

LES MILLS THE TRIP 36

MUSIC

1. FOREST 1

2. FOREST 2

3. LAKE 1

4. LAKE 2

5. FOREST 3

6. HIGHWAY

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DECLARATION OF INTENT

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MUSIC

- 01

Parallel Echoes (Throwing Snow Rework) (3:19)

Francesca Guccione

© 2023 Modularfield.
Written by: Guccione, Tones
- 02

Glimmer (5:08)

Fas Fash

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

fruits (3:37)

uwu

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

New Day (3:14)

Fas Fash

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

You'll Find A Way (2:58)

Santigold

Courtesy of the Universal Music Group.
Written by: Hill, White, Feinstein
- 06

PANTHERESS (5:37)

Sunlay

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

Face To Face (4:26)

Nice Enough

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

The Dream (5:31)

Raito

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Written by: Martin
- 09

Flashback (3:24)

Sunlay

Courtesy of Les Mills Music Licensing Ltd.
Written by: Naley
- 10

GOOD TIMES (Sofia Kourtesis Remix) (4:29)

Jungle

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Written by: Kitto, Lloyd, McFarland
- OUTRO
11

Ilero (2:03)

Bobby Weaving

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



MESSAGE FROM THE TRIP TEAM

THE TRIP 36 – K A S A D U

A slow, smooth entry leads us into the Forest and from there our workout flows.

Surrounded by nature and glimpses of a past civilization, we journey across the land, chaperoned by illuminated figures.

We progress under the Lake before finding ourselves on a Highway that leads us to the City, and from there we enter some kind of Vortex.

Our organic spaces transition to artificial ones and life abounds across both.

We welcome Otto to the team for this release and we have taken the opportunity to create a very Fresh & Flexible approach.

The focus initially comes from our desire to continue highlighting ways we can be ATHLETIC. We do this through our mindset and our breath.

Our mindset is one of focus – smoothing out the transitions to maintain energy flow – and of finding moments to stay actively aware of our breath, which allows us to consciously manage our effort – to either maintain, work harder, or pull back when needed.

Layering this focus with Otto’s INCLUSIVE ATTITUDE and natural enthusiasm, we find ourselves engaged in such a way that everyone feels welcome, included, and successful.

We love this approach.

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** – Otto Prodan
- 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. FOREST 1 – PARALLEL ECHOES 3:19mins

SET THE SCENE

Let's take our time here

PROFILE

40 Jumps, 30 Speed,

1/1 = 96rpm

TRACK TIP

We begin with Heavy Resistance. It's less about intensity and more about engaging everyone with their bike and their bodies in an unexpected way – it also really suits the Music & Visuals as we float down towards the road. From here, the Jumps are designed to ramp up the heart rate quickly and fire up our bodies, before we smooth it out with the 30 second speed phase. Often we warm up by adding Resistance and Pace, whereas in this instance we are reducing Resistance and adding Pace – subtle shifts that feel great.

INTRO

0:00	4x8	RECOVER Music gently ramps up here – will you be silent or will you fill the gap – keep it FRESH & FLEXIBLE		
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BLOCK 1 – 40 Jumps, 30 Speed

0:16	14x8	Stand Heavy & slow and when we're ready we can Stand up. Nice stretch for our bodies, our lungs, our legs	H	1/8
1:31	4x8	Sit Ease off to M-H and allow our legs to catch the beat	M-H	1/2 - 1/1
1:51	8x8	Stand 8cts & Sit 8cts – x4 Stand 1, 2, 1, 2, 1, 2. Sit, trying to hold the beat	OPT +/-	1/1 - 3/4
2:32	6x8	Sit Hook into the Pace, small gear reduction to Moderate, continue to breathe into our body	M	1/1
3:02	3½x8	RECOVER Maybe try holding the gear here and just let our legs slow down		



02. FOREST 2 – GLIMMER 5:08mins

SET THE SCENE

We have a 5 minute flow

PROFILE

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

1/1 = 130rpm

TRACK TIP

Focus on creating a smooth, dynamic flow of energy through each transition and providing your riders with the space and freedom to experience the shift of energy (intensity) and how it feels for them. There is no doubt this track will lift intensity and also challenge some, so be mindful of who is in the room and approach this one with caution. An uplifting and positive tone that conveys a sense of nurturing is well suited to the Music & Visuals, as well as the workout intensity.

