

LES MILLS THE TRIP 35

MUSIC

1. CITY

2. WATERFRONT

3. COUNTRY

4. TUNNEL 1

5. VALLEY

6. TUNNEL 2

7. TREE

8. CANOPY

9. NIGHTFALL

10. TUNNEL 3

11. EUTOPIA

DECLARATION OF INTENT

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MUSIC

- 01

Brown (2:18)

Collard

© 2022 Hi-Tea Records.
Written by: Collard, Nahome
- 02

Comencemos (Let's Start) (2:32)

Jungle Fire

© 2014 Nacional Records.
Written by: Kuti
- 03

All Day: Night (4:04)

Herlock

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

Baianá (2:32)

Nia Archives

Courtesy of the Universal Music Group.
Written by: Alves, Barba, Barbosa, Buarque, Fostein, Horta, Hosoi, Maas, Maia, Pretto, Rocha, Simao, Venegas, Zulu
- 05

Gunk (5:09)

Overmono

© 2022 XL Recordings Limited.
Written by: E. Russell, T. Russell, Camp, Floyd
- 06

Stay Out All Night (3:32)

Radio Slave

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Written by: Edwards
- 07

Promise Me (6:21)

Sunlay

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 08

Everybody (4:39)

You Man & Jerge

© 2018 Circa'99.
Written by: Copin
- 09

Don't Panik (CloZee Remix) (2:56)

La Fine Equipe

© 2023 Nowadays Records.
Written by: Gilbert, Luvisi, De Angelis, Leibovitz
- 10

Raise Up (3:55)

Sunlay

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 11

Mi Amor (3:11)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- OUTRO
12

Thinking Of You (3:08)

Lord Echo feat. Lisa Tomlins

© 2021 Economy Records.
Written by: Edwards, Rogers



MESSAGE FROM THE TRIP TEAM

THE TRIP 35 – E U T O P I A

A journey to a new place, and the journey might be more important than the destination.

The vibes are hot, and we quickly move from the inner City to the Waterfront before heading inland to the Country.

After passing through a Tunnel, we find a hidden Valley and we skim flower filled fields and climb hillsides.

The journey continues as we encounter a magical Tree and ride through the Canopy before Nightfall.

Colour and the contrast of light and dark feature heavily, with many elements flowing through from the start to the finish of the ride.

We hit track 3 with less than 5 minutes of riding done and this provides a wonderful shift of feel and brings energy to the workout without the need for urgency or demanding too much intensity from our riders.

If we use our Inclusive Attitude and pair that with a Fresh & Flexible approach each time, we will engage riders of all abilities and make everyone feel successful.

This time Bas gives us his take on the ATHLETIC space. His vibrant and authentic style always delivers – and yes this might be his favourite one yet!

As always stay safe and be kind to each other!

Chris & Les
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 – Kristy Ward

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
.	Maintain
Time	Times are based on full movie/music length

RELEASE FEEDBACK

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01. CITY – BROWN 2:18mins

SET THE SCENE

Let's get going

PROFILE

15 Speed, 15 Climb, 15 Speed, 15 Climb

1/1 = 126rpm

TRACK TIP

Plenty of time up front to set our intention and focus for the workout – so no need to rush here. Ideally we are luring our riders into the experience and allowing them the space to take in their new environment rather than thrusting them into the ride. Focus on simple Layer 1 Coaching of PRP and settling into a cruisy vibe, all with a view to lead riders into the next track which is where we can start to lift the energy!

INTRO

0:00	16x8	RECOVER		
		Use this time to welcome everyone and set your intention and focus for the workout		

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

1:01	4x8	Sit <i>Light gear and we're just Building Pace</i>	L	3/4+
1:17	4x8	Sit <i>Now make it Heavy and slow to the 1, 2, 1, 2</i>	H	1/2
1:32	4x8	Sit <i>Reduce back to Moderate and Medium Pace</i>	M	3/4
1:47	4x8	Sit <i>Light brace through the core, knees tracking in line with the toes</i>	.	3/4+
2:03	4x8	Sit <i>Heavy again and slowing down</i>	H	1/2



02. WATERFRONT – COMENCEMOS 2:32mins

SET THE SCENE

Let's go!

PROFILE

40 Speed, 15 Climb, 15 Speed, 45 Climb,
20 Speed

1/1 = 110rpm

TRACK TIP

Rehearse pre cueing the transition from Track 1 to 2 – the key is to let riders know they only need to take the edge off the Resistance to then pick up the beat. We then have a good 40 seconds where riders can fine tune to dial into Moderate-Heavy Resistance. The other progression from Track 1 is we Stand in the climbing sections so pay more attention to Coaching the Position and Describing The Feeling. It's a catchy tune with great syncopated beats. We love this one.

