

RPM

78

指导教师：傅金伦

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音乐

缩略表达

嗨，教练们，我们期待您对新内容做出反馈！

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https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. 集结骑行

1/1 = 118rpm

小节焦点

- 指导全班用清晰的PRP提示来找到姿势、阻力和节奏的感觉。
- 用放松和柔和的声音教大家感受这一酷酷的欢快小节。

结构

4个段落，提前找到竞速阻力，并保持到最后。

Block	Music	Position	Pace	Resistance	PI
1	0:05 Intro / (Low)	4x8 Seated Recovery	1/2	●	
	0:21 V1 / _ You pick me	4x8 Ride Easy	3/4	B ●	
	0:37 _ Now when the	4x8 Ride Easy	3/4	↗ ●	
	0:53 C / _ Only a fool	8x8 Racing	1/1	R ●	
2	1:24 V2 / _ You get your	4x8 Ride Easy	3/4	●	E
	1:40 We go out	4x8 Ride Easy	3/4	↗ ●	
	1:56 C / _ Only a fool	8x8 Racing	1/1	●	
3	2:26 Instr / (Low)	4x8 Seated Recovery	1/2	●	
	2:43 Ref / _ I'm not the	4x8 Ride Easy	3/4	●	
	2:59 Rep / _ Only a fool	8x8 Racing	1/1	●	
4	3:27 Br	1/2x8 Transition	1/1-1/2	●	M
	3:29 Instr / (Low)	4x8 Seated Recovery	1/2	●	
	3:45 Ref / _ I'm not the	4x8 Ride Easy	3/4	●	
	4:01 Rep / _ Only a fool	8x8 Racing	1/1	●	
	4:30 Outro /	4x8 Racing	1/1-3/4	●	

↘ to B ●



01. CLOUD 9 4:45 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

集中教授PRP（姿势，阻力和节奏），重点是阻力，这里我们不减少阻力。

- 基本阻力：轻踩踏板
- 小阻力，顺时针来一圈，肌肉再用力一点
- 轻松骑行：肩膀放松，胸部抬起，臀部向后。
- 找到竞速阻力，肌肉压力更大，留有一点空间
- 竞速骑行：手握两侧，放松上半身，腹部自然往内收紧，臀部向后。

2 - 第 2 层

提高技术

问一下全班，在第一段是否感觉到了阻力。鼓励他们多加一些阻力，如果需要的话。教全班如何骑得更好：用第2层提示控制好，跟上节拍。

- 第2轮，进一步热身
- 这一轮很短，让我们把能量消耗起来。
- 记住：适度的阻力可以让屁股一直坐在车座上，所以你可以在骑行时控制好

3 - 第 2 层

管控强度

现在开始，让骑手们加把力。用加强型提示告诉他们感觉应该是什么样的。

- 这一段，我们的心率将加快，为稍后的训练做好准备！
- 现在你的心脏应在加速跳动！
- 感觉怎么样？

4 - 第 3 层

激励/联系

为声音注入更多能量；声音上扬。激励全班，为下一小节的训练做好准备。语言要包容，带领大家完成这一段RPM训练。

- 让我们再来一段
- 我想热身已经完成了。心跳在加速。准备好！把这种感觉保持到底好吗？
- 在RPM中，我们一起跟上节奏，一起挥汗如雨，一起享受这乐趣，一起完成！