BLOCK 1 – 45 Climb, 15 Speed, 45 Climb, 15 Speed, 60 Climb, 60 Speed, 45 Climb, 15 Speed				
3:20	4x8	Stand <i>No rush here. Hips over the pedals. Chest high</i>	H	1/2
3:35	4x8	Sit <i>Every 15 seconds we have transitions so we have to stay switched on</i>	OPT +/-	1/2
3:50	4x8	Stand <i>Accelerate. Sit. Reduce to Moderate</i>		1/2
4:04	4x8	Sit <i>Chase</i>	M	1/1
4:20	4x8	Stand <i>Try holding when we Sit</i>	H	1/2
4:35	4x8	Sit <i>If we want to we can back off, but let's put it back on before we Stand up</i>	OPT +/-	1/2
4:50	4x8	Stand		1/2
5:05	4x8	Sit <i>As fast as we can</i>	M	1/1
5:20	4x8	Stand <i>When we Stand, we have our bodyweight so it's easier to hold the rhythm</i>	H	1/2
5:35	4x8	Sit <i>When we Sit, we don't have our bodyweight to hold the beat, so it's OK if we drag behind the tempo</i>	OPT +/-	1/2
5:50	8x8	Stand		1/2
6:20	16x8	Sit <i>Let's keep working for 60 seconds, and we can slide forward in the seat and dip our toes down</i>	M	1/1
7:20	4x8	Stand <i>We are owning these transitions, maintaining the flow</i>	H	1/2
7:35	4x8	Sit	OPT +/-	1/2
7:50	4x8	Stand <i>Accelerate. Smooth it out. Sit to Moderate and chase!</i>		1/2
8:05	4x8	Sit	M	1/1
8:20	2x8	RECOVER <i>Hold the Resistance here and just let the legs naturally slow down</i>		



03. LAKE 1 – FRUITS 3:37mins

SET THE SCENE

Out of the Forest and under the Lake

PROFILE

30 Speed

60 Speed, 60 Climb, 30 Speed

1/1 = 136rpm

TRACK TIP

Try encouraging riders to hold Resistance through the Recovery phases – by doing this, it removes the need to reset Resistance when building into the next Speed phase. We do this a few times during this release and it's surprising how much space it creates. The 60 Climb & 60 Speed phase provides ample opportunity to revisit the basics or evolve our coaching. At all times, keep the 80/20 APPROACH in mind and be mindful of finding the SWEET SPOT. A lot will depend on what has already been said during the initial tracks and what we intend on saying in the next few tracks.

BLOCK 1 – 30 Speed

8:27	2x8	RECOVER		
8:34	8x8	Sit	M	3/4
Moderate Resistance and hook into a Medium Pace				

BLOCK 2 – 60 Speed, 60 Climb, 30 Speed

9:03	8x8	RECOVER		
Coming up we have 60 seconds fast, 60 seconds Climb, then 30 seconds fast to finish off				
9:31	16x8	Sit	M	1/1
Chasing the beat here 1, 2, 1, 2, 1, 2. Relax the fingers, relax the toes, and stabilize everything in-between				
10:29	2x8	Sit	H	3/4 - 1/2
Keep smoothing out our transitions. Heavy Resistance to slow us down				
10:36	16x8	Stand		1/2
Choose a leg and exhale				
11:33	8x8	Sit	M	1/1
Chase it				



04. LAKE 2 – NEW DAY 3:14mins

SET THE SCENE

Heavy Climb followed by rolling Jumps

PROFILE

80 Climb, 60 Jumps

1/1 = 96rpm

TRACK TIP

There is plenty of contrast in this one. The Heavy Climb will catch a few riders out, so emphasize how Heavy it should be. It's best to have too much Resistance than not enough and it's important to create a positive vibe around this feeling. Think less about how hard it feels and more about how good it is for our bodies. Voice plays an important role here. Then it's onto the rolling Jumps! It's very similar to Forest 1 except this time we are fully energized and up for it. Be sure to check in and see what everyone needs at this stage.