BLOCK 1 – 40 Speed, 15 Climb, 15 Speed, 45 Climb, 20 Speed

2:18	9½x8	Sit <i>Pick up the beat</i>	M-H	1/1
2:59	4x8	Stand <i>Hips are over the pedals, core is bracing tighter, chest is lifted</i>	H	1/2
3:16	4x8	Sit <i>Back to Moderate-Heavy, Medium Pace</i>	M-H	3/4
3:34	4x8	Stand	H	1/2
3:50	2x8	Sit <i>Hold Resistance, hold the Pace</i>	.	1/2
4:00	5x8	Stand <i>Body shifts side to side. 20 fast – incoming</i>	OPT +	1/2
4:21	6½x8	Sit	M-H	1/1



03. COUNTRY – ALL DAY: NIGHT 4:04mins

SET THE SCENE

Heading into the Country

PROFILE

30 Speed, 45 Speed

45 Climb, 60 Speed

1/1 = 126rpm

TRACK TIP

Less than 5 minutes in and we're already onto Track 3 – the first 30 second speed phase gives us a change to reset before we go for it during the 45 second speed phase. The climb starts easy but quickly builds into the final 60 second speed phase. The progressive nature of the speed phases gives us plenty of room to be Fresh & Flexible so try different approaches and see what works best for your riders.

BLOCK 1 – 30 Speed, 45 Speed

4:49	4x8	Sit <i>Back up to Moderate, ease up a little</i>	M	3/4
5:04	8x8	Sit <i>We progressively add time to the speed phases</i>	.	3/4+
5:34	4x8	Sit <i>We go from 30 up to 45 seconds now, adjust your gear if you need too</i>	OPT -/+	3/4
5:49	12x8	Sit <i>We slide our hips forward to make going fast easier</i>	.	1/1

BLOCK 2 – 45 Climb, 60 Speed

6:34	4x8	RECOVER <i>In THE TRIP we Recover however we want to</i>		
6:49	12x8	Stand 16cts & Sit 16cts – x3 <i>We can reduce Resistance when we Sit but be sure to add it back on when we Stand</i>	H & OPT -/+	1/2
7:34	16x8	Sit <i>1 minute now! 60 seconds. We are doing great team!</i>	M	1/1
8:34	4x8	RECOVER		



04. TUNNEL 1 – BAIANÁ 2:32mins

SET THE SCENE

This is a good one to get Athletic

PROFILE

90 Climb, 30 Speed

1/1 = 170rpm

TRACK TIP

We push on from the previous track with an intention of lifting the intensity. There is a good chance our riders are already working hard especially off the back of the last speed phase so think about how we can use our voice to shift intensity and encourage riders to challenge their ability regardless of where they are on their fitness journey. We can choose to do this many ways – we can demand it – we can encourage it – we can empower them – we can educate them – so many ways.

BLOCK 1 – 90 Climb, 30 Speed

8:52	4x8	RECOVER <i>90 seconds Standing on the beat</i>		
9:03	4x8	Sit <i>First grab the beat, then find the Heavy gear to drive us out of the seat</i>	H	1/2
9:15	8x8	Stand 32cts & Sit 32cts – x1 <i>Strong pressure through the legs. Whole body engages</i>	.	1/2
9:38	1½x8	Sit <i>Adjust up or down if we need to</i>	OPT -/+	1/2
9:42	8x8	Stand 16cts & Sit 16cts – x2	.	1/2
10:04	8x8	Stand 32cts & Sit 32cts – x1 <i>These ones are longer. Stand, move our hips forward. Sit, move our hips back</i>	.	1/2
10:27	8x8	Stand 16cts & Sit 16cts – x2	.	1/2
10:50	12x8	Sit <i>Accelerate. Moderate. 30 speed. As fast as we can go right now</i>	M	3/4++



05. VALLEY – GUNK 5:09mins

SET THE SCENE

Skim over this Valley

PROFILE

45 Speed, 45 Jumps, 60 Climb

40 Speed, 15 Jumps, 45 Speed

1/1 = 129rpm

TRACK TIP

Looks pretty. Sounds pretty. But this one can bite! Don't expect to drive this in a traditional way by using a demanding or loud voice. Try a more subdued approach with the occasional POP of vocal energy when it really matters. Focus on creating a good feel by Coaching the beautiful balance between Resistance & Pace which is where the ATHLETIC feel lies.