联系：

这一小节是训练前的场景。热烈欢迎新人和常客一起加入骑行训练。用对话式的声音，以匹配小节的歌曲酷酷的感觉。



02. 节奏

1/1 = 128rpm

小节焦点

- 动作发生变化时，在每一次变化处使用PRP提示大家，将动作变化解释清楚。
- 通过声音对比，用柔和、渐进和小节中“充满大声”的部分来营造兴奋的感觉。

结构

5段短而快的平地骑行、爬坡和下坡加速骑行。

Block	Music	Position	Pace	Resistance	PI
1	0:00 Intro /	4x8 Seated Recovery	1/2	●	E
	0:14 V1 / _ I'm no longer	4x8 Ride Easy	1/2	B ●	
	0:29 PC / See that you	4x8 Ride Easy	3/4	↗	
	0:44 C / Love. For some	4x8 Ride Easy	3/4+	↗	M
	0:59 Rep / Love. I came	4x8 Racing (Forward)	1/1	●	H
2	1:14 V2 / _ I'm so ready	4x8 Ride Easy	3/4	↘	E
	1:29 PC / See that you	4x8 Ride Easy	3/4	↗	
	1:44 C / Love. For some	4x8 Racing	3/4+	R ●	M
	1:59 Rep / Love.	4x8 Racing (Forward)	1/1	●	H
3	2:14 Rep / Came here for	4x8 Standing Climb	1/2	C ●	M
	2:29 Came here for	4x8 Standing Climb <i>Accelerate on the last 8cts</i>	1/2	↗	
	2:44 C / Love. For some	8x8 Racing (Forward)	1/1	↘ to R	H
4	3:14 Br / (Low)	1/2x8 Transition	3/4	●	E
	3:15 V2 / _ I'm so ready	4x8 Ride Easy	3/4	↘	
	3:30 PC / See that you	4x8 Ride Easy	3/4	↗	
	3:45 C / Love. For some	4x8 Racing	3/4+	R ●	M
	4:00 Rep / Love	4x8 Racing (Forward)	1/1	●	H
5	4:15 Rep / Came here for	4x8 Standing Climb	1/2	C ●	M
	4:30 Came here for	4x8 Standing Climb <i>Accelerate on the last 8cts</i>	1/2	↗	
	4:45 C / Love. For some	8x8 Racing (Forward)	1/1	↘ to R ● ↘ to B ●	H



02. CAME HERE FOR LOVE 5:16 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

使用第1层提示，指导全班在短距离竞速、跟上节拍的过程中找到节奏和阻力。

- 基本阻力，车轮稍加阻力
- 竞速阻力：肌肉感觉到压力，留有空间
- 竞速：**胸部抬起，上身放松，肩膀放松，前倾。**

2 - 第 2 层

提高技术

进一步强调第1段使用的提示。使用第2层提示，重点强调跟上节拍。指导大家如何骑得更快。

- 竞速阻力：肌肉紧张适度，但仍有大量空间
- 帮腿骑得更快，前倾，脚趾向下压。
- 我们的目标是蹬踏动作幅度小而快。

3 - 第 1 层 & 第 2 层

姿势/阻力/管控强度

第一次爬坡，教练纠正阻力和姿势，以便大家立即掌握高超的骑行技术。然后教授冲刺时的竞速阻力。确保重点强调不同等级的阻力之间的区别。这次冲刺时间更长，所以会感觉更难。

- 顺时针增加阻力；找到爬坡阻力
- 站姿爬坡：**挺胸，臀部向后，左右摇摆**
- 我们将前倾，越过最高点，冲刺
- 降至竞速阻力，跟上节奏！
- 保持自己的最佳速度，再坚持15秒

4 - 第 2 层

教授

这一段是第2段的重复。通过教大家为什么我们想骑得更快、有哪些益处来增强训练效果。

- 花点时间恢复一下体力，然后再开始
- 我们将在竞速中加速，然后挑战快速骑行。
- 找到节奏，跟上节拍！
- 快速骑行-我们燃烧大量卡路里，变强健更快。

5 - 第 2 层 & 第 3 层

提高技术/ 激励/鼓舞

这次，我们重复第3段。在爬坡时，教全班如何更好地运用技术，在冲刺时，激励和鼓舞大家骑到底。毕竟，如果你骑得很卖力，他们也会。

- 爬小坡，轻握车把，拉起车把，压低身体。
- 做得对！15秒-让我们做做试试！将动作做到位

表现：

这一小节很有趣，充满活力，令人振奋。将声音与音乐和动作的感觉相匹配。当能量开始随着骑行和音乐增加时，开始提高音调。达到共鸣时，你要用上“所有声音”！

教授提示：

在第2和第4段，我们进入竞速，但并非以 1/1 骑行。确保让 骑手回到这个速度，所以当达到 1/1 4X8 时，他们可以骑得尽可能快。还有，请记住，只在以 1/1 骑行时前倾。