BLOCK 1 – 80 Climb, 60 Jumps

12:04	2x8	RECOVER		
12:14	2x8	Sit	H	1/2
		Use a very Heavy gear and slow to the 1, 2, 1, 2		
12:24	2x8	Stand	OPT +/-	1/2
		Hold Resistance and Sit		
12:34	4x8	Sit 8cts & Stand 8cts – x2		1/2
		Use our bodyweight. We may be getting dragged off the beat when we Sit		
12:54	4x8	Sit	OPT +/-	1/2
		If we stop pushing we stop moving, so let's not stop pushing		
13:14	4x8	Stand 8cts & Sit 8cts – x2		1/2
		Come back into the breath. Pick a leg		
13:34	4x8	Sit	M-H	1/2 - 1/1
		Reduce the gear just a little, find the space, find the rhythm		
13:55	12x8	Stand 8cts & Sit 8cts – x6	OPT +/-	1/1
		Stand on the beat. We may be getting dragged off when we Sit and that's OK		
14:55	4x8	RECOVER		
		Really happy with our effort		



05. FOREST 3 – YOU'LL FIND A WAY 2:58mins

SET THE SCENE

Back into the Forest

PROFILE

30 Speed, 20 Climb, 30 Speed, 20 Climb,
20 Speed, 20 Climb

1/1 = 129rpm

TRACK TIP

This time, the contrast comes through the music and the pressure shifts created through the Resistance and Pace. On paper, it looks relatively mundane with 3x short 20 second Climbs, but trust us, they can be ruthless in the best way possible! We counter these Climbs with Medium to Building Pace speed phases. Ideally, we sequence our cues using our MORE BEFORE LESS guideline, which keeps the pressure on and keeps us close to the workout. We should experience more lung pressure during Speed and more leg pressure during Climbs.

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

15:16	2x8	RECOVER <i>Let's put on a Moderate gear and find Medium Pace</i>		
15:25	12x8	Sit <i>This is a big opportunity to go hard when we Climb. They're short so we can</i>	M	3/4 - 3/4+
16:00	4x8	Stand 16cts & Sit 16cts <i>If we want to add a little bit more gear</i>	H	1/2
16:16	4x8	Stand	OPT +	1/2
16:23	14x8	Sit <i>Sit. Reduce to Moderate. Medium Pace</i>	M	3/4 - 3/4+
17:04	4x8	Stand 16cts & Sit 16cts <i>Heavier gear! We can hold or we can add</i>	H	1/2
17:16	4x8	Stand	OPT +	1/2
17:28	8x8	Sit <i>Sit. Reduce. Medium Pace</i>	M	3/4 - 3/4+
17:52	4x8	Stand 16cts & Sit 16cts <i>We've got this. We are working super hard and it feels good</i>	H	1/2
18:04	4x8	Stand	OPT +	1/2



06. HIGHWAY – PANTHERESS 5:37mins

SET THE SCENE

Super smooth

PROFILE

45 Speed, 45 Speed

45 Climb, 45 Speed

45 Climb, 45 Speed

1/1 = 120rpm

TRACK TIP

This is a wonderful chance to pull back vocally after the last few energetic minutes. Focus on smoothing out the transitions and creating flow in the workout. By 'pacing' our delivery and finding a somewhat calmer tone, it gives us plenty of room to lift our energy and intensity during the upcoming tracks. Visually, we are moving from our more organic spaces that have been filled with nature into more artificial and angular environments, and this helps us as we create moments that are delivered with more punch and purpose.

