



LES MILLS RPM LIVE IN SWEDEN

PRESENTERS FROM NEW ZEALAND, FRANCE, UK

RELEASE 70

FEATURES

- BODYPUMP & BONE HEALTH
- MIXING RELEASES
- RPM COACHING
- RPM SCIENCE UPDATE
- RPM POSITION GLOSSARY

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

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

Hey instructors! When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current music and training principles. If you are teaching older releases, be sure to mix with modern tracks and **do not change the choreography**; teach the tracks as they were created but you can apply more modern coaching language and terminology. If using Track 8 (Ride Home/Stretch) from Release 63 onwards, then do not also teach a Track 9 (Stretch) from releases prior to RPM 63.

BODYPUMP & Bone Health

Mixing Releases

RPM Coaching

RPM Science Update

RPM Position Glossary

TRACK NAME	SONG TITLE	ARTIST	
1	PACK RIDE	I Don't Like it, I Love it © 2015 Atlantic Corporation for the United States & WEA International Inc. for the World outside the United States. A Warner Music Group Company. Written by: Sanderson, Judrin, Melki, Chirescu, Isaac, Early, Luttrell, Troelsen, Dillard, Izquierdo	Flo Rida feat. Robin Thicke & Verdine White 3:47
		I Don't Like it, I Love it © 2015 Atlantic Corporation for the United States & WEA International Inc. for the World outside the United States. A Warner Music Group Company. Written by: Sanderson, Judrin, Melki, Chirescu, Isaac, Early, Luttrell, Troelsen, Dillard, Izquierdo	Flo Rida feat. Robin Thicke & Verdine White 1:57
2	PACE	SummerThing! Courtesy of the Universal Music Group. Written by: Wall, Wong, Taylor	Afrojack feat. Mike Taylor 3:45
		SummerThing! Courtesy of the Universal Music Group. Written by: Wall, Wong, Taylor	Afrojack feat. Mike Taylor 1:17
3	HILLS	Blaze The Fire (Rah!) [Sub Zero Remix] © 2012 Hospital Records Limited www.hospitalrecords.com. Written by: Byrd, Levy	Danny Byrd feat. General Levy 5:56
4	MIXED TERRAIN	Ready © 2015 B-Unique records (UK) Limited. Under exclusive License to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Garrigan, Prendergast, Boland	Kodaline 2:48
		Ready © 2015 B-Unique records (UK) Limited. Under exclusive License to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Garrigan, Prendergast, Boland	Kodaline 2:48
5	INTERVALS	This Goes Out To You Courtesy of the Universal Music Group. Written by: Sandoval, Curiel, Daniels, Bernardo	P.O.D 3:08
		This Goes Out To You Courtesy of the Universal Music Group. Written by: Sandoval, Curiel, Daniels, Bernardo	P.O.D 3:09
6	SPEED WORK	Zero Gravity © 2015 SpinninRecords.com, under exclusive license to Hustle Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Borger, Poxleitner, Miller, Tacos, Clow, Caporaso	Borgeous feat. Lights 6:12
7	MOUNTAIN CLIMB	Sparks After The Sunset (Rafael Frost Remix) © 2015 Xelon Entertainment www.xelonentertainment.com Licensed courtesy of Xelon Entertainment PTY LTD Written by: Bossems, Terhoeven, Broekhuysen, Lynn, Russell	Cosmic Gate & Sarah Lynn 6:23
8	RIDE HOME/ STRETCH	Not Letting Go © 2015 The copyright in this sound recording is owned by Disturbing London Records Limited under exclusive licence to Parlophone Records Ltd, a Warner Music Group Company. Produced Under License From Parlophone Records Ltd, a Warner Music Group Company. Written by: Jackson, Bennett, Glynnie, Murray, Okogwu, Keane, Jankel	Tinie Tempah feat. Jess Glynnie 3:50
9	OUTRO	Loud Places © 2015 Young Turks Recordings Ltd. Written by: Madley, Smith, Nowels, Matthews, Sarafino, Croft	Jamie xx feat. Romy 4:43

RPM 70: 30 and 60-MINUTE FORMATS

60 MINUTES

Track 1	Pack Ride
Track 2	Pace
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 6	Speed Work
Track 3	Hills
Track 6	Speed Work
Track 7	Mountain Climb
Track 8	Ride Home/Stretch
TOTAL TIME 57:08	

Please note: The 30 and 60-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

30 MINUTES

Track 1	Pack Ride
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 8	Ride Home/Stretch
TOTAL TIME 27:23	

CREDITS

Program Director – Glen Ostergaard
Head of Training RPM – Sarah Ostergaard
Choreography & Music – Glen Ostergaard
Chief Creative Officer – Dr Jackie Mills
Creative Director – Diana Archer Mills
Technical Consultant – Bryce Hastings
Program Coach – Chris Richardson
Program Planner – Carrie Dean

KEY

B up	build up
Br	bridge (non-chorus)
C	chorus
cts	musical counts
HR	heart rate
Instr	instrumental
Intro	introduction
mins	minutes
Outro	last few bars of music
PC	pre-chorus
QC	quiet chorus
Ref	refrain (recurring phrase or number of song lines)
Synth	synthesizer
Tempo	normal pace of the music
V	verse

PACE	
rpm	Revolutions per minute
1/2	SLOW – riding on the half beat
3/4	MEDIUM – riding on the 3/4 beat
3/4+	BUILDING – riding just under the beat
1/1	ON THE BEAT
1/4	Riding on the 1/4 beat
1/2 – 3/4	Building pace just over 1/2 pace
1/1+	A little faster than rpm

RESISTANCE

A	Attack Resistance – initial resistance used for Track 5
B	Base Resistance – minimum resistance used in class
C	Climbing Resistance – initial resistance used for climbing
R	Racing Resistance – resistance used for sprinting
R 	Add more than Racing Resistance
 R 	Reduce to Racing Resistance
	Maintain resistance
	Increase resistance
	Decrease resistance

PHYSICAL INTENSITY

PI	Physical Intensity
Green	for EASY
Yellow	for MODERATE
Orange	for HARD

The Fine Print

Les Mills' instructor resources (music, footage and choreography notes) 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, burning, uploading files onto 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, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

RPM 70



From L-R: Jamie Benton (Shadow), Fatma Azzouz, Glen Ostergaard, Washington Chishaya, Sandra Knudsen (Shadow)

RPM 70 brings a blend of short speed intervals and longer endurance climbs and, of course, our normal focus of cardio peak training where we work and recover.

For this release the highlight tracks are Tracks 2 and 3.