03. 山坡

1/1 = 85rpm

小节焦点

- 用你的身体和令人振奋的声音让音乐来发挥作用。
- 明确教授更快的爬坡节奏和阻力感觉，以达到真正的强度。

结构

3个段落，一段短的、两段长的快速翻越爬坡骑行。

Block	Music		Position	Pace	Resistance	PI	
1	0:00	Intro /	4x8	Seated Recovery	1/2	B ●	E
	0:12	V1 / _ You drew	8x8	Ride Easy	1/1	↗	
	0:34	I'ma let it out	8½x8	Ride Easy	1/1	↗	
	0:58	Instr / (Synth)	4x8	Standing Climb	1/1	C ●	M
	1:10	Let it out	4x8	Standing Climb	1/1	↗	
2	1:21	Br /	1x8	Transition	1/1	●	E
	1:24	V2 / _ You held me	8x8	Ride Easy	1/1	↘	E
	1:46	I'ma let it out	8x8	Power Climb	1/1	C ●	
	2:09	Instr / (Synth)	4x8	Standing Climb	1/1	↗	M
	2:20	(B up)	4½x8	Power Climb	1/1	●	H
	2:33	(Rhythm)	2x8	Standing Attack	1/1	↗	
	2:38	(Down)	2x8	Power Climb	1/1	●	
	2:44	Rep / Let it out	2x8	Standing Attack	1/1	●	
	2:50	Make a hella	2x8	Power Climb	1/1	●	
	2:55	Let it out	2x8	Standing Attack	1/1	●	
	3:01	Wild kind	2x8	Power Climb	1/1	●	
	3:07	Let it out	2x8	Standing Attack	1/1	●	
	3:12	Wild kind	2x8	Standing Attack	1/1+	●	
3:18	Br /	1x8	Transition	1/1	●	E	
3:21	V3 / _ You held me	8x8	Ride Easy	1/1	↘	E	
3:44	I'ma let it out	8x8	Power Climb	1/1	C ●		
4:06	Instr / (Synth)	4x8	Standing Climb	1/1	↗	M	
4:17	(B up)	4½x8	Power Climb	1/1	●	H	
4:30	(Rhythm)	2x8	Standing Attack	1/1	↗		
4:36	(Down)	2x8	Power Climb	1/1	●		
4:41	Rep / Let it out	2x8	Standing Attack	1/1	●		
4:47	Make a hella	2x8	Power Climb	1/1	●		
4:53	Let it out	2x8	Standing Attack	1/1	●		
4:58	Wild kind	2x8	Power Climb	1/1	●		
5:04	Let it out	2x8	Standing Attack	1/1	●		
5:10	Wild kind	2x8	Standing Attack	1/1+	●		
5:15	Outro /	4x8	Ride Easy	1/2	↘ to B ●		E



03. WILD KIND 5:29 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

使用这个短段落清楚地教授第1层PRP提示，找到正确的骑行姿势、阻力、节奏。教骑手尽快跟上正确的节奏，找到爬坡阻力，然后开始20秒的爬坡骑行。

- 爬坡阻力会让腿部非常紧张，足以让你站起来。
- 轻松骑行：臀部向后，胸部抬起，上身放松。
- 站姿爬坡：臀部向后，收紧核心，上身放松。

2 - 第 2 层

提高技术/管控强度

让 骑手知道第2个段落 更长，有4次冲击。再次设置正确的节奏和阻力，以确保有足够的阻力让他们站起来。使用第2层提示提高技术。突出强力爬坡和4次站姿冲击之间的差异。

- 这一轮时间稍长，会让你变得更强壮。
- 接下来，在40秒的翻越爬坡时间内，我们要进行4次冲击。
- 让我们再调整一下爬坡阻力，肌肉充满沉重的压力，感觉腿部紧实。
- 我们回到爬坡状态，一段短的爬坡！
- 站姿爬坡：身体向左右两侧轻轻摇摆；利用身体重量
- 强力爬坡：臀部向后，以便大幅度蹬踏
- 4次猛烈冲击，40秒-准备好了吗？
- 加大阻力！坚持住！站姿冲击！
- 站立时臀部前移，坐下时臀部后移。
- 2次坐下，2次准备冲击
- 站立冲击：抬起膝盖
- 强力爬坡：用脚大圈踩踏板
- 最后一步坚持住——加速！