BLOCK 1 – 45 Speed, 45 Speed

18:15	12x8	Sit <i>Sit. Reduce to Moderate. Medium Pace. 45 seconds to smooth it out</i>	M	3/4
19:04	4x8	Sit <i>Hold Resistance, but adjust if we need to. Another 45 seconds, but this time on the beat</i>	OPT +/-	1/2 - 3/4
19:19	12x8	Sit <i>Use the shape of the road to energize our body</i>		1/1

BLOCK 2 – 45 Climb, 45 Speed

20:07	4x8	RECOVER <i>We're going to Climb for 45 then accelerate over the top for another 45</i>		
20:23	4x8	Stand	H	1/2
20:39	4x8	Sit <i>We don't always have to work hard, but I'm adding a gear</i>	OPT +/-	
20:55	4x8	Stand <i>Find our moments</i>		1/2
21:11	12x8	Sit <i>When we choose our moments, we can choose to work harder when we want to – and I want to</i>	M	1/1

BLOCK 3 – 45 Climb, 45 Speed

21:59	4x8	RECOVER <i>Same again</i>		
22:15	4x8	Stand <i>Always coming back into our breath</i>	H	1/2
22:31	4x8	Sit	OPT +/-	
22:47	4x8	Stand <i>Wind it up. This is our moment</i>		1/2
23:03	12x8	Sit <i>Notice what happens when we feel our best – pulling back when we need to and going for it when we want to</i>	M	1/1



07. CITY – FACE TO FACE 4:26mins

SET THE SCENE

City Blocks

PROFILE

40 Climb, 10 Speed, 10 Climb

40 Climb, 10 Speed, 40 Climb

20 Climb, 40 Speed

1/1 = 160rpm

TRACK TIP

Flick a switch. The Highway is behind us, and now we have the energy and somewhat frantic nature of the City to drive us. We physically transition with more purpose and vocally, we step into a more demanding range. The first 2 Blocks are similar to Forest 2 with lots of busy transitions, so pre-cue clearly to keep everyone on task.

BLOCK 1 – 40 Climb, 10 Speed, 10 Climb

23:52		RECOVER <i>3x City Blocks. First 60 seconds. Second 90 seconds. Third 60 seconds</i>		
24:18	4x8	Sit <i>Find a Heavy Resistance</i>	H	1/2
24:30	4x8	Stand <i>Use our bodyweight to move on the beat</i>		1/2
24:42	4x8	Sit <i>If we want to reduce it's our choice, that's the beauty!</i>	OPT +/-	1/2
24:54	4x8	Stand <i>At the top we need to hustle</i>		1/2
25:06	4x8	Sit <i>Chase. Chase!</i>	M	3/4++
25:18	4x8	Stand <i>Last 10 seconds, with a Recovery on Block 2</i>	H	1/2

BLOCK 2 – 40 Climb, 10 Speed, 40 Climb

25:30	4x8	RECOVER <i>Next Block – 90 seconds</i>		
25:42	4x8	Stand <i>Listen to our bodies</i>	H	1/2
25:54	4x8	Sit	OPT +/-	1/2
26:06	4x8	Stand <i>Let's go! Wind it up. Sit down, reduce to Moderate. Go!</i>		1/2
26:18	4x8	Sit	M	3/4++
26:30	12x8	Stand <i>Up! 40 seconds Standing</i>	H	1/2

BLOCK 3 – 20 Climb, 40 Speed

27:06	4x8	RECOVER <i>One more Block. 60 seconds</i>		
27:18	8x8	Stand <i>Climb for 20 seconds</i>	H	1/2
27:42	12x8	Sit <i>40 seconds downhill and chase!</i>	M	3/4++



08. VORTEX 1 – THE DREAM 5:31mins

SET THE SCENE

We're moving into some kind of Vortex

PROFILE

30 Speed, 30 Speed, 45 Climb

30 Climb, 45 Speed, 75 Climb

1/1 = 128rpm

TRACK TIP

Flick the next switch! Upbeat, euphoric banger vibes all day! Similar to earlier in the workout, we encourage riders to hold Resistance to make the transitions smoother and easier to coach. Knowing the duration of each phase is also helpful as riders will definitely be starting to fatigue, so intensity management is key.