In Track 2 we've really amped up the pace. There are four short efforts – however, it's not your normal seated sprint here: there are two 15-second seated sprints and then two 15-second Standing Attacks!

As we are standing and sprinting, it's crucial we've got adequate resistance on. Because all four efforts are short, everyone should be able to achieve that top pace. There's also heaps of rest between the efforts, so both factors will help your riders achieve that maximum effort for sure!

Track 3 is much faster than any climbing track we've ever had. Most Track 3's are at about 75rpm, but this one is 87rpm! The sheer speed of the track alone will fatigue you early on! However, the fact that there's not much recovery will most likely send you and your riders over the edge! Be sure to option to reduce resistance in the seated phases if needed; this will take the edge off a little, BUT make sure they put it back on when they stand.

In Track 4, to ensure everyone achieves success we are building into the speed phases. There's 30 seconds in which to build pace just under the beat and then 30 seconds at top speed, with the last block being a bit longer, at 45 seconds at 1/1. By building into the work, it will help your riders achieve riding on the beat as the efforts are shorter.

In Track 5, we introduce options to go faster than the rhythm at 1/1+. Set up the choreography in the first block, then option the faster tempo in the other five blocks in the Standing Attacks.

Remember to talk about SMARTSTART always at the beginning of the class. Address the new people to the program by telling them that if they want to stay for the first 4 tracks then leave, that's OK. Then they can add one track the following week, and so on – until they can do an entire class. Don't forget to remind them about this again after Track 4.

RPM 70 is a wicked release – it's a game-changer, which will challenge both the new and seasoned riders.

forah ☺ M.O

RPM Presenters

Glen Ostergaard (New Zealand) is Program Director for both RPM and BODYPUMP™. He began his group fitness career with BODYATTACK™ and is based in Auckland.

Fatma Azzouz (France) is a RPM, BODYPUMP and CXWORX™ Instructor and Trainer, a BODYBALANCE™/BODYFLOW® and SH'BAM™ Instructor, and a Pilates instructor. She is also General Fitness Manager at a club in Soustons.

Washington Chishaya (United Kingdom) is an RPM, BODYVIVE 3.1™ and CXWORX Instructor and Trainer and a BODYATTACK and BODYPUMP Instructor. He is based in London.

BODYPUMP & BONE HEALTH

It has been predicted that, by the year 2020, osteoporosis will afflict 14 million people in the over-50 population, globally.

An additional 47 million are likely to suffer from low bone mass.

Why should we be worried?

Having low bone mineral density can be devastating as we age. Fractures of the hip are a common occurrence for older people with osteoporosis. Statistics tell us that **one in five people over 50 years of age will die within 12 months following a hip fracture**, and less than one third will regain their normal level of functioning.

Loss of bone density can start as young as 35 years old, and after the age of 40, the rate of decline accelerates. **It's vital that we build a peak bone mass before this rapid decline**, and that we maintain this bone mass later on in life.

Resistance training is prescribed to maintain and increase bone mass. The traditional prescription has been to lift heavy loads for low repetitions. Although this type of training is accepted widely, it is not always practical for certain populations. Lifting very heavy weights in the gym can present barriers for older and untrained adults and women, for whom this type of high intensity can be outside the realm of their physical capabilities.

Les Mills BODYPUMP is highly attended, both by older participants and women. This program is seen as being more achievable and less intimidating than the traditional strength training model of heavy weights for low reps. However, until now, there has been no specific

evidence as to how BODYPUMP affects bone density.

Previous studies have presented conflicting evidence as to whether a low-load, high-repetition program can increase bone mineral density. This lack of clear consensus led us to conduct a study to discover what effect BODYPUMP can have on this issue.

A total of 20 adults completed a 27-week study at the FITOLOGY group fitness studio.

They were randomly put into two groups – either total-body resistance strength training or core strength training. The participants were 28 to 63 years of age and included people who suffered from osteopenia, and also those who were postmenopausal. These are two populations who would greatly benefit from increasing bone mineral density.

The strength training group completed classes in BODYPUMP, the core training group took classes in BODYBALANCE/BODYFLOW, and both groups also participated in RPM.

The results were rather amazing.

The group that took part in BODYPUMP saw their arm bone mineral density increase by 4%, leg by 8%, pelvis by 7% and spine by 3%.

The **BODYPUMP group gains in squat strength were 25.3% greater** than that of the core strength group. This increase in squat strength was directly related to increases in their bone density. In other words, increasing your ability to squat will improve your bone mineral density.

The other strong improvement was an increase in pelvis bone mineral density. Improving bone density in both the pelvis and legs is extremely significant when it comes to **avoiding potentially fatal fractures of the hip.**

One of the really great things about BODYPUMP is that it is a very accessible program for older and untrained adults and women. As the load is low and you select your own weights, it is an easier program to practise long term trying to lift heavy loads in the weights room. Participants with osteopenia increased their bone density around the hip and pelvis area by 29% while our postmenopausal women saw 22% increases in the same region.

The results of this study clearly show that a low-load, high-resistance program is an effective way to increase bone mineral density. **BODYPUMP, therefore is the perfect way to stay fit and strong and remain healthy as we age.**

For more on this study, go to
<http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155>



MIXING RELEASES

How you mix up tracks has a major effect on how many calories your participants will burn.

We ask that you teach each new release for at least two weeks after launching. This is to give people time to master any new exercises and become familiar with the new choreography. It also creates a bond between instructors and participants around the globe, as we all experience the magic of a new release at the same time.

But how long is too long to be teaching the same release? Should we EVER mix releases?

To answer these questions, we looked at calorie expenditure from three different new releases and measured the output in over 1,000 workouts. Each person completed three classes a week from our cardio formats, plus two BODYPUMP classes.

The first time a person completes a new class, their caloric expenditure is slightly less than in their regular classes.

Participants tell us they do not feel as confident about the exercises when they are new. However, the second time a person completes that release their caloric expenditure is back to the levels we would expect to see during a typical class.

Unfortunately, if we continue to repeat exactly the same tracks for the next three to five classes, **caloric expenditure decreases and then actually stays below normal.** Based on after-class survey data, this drop in expenditure is because the participants find the class slightly less challenging and interesting. Members know what to expect and they learn how to minimize their expenditure. Quite simply, they cheat!

Consider the people who come to YOUR class. New people will need more time to become familiar with each workout. To deliver a quality class to your members, you also need to have enough time to feel confident about the choreography. But, based upon calorie expenditure we can provide the following guidance for you and your club.

What is the ideal number of tracks to switch up every week?

• Change RPM and BODYPUMP the most.

If you are teaching a regular group of members, try to **change 6 to 8 tracks per week** in order to maximize energy expenditure.

