to allow the music to hook us in, and then it's nothing but fun times on the way down!

BLOCK 1 – 30 Climb

18:17	4x8	Sit <i>Stay in it. It's OK if we need to reduce a little.</i>	OPT -	1/2
18:32	4x8	Stand	OPT +	1/2

BLOCK 2 – 15 Climb, 90 Speed

18:47	4x8	RECOVER <i>Now we Recover. Short Climb and then 90 seconds fast</i>		
19:02	4½x8	Stand <i>90 seconds incoming. Speed up! Sit down! Back to Moderate! Fast!</i>	H	1/2
19:19	12x8	Sit <i>Hips forward in the seat to ride fast. 30 done and 60 seconds to go!</i>	M	1/1
20:04	4x8	Sit <i>Ease off the Pace just a little</i>		3/4 - 3/4+
20:19	8x8	Speed <i>30 seconds now</i>		1/1

BLOCK 3 – 15 Climb, 45 Speed

20:49	8x8	RECOVER <i>Whenever we get Recovery, we should use it</i>		
21:23	4½x8	Stand <i>I love this part! 45 seconds up ahead</i>	H	1/2
21:40	12x8	Sit <i>Let's feel it!</i>	M	1/1
22:25	1x8	RECOVER		



06. TRANSPORT 2 – MIRRORS 4:02mins

SET THE SCENE

We're going deep!

PROFILE

35 Speed, 50 Jumps, 35 Speed, 45 Jumps, 35 Speed

1/1 = 108rpm

TRACK TIP

Very similar to Transport 1 with a slightly different, darker, potentially more ominous vibe. It helps if we use a similar approach with language, cues, tips, etc from Transport 1 to provide riders with a sense of familiarity which in turn helps build confidence and a better chance of success. Again, we suggest riding this one a few times before teaching to really understand where the intensity lives.

BLOCK 1 – Speed Jumps

22:29	8x8	RECOVER		
23:04	4x8	Sit	H	1/2
		Find a Heavy Resistance and a slow beat		
23:22	4x8	Sit	M-H	3/4 - 1/1
		Reduce to Moderate to Heavy and find the faster beat		
23:40	12x8	Stand 16cts & Sit 16cts x3		1/1 - 3/4
		Smooth transitions. Lean in. If we need to taper off a little, that's our sign that we working hard		
24:33	8x8	Sit	OPT -	1/1
		Stay on beat and an option to reduce a little		
25:09	10x8	Stand 8cts & Sit 8cts x5	M-H	1/1 -3/4
		Back with the rolling jumps. Is it hard to stick to the beat?		
25:53	8x8	Sit	OPT -	1/1
		Stay on beat and back off again if needed		
26:29	1/2x8	RECOVER		



07. LOW – C166W 8:05mins

SET THE SCENE

It's dark, it's deep, it's tough!

PROFILE

90 Climb

60 Climb, 60 Speed

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

1/1 = 128rpm

TRACK TIP

Big banger! Stick to the basics and just let the music drive this. Insert some big hype moments and we have a 7 minute dance party on tap. That's all. Enjoy!

BLOCK 1 – 90 Climb

26:31	8x8	RECOVER <i>First up, a 90 second Climb</i>		
27:01	8x8	Stand <i>Let's set up great Technique</i>	H	1/2
27:31	8x8	Sit <i>30 done. 60 to go. Hook into the beat. Hips back. Core strong</i>		1/2
28:01	8x8	Stand <i>Let our bodyweight shift side to side</i>	OPT +	1/2

BLOCK 2 – 60 Climb, 60 Speed

28:31	8x8	RECOVER <i>For the next one we go 2 minute. 1 minute up then 1 minute down</i>		
29:01	16x8	Stand 24cts & Sit 8cts x4 <i>Hook into the slow beat 1, 2, 1, 2</i>	H & OPT +	1/2
30:01	16x8	Sit <i>Great chance here to get Animated – Bring our hips forward to help us ride faster</i>	M	1/2

BLOCK 3 – 30 Climb, 30 Speed, 30 Climb, 60 Speed, 30 Climb

31:01	8x8	RECOVER <i>Let's go, 3 minutes</i>		
31:31	8x8	Stand <i>30 up, then 30 down</i>	H & OPT +	1/2
32:01	8x8	Sit <i>Lean into the corners, it feels so good</i>	M	1/1
32:31	8x8	Stand <i>Back to the basics, hips over pedals, chest lifted, strong on the grips</i>	H	1/2
33:01	16x8	Sit <i>60 seconds down!</i>	M	1/1
34:01	8x8	Stand <i>Last 30</i>	H	1/2
34:31	1x8	RECOVER		



08. LOWER – IN MOTION 2:56mins

SET THE SCENE

Going deeper!