BLOCK 1 – 45 Speed, 45 Jumps, 60 Climb

11:24	8x8	RECOVER		
11:54	8x8	Sit <i>Moderate Resistance. Medium Pace. We will Stand on this same Pace but with Moderate-Heavy gear</i>	M	3/4
12:24	12x8	Stand 16cts & Sit 16cts – x3 <i>Run up the hill. Sit and stay on the Pace</i>	M-H	3/4
13:08	2x8	Sit <i>Find a really Heavy gear. Legs slow because of the Heavy gear</i>	H	3/4 - 1/2
13:16	16x8	Stand HI 32cts & LO 32cts – x2 <i>We always keep the chest lifted and the abs braced no matter if we are HI or LO</i>	OPT +	1/2

BLOCK 2 – 40 Speed, 15 Jumps, 45 Speed

14:17	8x8	RECOVER		
14:47	10x8	Sit <i>Let's get ready to Stand again on this Medium Pace</i>	M	3/4
15:24	4x8	Stand 16cts & Sit 16cts – x1	M-H	3/4
15:39	½x8	Sit <i>Reduce back to Moderate</i>	M	3/4
15:41	10x8	Sit <i>Catch the beat. Skimming!</i>	.	1/1
16:18	4x8	Sit 16cts & Stand 16cts – x1 <i>Find Heavy. Legs slow. Super short climb</i>	H	1/2



06. TUNNEL 2 – STAY OUT ALL NIGHT 3:32mins

SET THE SCENE

Closing in on Tunnel 2

PROFILE

40 Jumps, 30 Climb, 30 Jumps

60 Speed

1/1 = 136rpm

TRACK TIP

Similar to the previous track but obviously different. The Music & Visuals change up significantly and our delivery should shift to match. Movement is more explosive. Coaching is more direct. Voice is more demanding. Be careful as it's very easy to blow out on this one!

BLOCK 1 – 40 Jumps, 30 Climb, 30 Jumps

16:33	6x8	RECOVER <i>Lets see where this one takes us</i>		
16:52	4x8	Sit <i>We are going to do the same thing as we did before. Stand on the Medium Pace with a Moderate-Heavy gear</i>	M	3/4
17:06	12x8	Stand 16cts & Sit 16cts – x3	M-H	3/4
17:48	8x8	Stand HI 16cts & LO 16cts – x2 <i>Find Heavy. Stand HI. Stand LO by pulling the hips back</i>	H	1/2
18:17	8x8	Stand 16cts & Sit 16cts – x2	M-H	3/4

BLOCK 2 – 60 Speed

18:45	4x8	RECOVER <i>Short Recovery – from power to speed – we have 1 minute to go fast</i>		
18:59	8x8	Sit <i>How close can we get to the beat?</i>	M	3/4 - 3/4+
19:27	8x8	Sit <i>Last 30 seconds, speed up!</i>	.	1/1
19:55	3x8	RECOVER		



07. TREE – PROMISE ME 6:21mins

SET THE SCENE

Let's see where this one takes us

PROFILE

90 Climb

30 Climb, 70 Speed

50 Climb, 50 Speed

1/1 = 138rpm

TRACK TIP

Long sustained Blocks coming at us off the back of some rather intense moments and this marks the half way point of our ride. Dial into your riders by turning around and checking in with them. This should give us an idea of how to approach this track. Do we gradually build this one or carry on from the previous track? Either way, be sure to profile this track well.

BLOCK 1 – 90 Climb

20:06	8x8	RECOVER		
20:34	24x8	Stand	H & OPT +	1/2
<i>Find the beat. At anytime we can add gear and get stuck in. Sometimes the bigger the challenge the bigger the change</i>				

BLOCK 2 – 30 Climb, 70 Speed

21:58	6x8	RECOVER		
22:18	8x8	Stand	H & OPT +	1/2
<i>Preparing for 70 seconds fast. When we Sit down we let the legs wind up and we reduce</i>				
22:46	20x8	Sit	M	1/1
<i>Slide the hips forward. Upper body relaxed. Energize our movement and lean in</i>				

BLOCK 3 – 50 Climb, 50 Speed

23:56	9x8	RECOVER		
<i>Slow but let the momentum take us further. 50 seconds up then 50 seconds down. Start to add a Heavy gear</i>				
24:29	14x8	Stand	H & OPT +	
<i>Shift the bodyweight and grab the handlebars</i>				
25:18	14x8	Sit	M	1/1
<i>Fast legs! All the energy into the lower body</i>				
26:06	5x8	RECOVER		
<i>Beautiful. That was so good</i>				



08. CANOPY – EVERYBODY 4:39mins

SET THE SCENE

Touching down

PROFILE

30 Climb, 45 Speed

60 Climb, 80 Speed

1/1 = 118rpm

TRACK TIP

Sonically this one feels like we get some relief, and it's a good idea to pull things back especially if we went for it when climbing the TREE. Think about how you can ramp or step the intensity over the next THREE tracks – go too hard here and the following tracks will lack contrast and lift. It can be easy to ride this one too fast as it's a bit slower at 118bpm, but this means everyone should be able to ride the beat and if anyone wants to challenge themselves, we can use Suggestions that encourage them to take more Resistance over Pace.