• For BODYATTACK, BODYCOMBAT and SH'BAM try to switch out 3 to 5 tracks each week.

• For BODYSTEP, BODYVIVE, CXWORX and BODYBALANCE/ BODYFLOW try to vary your playlist by 2 to 4 tracks each week. LES MILLS GRIT Series has specific considerations for each release. Check your choreography notes for these guidelines.

When you mix releases it is important that you select your playlists carefully. Programs such as BODYCOMBAT, BODYJAM, or BODYBALANCE/ BODYFLOW often have a sequence of movements that are introduced, mastered, and repeated throughout the release. Therefore, it may not be possible to follow these guidelines for every release.

And, of course, be aware of how many tracks you can switch each week while still being able to master and deliver the choreography in a clear, motivating way.

The bottom line is that we want to provide the best fitness experience in every class... so how about it? Give it a try-mix it up!



RPM COACHING

Stay on top of your game with Coaching.

We've made some key changes to the Coaching Layers.

Here's what you need to know to make your **new people feel successful AND provide challenges for your hardcore riders.**

Layer 1

Layer 1 has been separated into two components: the Track Introduction and the Setup.

Track Introduction

- Names the track
- Introduces the Track Focus
- Explains the training objective and associated benefits
- Profiles the track: how many hills, the number of intervals and length of the efforts
- "Track 3, Hills. Three climbs, each one is 60 seconds. In this track we will develop leg strength by using heavy resistance, working in and out of the saddle."

Setup

We prepare the class by telling them what **Position** to ride in and the **Resistance** to use, and by explaining the **Pace**.

Layer 2

Layer 2 has three key parts:

Improve Execution

Help your class to improve their cycling skills, eg "Slide forward in the saddle and point your toes slightly to go faster."

Manipulate Intensity

We use Physical Intensity cues of easy, moderate or hard. This tells our riders:

- How hard they should be working
- How they should FEEL when working at those intensities

How they can achieve the correct intensity if they're not feeling it? The easiest way to communicate intensity is by describing **how the muscles should feel**, and how **heavy they should be breathing**. For example, "You should be doing open-mouthed breathing and needing lots of air right now."

Educate

People want to know the WHY behind the exercises. Cues like, "Sit the hips back in the saddle to engage the glutes" will help everybody understand why they are doing what they are doing too!

Layer 3

Layer 3 is where we motivate and drive everyone to give their absolute best. It's about inspiring people, but allowing them to have fun!

Inspire people by Being the Athlete – using your own physicality to inspire the people in front of you. When you are pushing hard yourself, your riders will work hard too. Use lots of praise and encouragement to keep everyone in the workout. Celebrate people's efforts and recognize their achievements.

Create an Inspirational Journey by using imagery. This is where you help people to visualize the road in front of them, and understand how they are supposed to feel. Direct them to thinking about long roads or sprints, using their imagination to create the journey.

Finally, we use **Motivational Cues**. These are the cues that push people beyond what they thought they were capable of, and it's a big part of the reason that members come to our classes – we take them somewhere they couldn't have got to on their own.

- **Extrinsic** cues focus on the external rewards we get from training. For example, "Our sprinting tracks give us athletic, toned legs".
- **Intrinsic** cues refer to how the exercise will make you feel, eg "Push hard here and you'll be buzzing for the rest of the day."
- **Positive** cues commend the class: "You guys look great; I can see how hard you are working."
- **Dissatisfaction** (or 'challenging') cues can be used to push our regular riders by being a little tough on them – "Who can dig deeper right now and give me more resistance?"

So there you have it – **you're totally up to date!** Watch the filming class for examples of how to use these Coaching Layers in this release.



RPM SCIENCE UPDATE

RPM combines the effects of 2 training modalities: Cardiovascular training coupled with short bursts of intensity.

What are the key benefits of these 2 training methods?

CARDIOVASCULAR TRAINING

This is what most people are doing when they jump on a treadmill or a stationary bike. It involves sustained periods of exercise operating between 60 and 80% of your maximum heart rate and it challenges the capacity of our muscles to operate for long periods of time.

This type of training generates the following changes:

- **Increases aerobic capacity**

Cardiovascular training increases our aerobic capacity – meaning we get better at providing oxygen to our muscles when they need it.

- **Improves heart function**

It improves heart function by decreasing our resting heart rate and increasing our stroke volume – or the amount of blood that exits the heart on each beat.

- **Reduces blood pressure, decreases cholesterol and body fat**

It also reduces blood pressure, decreases cholesterol and increases the mobilization and utilization of fat, ie it generates fat loss. Cardiovascular disease is the biggest killer in the Western world, so when these changes take place we go a long way to reducing the risks associated with this condition.

SHORT BURSTS OF INTENSITY

The second lot of effects comes from the Peaks of Intensity in each working phase. In some of these peaks our experienced riders will reach intensities of over 85% of their maximum heart

rate. Training at these levels for short periods accelerates our fitness gains.

Changes experienced with this type of training include:

ACCELERATED CHANGES IN OUR VO2

Increasing the intensity for short periods in conjunction with this cardiovascular base has been shown to rapidly improve VO2.

CHANGES IN BODY COMPOSITION

Including these short bursts of effort in our training will cause changes in our body composition. Many studies have shown that including these variations in intensity is more effective at reducing fat than steady-state training — throughout the workout.

So how do we know that RPM delivers on these results?

A study conducted at Loughborough University in the UK⁽¹⁾ measured the effects of doing RPM for 8 weeks on individuals who were not regularly active. Participating in classes 3 times per week, with no changes in diet, generated the following benefits:

- An 11% increase in VO2
- A 7% reduction in systolic blood pressure
- A 13.6% reduction in body fat
- Total cholesterol decreased by 13% including a 23.3% reduction in Low Density Lipoproteins or LDL's – also known as 'bad' cholesterol.

The participants also reduced – on average – 1 inch (3cm) in their waist circumference.

The subjects in this trial had a compliance rate of 95% during the study, which was very high for this type of group. Many of the participants achieved a heart rate of 95% of their maximum during the workouts – indicating the effectiveness of the program to hit short peaks of intensity from a cardiovascular training base.

RPM delivers the combined benefits of cardiovascular conditioning with multiple peaks of intensity, along with the advantage of great instruction and awesome music that increases the attendance beyond what we normally see with this type of training.

CYCLING AT SPEED

RPM utilizes a variety of pedaling speeds, with some sections of the class encouraging riders to sprint at cadences of up to 140rpm depending on their level of experience and ability.