BLOCK 1 – 30 Speed, 30 Speed, 45 Climb

28:19	4x8	RECOVER <i>Holding our gear</i>		
28:34	4x8	Sit <i>Medium Pace</i>	M	3/4
28:49	8x8	Sit <i>Building Pace</i>		3/4+
29:19	4x8	Sit <i>Alright, here we go with 30 seconds on the beat</i>		3/4
29:34	8x8	Sit <i>Feeling the progression from Medium Pace to Building onto the beat</i>		1/1
30:04	4x8	Sit <i>Heavy Resistance to slow us to the 1, 2, 1, 2</i>	H	1/1 - 1/2
30:19	8x8	Stand 24cts & Sit 8cts – x2 <i>Add, reduce, or maintain</i>	OPT +/-	1/2
30:49	4x8	Stand	OPT +/-	1/2

BLOCK 2 – 30 Climb, 45 Speed, 75 Climb

31:04	4x8	RECOVER <i>I'm holding my gear</i>		
31:19	8x8	Stand 24cts & Sit 8cts – x2 <i>30 seconds</i>	H & OPT +/-	1/2
31:49	12x8	Sit <i>45 on the beat. Energizing. Hustling. This feels good</i>	M	1/1
32:34	16x8	Stand 24cts & Sit 8cts – x4 <i>Reassess your gear</i>	H & OPT +/-	1/2
33:34	4x8	Stand	OPT +/-	1/2



09. VORTEX 2 – FLASHBACK 3:24mins

SET THE SCENE

This is it

PROFILE

80 Climb, 20 Speed, 20 Climb, 20 Speed

1/1 = 170rpm

TRACK TIP

Final switch – there should be no more switches to throw after this. There are numerous ways to approach this one – upbeat & energized? Lifted & aggressive? Progressive & positive? Frantic & feel good? No matter what approach you take, be mindful that it fits with your overall approach to the workout and particularly to the people in the room.

BLOCK 1 – 80 Climb, 20 Speed, 20 Climb, 20 Speed

33:49	8x8	RECOVER		
34:12	4x8	Sit Feel the grip and the grab. We're not holding back	H	1/2
34:23	32x8	Stand 32cts & Sit 32cts – x4 If we want to go, this is where we go!	OPT +/-	1/2
35:53	8x8	Sit Accelerate. Build. Reduce to Moderate. Chase! 20 seconds!	M	3/4++
36:16	4x8	Sit Heavy Resistance. 20 Climb. 20 Speed and we are out	H	1/2
36:27	8x8	Stand 32cts & Sit 32cts – x4 20 seconds only. It's short so we can do it!	OPT +/-	1/2
36:50	8x8	Sit Last chance!	M	3/4++



10. VORTEX 3 – GOOD TIMES 4:29mins

SET THE SCENE

Wow – take the Recovery

PROFILE

60 Speed

80 Climb

60 Speed

1/1 = 122rpm

TRACK TIP

Revisit some of the significant moments from the workout and continue to string your focus through to the end. By starting and finishing with a similar message, we bookend the workout and it brings everyone together and unifies us in a cohesive way.

BLOCK 1 – 60 Speed

37:13	8x8	RECOVER <i>We still have some work to do</i>		
37:45	16x8	Sit <i>Free speed</i>	M	3/4 - 1/1

BLOCK 2 – 80 Climb

38:48	4x8	RECOVER <i>We have 80 seconds on this Climb, but remember all the hard work has been done today</i>		
39:04	8x8	Stand <i>Take our time. Stretch our bodies. Push away from the handlebars. Lengthen</i>	H	1/2
39:36	8x8	Sit <i>Open up through our upper back</i>	OPT +/-	1/2
40:08	4x8	Stand <i>Feel the elevation. The elongation</i>		1/2

BLOCK 3 – 60 Speed

40:24	4x8	RECOVER <i>One more thing to do. Downhill for 60 seconds</i>		
40:39	16x8	Sit <i>Free speed</i>	M	3/4 - 1/1



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.