BLOCK 1 – 30 Climb, 45 Speed

26:27	4x8	RECOVER		
		30 up then 45 down		
26:44	4x8	Sit	H	1/2
27:00	8x8	Stand	.	1/2
		Riding on the beat but on the back of it. It feels smooth		
27:33	12x8	Sit	M	1/1
		If we are going too fast let's use more Resistance to help us stay on the beat		

BLOCK 2 – 60 Climb, 80 Speed

28:23	4x8	RECOVER		
28:39	8x8	Stand 32cts & Sit 32cts – x1	H	1/2
		Hold Resistance as we Sit. Big drive		
29:12	7x8	Stand	OPT +	1/2
		Try adding a gear. Slightly over a minute downhill. Shall we do it?		
29:41	16x8	Sit	M	1/1
		Let's go! We are here for a while so fine tune the Resistance if we need to		
30:48	4x8	Sit	.	3/4 - 1/2
		Back it off		



09. NIGHTFALL – DON'T PANIK 2:56mins

SET THE SCENE

We're going right in the thick of it

PROFILE

70 Climb

40 Climb

1/1 = 164rpm

TRACK TIP

The question now is 'how do we ramp or step up the intensity?' If we get too excited, we'll diminish the impact we can bring to the next one. So, we suggest trying a demanding but inclusive approach that harnesses our deeper vocal tones. In addition, try a flatter almost monotone style of delivery combined with a powerful voice – without shouting. Remember these are just Suggestions and you need to find what works for you and your riders BUT none of us will ever know unless we try right?

BLOCK 1 – 70 Climb

31:06	8x8	RECOVER		
31:30	16x8	Stand 24cts & Sit 8cts – x4 <i>Exactly on the beat 1, 2, 1, 2. Try adding a gear when we Sit</i>	H & OPT +	1/2
32:17	8x8	Stand <i>20 seconds. Only up!</i>	OPT +	1/2

BLOCK 2 – 40 Climb

32:40	9x8	RECOVER <i>Hope you're feeling OK, and if not, just know I've got your back</i>		
33:09	8x8	Stand 24cts & Sit 8cts – x2 <i>Only 40 seconds this time!</i>	H & OPT +	1/2
33:33	8x8	Stand <i>Last gear, 20 seconds!</i>	OPT +	1/2
33:56	2x8	RECOVER		



10. TUNNEL 3 – RAISE UP 3:55mins

SET THE SCENE

We're going to get to the front in this one

PROFILE

60 Speed

60 Speed, 30 Climb

1/1 = 126rpm

TRACK TIP

Full noise. Full hype. Bring it. We have permission now to fully send it with whatever we have left whilst being mindful of what our riders need in this moment – and that may change from class to class. Giving riders the ability to speed up or down as often as they need to is a good way to go. In addition, be precise with how much time we have left in each Block – creating a safe place where our riders fully trust our Coaching is a key part of creating a successful ride because we all know a time when 30 seconds was actually 60 and we either blew out or didn't end up giving it enough. Build trust and they will follow you anywhere!

BLOCK 1 – 60 Speed

34:02	4x8	RECOVER <i>Starting with 1 minute of speed</i>		
34:17	4x8	Sit <i>Moderate gear. Building Pace</i>	M	1/2 - 3/4+
34:32	16x8	Sit <i>Last 15 seconds, let's get ahead of the beat</i>		1/1 - 1/1+

BLOCK 2 – 60 Speed, 30 Climb

35:33	6x8	RECOVER <i>This is so good for us</i>		
35:56	6x8	Sit <i>In this one let's bring all the athleticism we have left</i>	M	1/2 - 3/4+
36:19	16x8	Sit <i>Get stuck in and create the challenge</i>		1/1 - 1/1+
37:20	8x8	Stand <i>Last 30 seconds. Make it as Heavy as we can right now!</i>	H	1/2
37:50	4x8	RECOVER <i>We made it!</i>		



11. EUTOPIA – MI AMOR 3:11mins

SET THE SCENE

We made it

PROFILE

30 Speed, 30 Climb, 60 Speed

1/1 = 100rpm

TRACK TIP

Cruisy and reflective. We keep this one simple and spacious. As always, Acknowledge & Applaud everyone for their effort and encourage them to come back for another workout sometime soon.

BLOCK 1 – 30 Speed, 30 Climb, 60 Speed

37:58	4x8	RECOVER		
38:18	8x8	Sit <i>What a ride</i>	L-M	1/1
38:57	1½x8	Sit <i>Finding a Heavy gear to Stand on</i>	H	3/4 - 1/2
39:03	8x8	Stand <i>Feels good. Feels smooth</i>		1/2
39:42	1½x8	Sit <i>Sit down. Ease off. Back off. Back to the beat</i>	L-M	1/2 - 3/4
39:48	16x8	Sit <i>Feeling good. Hope you do too</i>		1/1
41:06	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.