A literature review⁽²⁾ on high-cadence training illustrated the following facts about this type of exercise:

- Contrary to concerns, it does not appear that cycling at high speeds increases the risk of injury.
- Most of the risk factors associated with cycling are related to bike setup and technique errors.
- Helping new participants with their bike set up – ensuring they have good technique and only increase speeds within their capabilities – will therefore resolve these issues.

The review also stated that high-cadence training has been shown to increase caloric expenditure and encourage the activation of type II muscle fibers. Including speed intervals in RPM provides variety and delivers great training benefits.

So there you have it – proof that RPM really will deliver amazing results for your participants. We hope this information helps you to teach with the passion and confidence this fantastic program deserves!

(1) Group cycling is an effective intervention to improve cardio-metabolic health in overweight sedentary individuals.
Faulkner, S.H, presented at European Congress on Obesity, 2015

(2) The use of high cadence in cycling and the applications to RPM.
J., Lythe 2009

1

PACK RIDE 1/1=118rpm

TRACK FOCUS

- Engage and encourage your class using this fun song to prepare them for the workout.
- Teach the choreography by coaching the basics of PRP: Position, Resistance and Pace.

PROFILE

Warm up the body with 4 blocks of work: 2x short efforts on Pace and 2x longer efforts of mixed pace with Racing Resistance.

BLOCK	MUSIC			POSITION	PACE	RESISTANCE	PI	
1	0:05	Intro	2x8	Seated Recovery Shake Arms, Shoulder Roll	1/2	•	E	
	0:13	V1 I don't like it	4x8	Ride Easy	1/2	B🔵		
	0:29	C Do do do	4x8	Ride Easy	1/1	•		
2	0:46	V2 All out	8x8	Ride Easy	3/4	•		
	1:18	PC I don't like it	4x8	Ride Easy	1/2	R🔵		
	1:34	C Do do do	4x8	Racing	1/1	•		
3	1:51	V3 All night	8x8	Ride Easy	3/4	🔵		
	2:23	PC I don't like it	4x8	Ride Easy	1/2	R🔵		
	2:39	C Do do do	4x8	Racing	1/1	•		
	2:56	V4 Meet me	4x8	Ride Easy	3/4	•		
	3:12	C Do do do	8x8	Racing	1/1	•		
4	3:44	Br	½x8	Transition	1/1–3/4	•		
	3:47	V5 All night	28x8	Repeat BLOCK 3				
						🔵 to B🔵		

BLOCK OBJECTIVES

1 LAYER 1

Position

Set up your class in a comfortable riding position

- *Ride Easy – hands shoulder-width, elbows in, chest up, butt back in the saddle*
- *Base Resistance – light resistance in the legs*

CONNECTION

As the intensity is low, this track is largely about connection. It's less about the coaching and more about welcoming your class. Use lots of smiles and connection to the scene for the workout ahead.

2 LAYER 1

Resistance/Pace

Coach Racing Resistance and the different leg speeds.

- *Medium Pace – a comfortable leg speed to allow the body to warm up gradually*
- *Slow Pace – turn the Racing Resistance on, feeling that gear push back at you*
- *Racing – relax the arms, drop the shoulders and soften the grip on the handlebars*
- *On the beat, 1, 2, 1, 2, 1*

3 LAYER 2

Resistance/Pace

Reset Racing Resistance and give cues that describe how they should be feeling. Clearly explain the pace changes and emphasize holding the load!

- *Slow the legs 1/2 pace with Racing Resistance – that's the tension where the legs start to work a little harder*
- *Hold Racing Resistance, slow the legs, back to Ride Easy – medium pace*
- *Racing, back on pace*

4 LAYER 3

Inspire/Motivate

Inspire your class for the ride ahead, and ensure that be sure that they are ready for the workout.

- *Speed up the legs, drive a little harder*
- *Track 2's coming – be ready for it!*

2 PACE 1/1=134rpm

TRACK FOCUS

- Highlight the 2x Standing Attacks.
- Coach your riders to find maximum intensity in the last 15 seconds of each block.

PROFILE

4x 15-second efforts: 2x seated sprints and 2x Standing Attacks.

BLOCK		MUSIC		POSITION	PACE	RESISTANCE	PI
Intro	0:00	Intro	2x8	Ride Easy	1/2		E
1	0:08	V1 I don't wanna	4x8	Standing Climb	1/2	•	M
	0:22	I don't wanna	4x8	Standing Climb	1/2		
	0:36	PC Stole my	4x8	Power Climb	1/2	•	
	0:50	Fall in the	4x8	Power Climb	3/4	•	H
	1:05	Instr (Heavy)	4x8	Racing (Forward)	1/1	to R	
2	1:20	V2 This this ain't	20x8	Repeat BLOCK 1			
3	2:31	V3 I will always	4x8	Seated Recovery, Shake Arms, Shoulder Roll	1/2	•	E
	2:46	I will always	4x8	Standing Climb	1/2	A	M
	3:00	PC Stole my	4x8	Standing Climb	1/4	•	
	3:14	Fall in the	4x8	Standing Climb	1/2	•	
	3:29	Instr (Heavy)	4x8	Standing Attack	3/4	•	H
4	3:42	Br	½x8	Transition	3/4–1/2		E
	3:44	V4 I will always	20x8	Repeat BLOCK 3			
						to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

As it's our first climb of the class, use clear Resistance and Position Cues. Hold resistance in the Power Climb, then build pace with that load, reduce to Racing Resistance, and sprint as fast as you can for 15 seconds. Coach the basic sprinting cues.

- Heavy turn, climbing load
- Standing Climb – **light grip on the handlebars, chest up, butt back**
- Power Climb – hold resistance, **butt back**, build pace
- Gear change back to Racing Resistance
- Racing – **slide forward on the saddle, toes down**

2 LAYER 2

Position/Pace

Identical choreography to Block 1. Coach your class through the changes and explain how they can improve riding technique.

- Heavy load – Climbing Resistance
- Standing Climb – **use your body weight; side to side**
- Little strength work in the seat, hold the load, butt back in the saddle – bring in the your hamstrings more. Now build pace
- **Slide forward**, dip the toes, creating small fast circles with the feet to help the legs turn fast!

3 LAYERS 1 & 2

Resistance/Physical Intensity

This block has a 15-second Standing Attack. The most important thing to coach is Attack Resistance, which will improve your control for the standing ride at speed.

- Moderate to heavy resistance – Attack Resistance
- Slow down – have you got enough load on?
- Standing Attack – **chest up, lean in**
- Burn out!

4 LAYER 3

Inspire/Motivate

Last block, motivate your class to finish the track with the same effort they began it with, using a driving, more intense voice.