3 - 第 3 层

激励/鼓舞

向大家展示一下激动的心情，前一段落多么令人振奋，邀请大家再做一次。用诸多激励性提示完成最后一个段落。用歌词，努力坚持到最后。

- 感觉很棒，是吗？！
- 你还有机会，让精彩加倍！
- 冲击时，膝盖抬起，燃烧股四头肌，以获得冲力
- 爬坡阻力：找到脚下的附着力
- 强力爬坡：用臀大肌和腿后肌发力，大幅度踩踏板，加大功率
- 发力！克服阻力！
- 我们现在一起加油！40秒！我们一起来，好吗？
- 发出力量！所有你需要的都在于你的内心！
- 让我们一起向前！

联系：

通过面部表情、肢体语言和令人振奋的声音与音乐匹配起来。特别是在第3段，全班骑手需要你帮助他们完成这一段，要使用“我们”之类的提示，将大家融为一体。

表现：

利用音乐的促进作用，沉默，让音乐加强锻炼效果。第2和第3段，突出强力爬坡和4次快速站姿冲击之间的差异。需要先坚持几秒钟然后才能站起来。在恢复过程中降低声音，在强有力的节拍下加大声音。

教授提示：

强调阻力感觉，这样骑手就会在站立冲击时有足够的阻力。如果阻力太大，他们就无法达到冲力。如果太小，他们就会早于节拍完成动作，从而失去训练带来的好处。



04. 混合地形

1/1 = 145rpm

小节焦点

- 清晰的教授PRP，强调肌肉张力感觉，便于骑手追逐节奏依然带有控制。

结构

快速骑行3个段落，在第2 和第3个段落中间来2段平稳爬坡。

Block	Music		Position	Pace	Resistance	PI	
1	0:00	Intro	1x8	Seated Recovery	1/2	●	E
	0:03	V1 / _ Keep your	4x8	Ride Easy	3/4	B ●	
	0:16	_ Keep your	4x8	Ride Easy	3/4	↗	M
	0:29	C / And it feels like	4x8	Racing (Forward)	3/4+	R ●	
2	0:43	V2 / _ Keep the	4½x8	Ride Easy	3/4	↘	E
	0:58	_Keep your heart	4x8	Ride Easy	3/4	↗	
	1:11	C / And it feels like	8x8	Racing (Forward)	3/4+	R ●	H
	1:37	Tonight	4x8	Ride Easy	1/2	●	
	1:50	Believing	4x8	Standing Climb	1/2	C ●	M
	2:04	Tonight	4x8	Standing Attack	3/4	●	
	2:17	C / Feels like	8x8	Racing (Forward)	3/4+	↘ to R	H
	2:43	Tonight	4x8	Aero-Racing (Forward)	3/4+	●	
3	2:54	Br / Falling in loove	1x8	Transition	1/2	●	E
	2:59	V3 / _ Keep the	4x8	Seated Recovery or Ride Easy	1/2 3/4	↘ ↘	
	3:13	_ Keep your	4x8	Ride Easy	3/4	↗	H
	3:25	C/ Feels like	8x8	Racing (Forward)	3/4+	R ●	
	3:51	Tonight	4x8	Ride Easy	1/2	●	E
	4:04	Believing	4x8	Standing Climb	1/2	C ●	
	4:18	Tonight	4x8	Standing Attack	3/4	●	M
	4:31	C / Feels like	8x8	Racing (Forward)	3/4+	↘ to R	
4:58	Tonight	4x8	Aero-Racing (Forward)	3/4+	●	H	
					↘ to B ●		



04. FEELS LIKE FALLING IN LOVE 5:15 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

教授第1层 PRP提示，达到第一次快速竞速状态。使用Sprint提示，帮助他们骑得更快。

- 找到轻微的基本阻力，只是一个小菜
- 轻松骑行：**胸部抬起，肘部放松，手臂放松。**
- 找到竞速阻力-肌肉张力适度，留有足够的空间来跟上节奏
- 竞速：**放松上身，腹部收紧，臀部前倾，脚尖下压。**