PROFILE

30 Climb, 45 Speed, 15 Climb

15 Climb, 45 Speed

1/1 = 132rpm

TRACK TIP

Short. Punchy. Familiar sound for some. Use the Climbs to set up the Speed Surges and then apply similar coaching language from Oasis 1 i.e. Ease off the beat, back on the beat. The intention however is to go as fast as we can and feel free to endure the Moderate gear is enough to maintain good control. This one sits nicely between Low and Resurface and we often find ourselves singing along, which only makes it harder but also more fun!

BLOCK 1 – 30 Climb, 45 Speed, 15 Climb

34:37	4x8	RECOVER <i>Two shorted phases in this one</i>		
34:51	8x8	Stand 16cts & Sit 16cts x2 <i>Coming up we have 4 short Speed Surges</i>	H & OPT +	1/2
35:20	8x8	Sit – Speed Surge x4 <i>1/1+ 8cts & 3/4 8cts – Ease off the beat, get over the beat</i>	M	1/1+ - 3/4
35:49	4x8	Sit <i>15 seconds</i>		1/1+
36:03	4x8	Stand <i>Quick transition to Stand</i>	H & OPT +	1/2

BLOCK 2 – 15 Climb, 45 Speed

36:17	4x8	RECOVER <i>I'm going to stay standing</i>		
36:32	4x8	Stand <i>We're back on the beat</i>	H	1/2
36:46	8x8	Sit – Speed Surge x4 <i>1/1+ 8cts & 3/4 8cts – Top speed then back off</i>	M	1/1+ - 3/4
37:15	4x8	Sit <i>Maximum Speed!</i>		1/1+
37:29	1x8	RECOVER		



09. RESERFACE – ALL IN YOUR HEAD 3:56mins

SET THE SCENE

We are at the bottom now, let's Resurface

PROFILE

120 Climb

100 Climb

1/1 = 122rpm

TRACK TIP

Dial into Heavy Resistance and focus on grinding this one out. Assess your own performance and ability to add gears and use that as a way to help participants assess their own performance. Keep it positive with an INCLUSIVE ATTITUDE and provide riders with the options they need. This is an extremely challenging way to complete this workout. Go for it!

BLOCK 1 – 120 Climb

37:32	4x8	RECOVER		
37:47	4x8	Stand	H	1/2
This first climb is just under 2 minutes				
38:03	8x8	Sit 32cts & Stand 32cts x1	OPT +	1/2
Let's hold Resistance as we Sit, it's harder here, and every time before we Stand we can add more				
38:35	16x8	Sit 16cts & STand 16cts x4	OPT +	1/2
Sit. Hips back. I'm adding a touch. Stand up				

BLOCK 2 – 100 Climb

39:39	4x8	RECOVER		
39:53	4x8	Sit	H	1/2
This next one is shorter but lets run when we Stand and then get on the beat when we Sit				
40:09	16x8	Stand 16cts & Sit 16cts x4	OPT +	3/4 - 1/2
Stand. Run. Sit. Beat				
41:12	4x8	Stand	OPT +	3/4
To the final ring!				



10. EXIT – TURN UP 3:40mins

SET THE SCENE

We're back!

PROFILE

120 Speed

1/1 = 130rpm

TRACK TIP

Laid back with maximum vibes. Find lots of space and allow riders an opportunity to reflect before we close out the workout and celebrate. Acknowledge and Applaud the effort of everyone in the room and welcome them back for another awesome ride sometime soon!

BLOCK 1 – 120 Speed

41:28	14x8	RECOVER <i>Let's take any Position that feels good right now</i>		
42:18	16x8	Sit <i>Take some time to ease everyone out of the workout and reflect on an awesome effort</i>	L	3/4
43:17	12x8	Sit <i>ACKNOWLEDGE & APPLAUD</i>		3/4 - STOP
44:01	8x8	RECOVER		



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.