- *Are you with me?*
- *As hard as you can go!*
- **KICK IT!**

3 HILLS 1/1=87rpm

TRACK FOCUS

- Highlight the faster pace using visual and vocal cues.
- Coach the climb with clarity by cueing Resistance and Pace.

PROFILE

4x efforts – 1x short effort to set Position and Resistance, then 3x identical 90-second efforts.

BLOCK		MUSIC		POSITION	PACE	RESISTANCE	PI
1	0:00	Intro	4x8	Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:10	Instr Yo _	4x8	Ride Easy	1/1	R	
	0:22	(Rap)	4x8	Standing Climb	1/1	C	M
	0:33	(Windup)	4x8	Standing Climb	1/1		
2	0:44	(Downbeat)	8x8	Power Climb	1/1	• or	H
	1:05	(Bleeps)	4x8	Standing Climb	1/1		
	1:17	Ref Rah rah	4x8	Standing Attack	1/1	•	
	1:28	(Downbeat)	8x8	Power Climb	1/1	• or	
	1:50	(Synth)	4x8	Standing Climb	1/1		
	2:01	(Electric synth)	4x8	Standing Attack	1/1	•	
3	2:12	(Low)	8x8	Seated Recovery	1/2		E
	2:33	(Downbeat)	8x8	Power Climb	1/1		M
	2:56	(Bleeps)	4x8	Standing Climb	1/1		H
	3:06	Ref Rah rah	4x8	Standing Attack	1/1	•	
	3:17	(Downbeat)	8x8	Power Climb	1/1	• or	
	3:40	(Synth)	4x8	Standing Climb	1/1		
	3:50	(Electric synth)	4x8	Standing Attack	1/1	•	
4	4:01	(Low)	40x8	Repeat BLOCK 3			
						to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Set your class up with great technique by coaching correct Pace, Resistance and Position.

- *Climbing Resistance – heavy turn*
- *Standing Climb – **light grip on the handlebars, chest up, butt touching the saddle***

2 LAYER 1

Position/Resistance/Pace

Provide the option to reduce resistance in the Power Climb. Explain the track terrain: 3x identical 90-second efforts. Clearly emphasize Resistance and Pace, as the intensity is generated by the combination of these factors.

- *Power Climb – **butt back in the saddle**, option to reduce resistance*
- *Standing Climb – **chest up** – don't lean on the handlebars! Lift up*
- *Standing Attack – **hips forward, brace the abs***
- *Starting to feel intensity now?*
- *20 seconds standing to the break!*

3 LAYER 2

Physical Intensity

Emphasize the short recovery in Ride Easy, then reset Resistance and Pace to bring everyone back into the intensity. Use references to time to motivate riders to reach the recovery. Provide the option to reduce Resistance in the Power Climb, if it is needed.

- *High intensity without the heavy load, fast-paced long-duration efforts*
- *90 seconds – let's do it again!*

4 LAYER 3

Inspire/Motivate

This last block is identical to the previous one. Help your riders finish this challenging track by motivating and inspiring them by the way you ride. Show them that you are working hard yourself. After all, there's nothing more inspiring than seeing an athlete do their thing! What will you do? What will you say?

- *Have you got one more in you? Of course you have!*

4

MIXED TERRAIN 1/1=134rpm

TRACK FOCUS

- Encourage your riders to hold back in Blocks 2 and 3 during the 3/4+ phases.
- Sell the benefits of building into pace – making the speed and intensity more achievable.

PROFILE

4x efforts of work, alternating between fast flats and climbs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 V1 – You tell	6x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:21 I've been so	8x8 Ride Easy	3/4	R	
	0:50 C _ I'm ready	4x8 Racing (Forward)	1/1	•	H
2	1:04 V2 Look me in	4x8 Standing Climb	1/2	C	M
	1:18 Yeah I'm	4x8 Standing Climb	1/2	↗	
	1:33 Fall, we	4x8 Power Climb	1/2–3/4	•	
	1:46 C _ I'm ready	8x8 Racing	3/4+	↘ to R	
	2:16 Ooohhhh	8x8 Racing (Forward)	1/1	•	H
3	2:44 Br	1x8 Transition	1/2	C	E
	2:47 V3 Look me in	28x8 Repeat BLOCK 2			
4	4:28 Rep _ I'm ready	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	•	E
	4:42 C _ I'm ready	12x8 Racing (Forward)	1/1	•	H
	5:26 Outro	2x8 Ride Easy	1/2	•	E
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Coach recovery first, then coach the Racing Resistance needed to ride fast.

- Find your *Racing Resistance*
- *Racing – hands wide, relax the arms, shoulders down, hips forward in the saddle, toes down, brace the abs*

2 LAYER 1

Position/Resistance/Pace

Cue changes clearly using PRP: Position, Resistance and Pace. Standing Climb is easy, then the intensity builds in the Power Climb as you increase the speed. In the first 8x8 of Racing, coach your class to sit just under the beat of the music. The last 8x8 is where you want to use top gas and sprint! Use sprinting cues to help everyone ride on the beat with success.

- *Standing Climb – shift your body weight side to side, to alternate the working muscles*
- *Power Climb – butt back, speed up, make the switch between slow to medium to fast!*
- *Once we've got the legs going I want you to hold back, staying just under the beat*
- *We're going to find top pace, slide forward on the saddle – move into top pace*

3 LAYER 2

Pace

Your class has already experienced the progressive build of speed; now they are familiar with the choreography, they can put in greater effort to sustain the full 30 seconds of 1/1. Use follow up cues that will help them to ride better, faster

- *We're going to do that again – this time we are looking for quality not quantity*
- *Show me the switch from slow to medium pace*
- *Reduce to Racing load but hold back, remember. Feel the engine firing, you know you've got more in the tank. I want 30 seconds of quality speed*
- *Legs go faster, heart rate rises higher – feel quicker!*

4 LAYER 3

Motivation

Last block, there's a short 15-second recovery, then we hammer the final 45 seconds to the finish. Motivate your class by using lots of praise and inclusive encouragement.

- *Short recovery*
- *How's your riding partner?*
- *We're going in for 45 seconds*
- *If it's taking that bit longer to catch the beat, that's OK, take as long as you need to but the last 15 seconds everyone's in!*

5 INTERVALS 1/1=89rpm

SMARTSTART

TRACK FOCUS

- Highlight the options in the Attacks.
- Option one – stay on the beat in the Attacks.
Option two – ride a bit quicker!

PROFILE

6x efforts. The first one establishes the choreography then in the next 5 we can option to ride faster in the Standing Attacks.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:11 Instr (Heavy)	8x8 Ride Easy	1/1	R	
	0:32 V1 I've been	4x8 Ride Easy	1/1	A	
	0:43 I ain't gonna	4x8 Ride Easy	1/1	•	M
	0:54 C Hey you	1x8 4x Standing Attack Combo Standing Attack	1/1	•	H
	0:57 _ This goes	1x8 Racing	1/1	•	
	0:59 You	1x8 Standing Attack	1/1	•	
	1:02 For all	1x8 Racing	1/1	•	
	1:05 Hey	1x8 Standing Attack	1/1	↗	
	1:07 _ This goes	1x8 Racing	1/1	•	
	1:10 You	1x8 Standing Attack	1/1	•	
	1:12 And all	1x8 Racing	1/1	•	
2	1:14 V2 All sold out	4x8 Ride Easy	1/1	↘	E
	1:26 I want you	4x8 Ride Easy	1/1	•	H
	1:37 C Hey you	8x8 4x Standing Attack Combo Option: 1/1+ in Standing Attack	1/1	A	
3	1:58 Instr (Guitar)	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	•	E
	2:09 _ You're my one	4x8 Racing	1/1	•	M
	2:19 (Low B up)	3x8 Standing Recovery	1/2	↗	
	2:27 C Hey you	14x8 7x Standing Attack Combo Last 1x8, remain in Standing Attack Option: 1/1+ in Standing Attack	1/1	A	H
4	3:05 Br You	1x8 Transition	1/1–1/2	↘	E
	3:40 V3 I've been	28x8 Repeat BLOCK 1 Option: 1/1+ in Standing Attack			
5	4:23 V4 All sold out	16x8 Repeat BLOCK 2 Option: 1/1+ in Standing Attack			
6	5:06 Instr (Guitar)	25x8 Repeat BLOCK 3 Option: 1/1+ in Standing Attack			
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Find Attack Resistance: a moderate to heavy gear, somewhere between Racing and Climbing Resistance. The phases are short with fast changes, so just coach Position, using concise cues

- *Attack Resistance – heavy in the legs; we want a resistance which will challenge the legs*
- *Standing Attack – chest up, hips forward, brace belly*
- *Racing – hips back, grip bars, body still*

2 LAYER 2

Pace

Explain there's an option to work harder and get more out of this track by riding 1/1+ in each of the Standing Attacks. In Racing, the pace is back on 1/1.

- *Recovery – reduce resistance as much as you need to, but stay on the beat*
- *Two choices now – when you attack you can stay on the beat or go quicker!*
- *Standing Attack – hips forward to switch on the quads, they are our big muscles*
- *Racing – butt back, push pull*
- *Option to go quicker or stay on the beat*

3 LAYER 2

Physical Intensity

Check that riders are working at the correct intensity. Use Standing Recovery to add more load. Challenge your class to take the option for this set, 7x Attacks! The last attack is Standing Attack for 2x8, instead of 1x8.

- *Standing Recovery – add resistance if you can*
- *Not 4 but 7 ATTACKS!*
- *You should feel your legs! They should be burning!*
- *Come on – you can do this!*

4 & 5 LAYER 2

Resistance/Pace

Halfway! Take the longer recovery, then reset your class with correct Resistance and Pace. Explain to your class how they can work smarter, better and harder!

6 LAYER 3

Motivate/Inspire

Final effort, 7x Attacks and we're done! Be inclusive with your language to get everyone across the finish line.

- *We can do this together!*
- *Everything you've got now! Now's not the time to hold back!*

CONNECTION

This track is challenging, so make sure you keep your connection positive and encouraging. Try connecting with some of the lyrics within the song. "Hey! YOU!", "This goes out to you!", "For all the things you do!"

6

SPEED WORK $1/1=134\text{rpm}$

TRACK FOCUS

- Be uplifting and motivating by using the music and your voice.
- Clearly coach the 3x sprint efforts using PRP: Position, Resistance and Pace.

PROFILE

3x sprint efforts: 2x 30 seconds, 1x 60 seconds.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	8x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:28 (Heavy drum-beat)	8x8 Ride Easy	3/4		
2	0:57 Br	1x8 Transition	1/2	•	M
	1:00 V1 Sometimes	4x8 Standing Climb	1/4	C	
	1:15 You look	4x8 Standing Climb	1/2		
	1:29 PC And oh	4x8 Power Climb	1/2	•	H
	1:43 Instr (B up)	4x8 Power Climb	3/4–3/4+	•	
	1:58 C Nothing	8x8 Racing (Forward)	1/1	to R	
3	2:27 Br	2½x8 Transition	1/1–1/2	•	E
	2:36 V2 You lift me	4x8 Standing Climb	1/4	C	M
	2:50 Weightless	4x8 Standing Climb	1/2	•	
	3:04 PC And oh	4x8 Power Climb	1/2	•	
	3:18 Instr (B up)	4x8 Power Climb	3/4–3/4+	•	H
	3:33 C Nothing	8x8 Racing (Forward)	1/1	to R	
4	4:02 Br	26½x8 Repeat BLOCK 3			
	5:37 Instr (Low)	8x8 Racing (Forward)	1/1	•	H
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Physical Intensity

Allow recovery before the working phase. Coach light resistance and comfortable medium pace.

- *Light resistance and a medium pace*
- *Rest up before we go again*

2 LAYER 1

Resistance/Pace

Coach light Climbing Resistance, then lead your class through the pace changes. Use the sprint cues to help your riders go fast for 30 seconds.

- *Power Climb – 1, 2, 1, 2. Now start to accelerate*
- *Racing – on the beat. Dip your toes, hips forward, light brace through your belly*

3 LAYER 2

Resistance

We repeat Block 2 choreography. Explain to your class why they should ride better in this block, then teach them how to.

- *It's just 30 seconds. Load needs to be heavy to challenge the heart, legs and lungs*
- *Make sure you've got that resistance on. It should be heavy but not too heavy that it slows the legs right down*

4 LAYER 3

Motivate

Final effort, this one's longer – 1 minute. Help your riders to succeed by letting them know it's OK to slow down, but the key is to persist and hang on to the end! Using lots of intrinsic and extrinsic motivational-type cues will help get them through.

- *Power Climb – accelerate, fast twitch – makes you fitter, leaner and faster!*
- *A wee surprise – 30 seconds to go; maintain pace if you can. If you're starting to slow, don't worry, it's about duration now*

7

MOUNTAIN CLIMB 1/1=66rpm

TRACK FOCUS

- Use your body and vocals to match the epic energy of the music.
- Coach the strength endurance climb.

PROFILE

1x short climb, then 2x long strength endurance climbs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:15 Instr (Beat)	4x8 Ride Easy	1/1	↗↗	
	0:29 (Distort synth)	4x8 Standing Climb	1/1	C	M
	0:43 (Wind up)	4x8 Standing Climb	1/1	↗	
2	0:58 (Low)	2x8 Standing Recovery	1/4	•	E
	1:05 V1 _ I see the	6x8 Ride Easy	1/1	↘	
	1:27 _ I've been	4x8 Ride Easy	1/1	↗	
	1:42 Through these	4x8 Standing Climb	1/1	↗	M
	1:56 Feel the	4x8 Standing Climb	1/1	↗	
	2:11 Burn	4x8 Standing Climb	1/1	↗	
	2:26 (Windup)	4x8 Standing Climb	1/1 +	↗	H
	2:40 (Heavy)	4x8 Standing Climb	1/1	•	
	2:54 (Down windup)	4x8 Power Climb	1/1	•	
	3:09 (Dub)	4x8 Standing Climb	1/1	↗	
	3:24 (Windup)	4x8 Power Climb	1/1	•	
	3:38 (Low synth)	8x8 Standing Climb	1/1	•	
3	4:07 (Low)	4x8 Standing Recovery	1/4	•	E
	4:22 (B up)	4x8 Ride Easy	1/1	↘	
	4:37 (Windup)	4x8 Ride Easy	1/1 +	↗	M
	4:51 (Heavy)	4x8 Standing Climb	1/1	↗	
	5:05 (Down windup)	4x8 Power Climb	1/1	•	H
	5:20 (Dub)	4x8 Standing Climb	1/1	↗	
	5:35 (Windup)	4x8 Power Climb	1/1	•	
	5:50 (Low synth)	8x8 Standing Climb	1/1	•	
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance

Prepare your riders to find Climbing Resistance for a 30-second Standing Climb. Just coach the basics of Position and Resistance.

- *It feels heavy, it sounds heavy, make it heavy – slow the legs down and match the rhythm*
- *Standing Climb – **lift your chest, hips back***

CONNECTION

This song is epic, especially when the beat drops. Do your best to avoid talking too much – let the music do the work! In Blocks 2 and 3, celebrate everyone's effort – the tough stuff is over!

2 LAYER 2

Physical Intensity

Challenge your class to work hard and to take ownership of their workout.

- *4 gears for you to design your climb – you decide how tough and challenging you want it to be*
- *Once you've set your climb, we're going to climb for 90 seconds*
- *A little power boost, just a little quicker than the beat*
- *How does that feel? Is that the challenge you want – can you take more?*
- *Big challenge – big rewards*

3 LAYER 3

Motivation

This is the last effort of the entire workout so motivate your class to reach the finish. Use intrinsic and extrinsic motivators to help them give it their all and experience satisfaction from their efforts.

- *90 seconds between you and your reward*
- *Yes, the reward belongs to you! Your goal!*
- *Every muscle fiber – do everything you can to keep the pedals moving*
- *Your rewards – your challenge – your fitness*
- *You can't stop now!*

8

RIDE HOME/STRETCH 1/1=102rpm

TRACK FOCUS

Have fun using the lyrics. Celebrate the final moments of the workout with your class.

PROFILE

Recover with light resistance and a comfortable pace.

		MUSIC		POSITION		PACE	RESISTANCE	PI
1	0:00	Intro	_ Yes	2½x8	Seated Recovery Shake arms, Shoulder Roll	1/2	B 	E
	0:12	V1	Ready for	4x8	Ride Easy	3/4	•	
	0:30		Now we're	4x8	Ride Easy	3/4		
	0:49	C	You are	8x8	Racing	1/1	•	
2	1:26	V2	Living in	8x8	Ride Easy	3/4	•	
	2:04	C	You are	8x8	Racing	1/1	•	
3	2:42		_ Oi my size	2x8	Transition off the bike, shake legs			
	2:51		You make	2x8	Standing Quadricep Stretch R			
	3:00	QC	You are	2x8	Standing Quadricep Stretch L			
	3:10	C	You are	2x8	Standing Gluteal Stretch L			
	3:19		_ Oh oh oh	2x8	Standing Hamstring Stretch L			
	3:29		_ Oh oh oh	2x8	Standing Gluteal Stretch R			
	3:39	Outro		2x8	Standing Hamstring Stretch R			

BLOCK OBJECTIVES

1 LAYER 1

Guide your class through pace and light resistance to flush out the legs, reflecting on the workout they've just completed.

- *Let's ride home and flush out the legs*
- *Light resistance and a comfortable pace*
- *How are you feeling? How was it?*

2 LAYER 2

Educate your class on the importance of this track to complete the workout.

- *We flush out the legs allowing the muscles to recover using a light resistance and a comfortable pace*

3 LAYER 3

Guide your class through each of the stretches explaining where it should be felt.

- *Quad Stretch – knee to knee, lift the chest, you should feel the top of the leg*
- *Glute Stretch – slide the leg on top of the other and sit down, feel the butt stretch*
- *Hamstring Stretch – straighten the front leg, toes down, hips back, feel the back of the leg*





RPM POSITION GLOSSARY

KEY RPM RIDING POSITIONS

Throughout the ride we use different riding positions. These impose slightly different demands on the body and the working muscles. Changing positions brings maximum benefits, avoids over-stressing the body and brings variety to the ride, which is an important factor in indoor cycling.

Some positions are used at specific paces or resistances as they are designed for speed, climbing, power or recovery. Others are used with all paces and resistance. Your goal is to ride both effectively and efficiently in each position and have your participants do the same.

RPM – BIKE SETUP

Before you begin the class use the 'on-the-bike quick check' to make sure your riders are riding in a safe and effective position.

SEAT HEIGHT

Bring your feet to 12 o'clock and 6 o'clock. Take out your bottom foot and place your heel over the pedal. With a straight leg and hips level, your heel should just touch the pedal – a good seat height for generating great force production. If your heel easily touches the pedal and the knee is bent, then the seat is too low. If you can not reach the pedal without losing your hip alignment, then your seat is too high.

SEAT FORE AND AFT

With the pedals at 3 o'clock and 9 o'clock, position the saddle so the front knee is in line with the pedal axle or the top toe strap of the front pedal. If the knee is back of the pedal axle, the seat needs to be moved forward. If the knee is forward of the pedal axle the seat needs to be moved back.

HANDLEBAR HEIGHT

The handlebar height should be slightly lower or level with the saddle. Beginners or people with lower back problems should have the handlebars slightly higher than the saddle.

HANDLEBAR FORWARD AND BACK

In Racing, you should have a 90-degree angle between your upper arm and your torso. If you feel like you need to slide forward in the saddle to create the 90-degree angle, move your handlebars a little closer.



RIDE EASY

LAYER 1

- *Tip forward from the hip*
- **Sit back in the saddle**
- **Hands shoulder-width apart**
- 90-degree angle at your upper arm and torso
- Lengthen the back of the neck and tuck in chin
- **Chest lifted**
- **Shoulders back**
- **Soft elbows**
- Upper body relaxed
- Hips, knees, ankles in line
- Middle of kneecap in line with 2nd toe
- Eyes 6½ feet (2 meters) in front of flywheel



LAYER 2

- *Shoulders away from ears*
- *Relaxed upper body to help with recovery*
- *Hands wide to help with your breathing*

This is the basic riding position and can also be used for recovery. It's used with light to moderate Climbing Resistance either at the start of the track, to provide active recovery through the track, or when we start to build intensity at the beginning of work phases.

RACING

LAYER 1

- *Hinge from the hips*
- *Reach arms forward*
- **Slide the butt back**
- 90-degree angle at your upper arm and torso
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Lengthen the back of your neck and tuck in chin
- Eyes 6½ feet (2 meters) in front of flywheel
- Hips, knees, ankles in line



LAYER 2

- *Reach long into the dippers, keep your elbows bent*
- *Slide back on the saddle, feel the glutes and hamstrings*
- *Belly strong, keep your upper body still*
- *Maintain good knee alignment, middle of kneecap in line with middle of foot*

This is a riding position, not a cue to automatically go faster. However, generally we move to a period of increased intensity using slightly more resistance and/or faster speed.

Don't overreach in this position because we don't want to compromise the lower back, the shoulders or the neck. This forward position gives us a wider base of support and slightly changes the hip angle, allowing a change in recruitment of the gluteals and hamstrings; therefore, it puts you in the best position to work harder. Used in Tracks 1, 2, 4, 5 and 6.

RACING (FORWARD)

LAYER 1

- Reach arms forward
- **Slide forward**
- 90-degree angle at your upper arm and torso
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Lengthen the back of your neck and tuck in chin
- Eyes 6½ feet (2 meters) in front of flywheel
- **Toes slightly down**
- Hips, knees, ankles in line
- Middle of kneecap in line with middle of foot



LAYER 2

- Slide forward on the saddle to bring the knee over the Push Point
- Helps you recruit more quads
- Toes down, creating small, quick circles with the feet
- Keep your body still, hips and upper body; brace your belly

Used when we ride 1/1 in Tracks 2, 4 and 6. By sliding forward in the saddle and dipping the toes slightly, we generate a faster leg speed. We bring the knee over the Push Point in the pedal, which means we create a quad-dominant action and decrease the length of the lever around which the pedal must rotate

AERO-RACING (FORWARD)

LAYER 1

- Hands inside the 'D'
- **Slide forward in the saddle**
- **Elbows in and down**
- **Shoulders come down**
- Lower upper body
- Eyes in front of the flywheel
- **Toes slightly down**



LAYER 2

- Drop your upper body down, like you're drafting off the rider in front
- Tuck under the wind, get aerodynamic

The two most common uses are during the work phases in Tracks 2, 4 and 6 and sometimes in Track 5 for increased power output.

NOTE: If your bike doesn't allow you to place the hands inside the 'D', stay in Racing position.

POWER CLIMB

LAYER 1

- Hinge from the hips
- Reach arms forward
- **Slide the butt back**
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Push and Pull
- Lengthen the back of your neck and tuck in chin
- Eyes 6½ feet (2 meters) in front of flywheel
- Hips, knees, ankles in line
- Middle of kneecap in line with middle of foot



LAYER 2

- Hands wide – gives you a stronger base of support to push from
- Push with your quads and pull back using your hamstrings
- Go for big circles with the feet
- Push and Pull
- Sit back in the saddle – this lengthens the lever, creating more force production

We use the Power Climb position to drive heavy load at slow pace and work on leg strength, or power. The positioning is the same one we use with Racing (butt back). The wide base of support, the slide of the butt back and the position of the hips place the body in the best position to produce optimal power.

NOTE: Correct pedaling technique is essential to drive the pedals under increased load. 'Push and pull' your legs simultaneously to ride efficiently and avoid pedaling in 'squares'.

STANDING CLIMB

LAYER 1

- Hands placed at end of handlebars with relaxed grip
- **Butt just over the front of your seat**
- **Abs in and braced**
- **Chest lifted**
- **Shoulders back and down**
- **Elbows soft and in**
- Body weight moves side to side
- Eyes 6½ feet (2 meters) in front of the flywheel



LAYER 2

- A strong core for a strong climb
- Feel your butt tap the nose of the saddle
- Push down through the pedal, generating as much force production as you can
- Pull up on the handlebars to counteract the downward push
- Keep your body weight into your legs, not into the handlebars

Before you stand, make sure you have established enough resistance. You're much stronger when you stand because you're applying your full body weight to drive the pedals. You should have enough resistance to counterbalance your body weight.

STANDING ATTACK

LAYER 1

- Hands to the end of the handlebars
- **Bring your body weight slightly forward**
- **Abs in and braced**
- **Chest up**
- Eyes 6½ feet (2 meters) in front of the flywheel



LAYER 2

- Shift your hips slightly forward, feel your quads
- Strong core for strong legs
- Front body focus, quads are in!
- Lean in, quads kick in!

We use this position in Track 5's, and at the top of climbs to change muscle recruitment for quick efforts of intensity and power. Bringing the weight forward increases recruitment in the quads.

SEATED RECOVERY

LAYER 1

- Sit up at the back of the saddle
- **Shoulders back**
- **Lift chest**
- Hips, knees, ankles in line



LAYER 2

- Open chest, get your breath back
- Let the arms hang loosely at your sides
- Take the air in, oxygen is energy

This position is used for recovery, postural breaks and stretches at the beginning, during or at the end of tracks.

STANDING RECOVERY

LAYER 1

- Standing tall on the bike
- **Chest up and open**
- **Long back**
- Extend your legs a little more
- Heels down



LAYER 2

- Rise and recover
- Feel the release in the legs and back
- Take a moment to recharge

This position is used for recovery and postural breaks as we slow down to a walk on the pedals.

SPRINT COACHING CUES

1. Slide forward in the saddle
2. Toes slightly down – fixed ankle
3. Prevent bouncing in the saddle: Push and Pull, draw in the abs and add resistance
4. Relax the upper body
5. Chin tucked in, eyes down
6. Help people feel success by saying "if your legs are starting to slow, it's OK, just do your best"

NOTES

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