2 - 第 2 层

姿势/阻力/提高技术/管控强度

这一段落较长，爬坡骑行中间有一次冲击。在冲刺阶段，教授全班如何用更好的技术更加努力骑行。设置轻松爬坡阻力。

- 教大家从站立爬坡过渡到站立冲击到竞速，让大家感受到急剧减速，跟上节拍骑45秒。
- 感觉不错——让我们再做一次。还有2轮。先是快速的平地骑行，和快速上坡骑行，有一次急剧减速。
- 首先找到竞速阻力：肌肉张力适度，以便加速
- 竞速：**放松上身，腹部收紧**以便控制，我们正在跟上节奏。
- 让阻力减慢你的速度。找到爬坡阻力，足以让你站起来。
- 站立爬坡：**胸部抬起，臀部向后，左右摇摆**
- 15秒上坡骑行-站立冲击：**臀部向前，前倾。**应有快跑的感觉。抬起膝盖，抓住车把
- 现在注意——减速45秒！4, 3, 2坐下，竞速阻力
- 竞速：**臀部向前，脚尖下压，放松上身，快速蹬踏。**
- 挑战是跟上节奏。
- 有氧竞速：**把上身稍放低一点。**

3 - 第 3 层

激励/鼓舞

最后一个段落是第2段的重复。因为你已经很好地教了前2个段落，使用第3层提示，用这段来激励和鼓舞全班坚持到最后。

- 2个段落减速，1次发力！这一轮感觉良好。这会燃烧卡路里，使你变得健康，让你感觉良好。
- 现在感觉到了吧！
- 找到爬坡阻力，足以让你从车座弹出。
- 感觉不错，是吗？但这次感觉更好- 减速45秒，坐下，加上竞速阻力
- 我感觉很好，因为感觉很快。
- 这种感觉有多棒？
- 15秒-跟我们一起来，我们和你一起

联系：

联系快速平地骑行里的歌词，使音乐发挥更大作用，帮助骑手们挑战自己，快速骑行：如压低、压低、跑起来、划圈跑、划圈。

表现：

通过使用音乐和歌词显示你对这个棒棒的交替摇摆小节的热爱，让小节生动起来。在站立冲击中创造兴奋感，这样，进入45秒的竞速就变成了惊喜。在竞速中，让身体跟随音乐，感受音乐，少说话。

教授提示：

因为这一小节快于140 rpm，所以我们不提示按节拍骑行。说一点如“试着跟上节拍/节奏”，或者用简单的提示，如“再快一点，控制好膝盖，尽量快骑”。



05. 间歇

1/1 = 90rpm

小节焦点

- 重点强调短时间恢复和多次冲击带来的训练效果。创造高代谢值将增加脂肪燃烧和健身效果。
- 让大家意识到我们在锻炼哪一个肌群-站着和坐着的时候。

结构

3段间隔，伴有多次短时间爆发性冲击。

Block	Music		Position	Pace	Resistance	PI	
1	0:00	Intro / _ You've gotta	8x8	Seated Recovery	1/2	B ●	E
	0:21	Get so tired?	8x8	Ride Easy	1/1	●	
	0:42	QC / Light us up	4x8	Ride Easy	1/1	↗	
	0:53	Light us up	4x8	Ride Easy	1/1	↗	M
	1:03	Instr / (Synth)	8x8	Standing Attack	1/1	A ●	H
	1:25	Light us up	8x8	Racing	1/1	●	
	1:46	Get so tired?	8x8	4x Attack Combo	1/1		
			1x8 Standing Attack	1/1	●		
			1x8 Racing		●		
			↗ on 1st Attack				
2	2:07	QC / Light us up	4x8	Seated Recovery	1/2	↘	E
	2:18	Light us up	4x8	Ride Easy	1/1	●	M
	2:28	Instr / (Synth)	8x8	Standing Attack	1/1	A ●	H
	2:50	Light us up	8x8	Racing	1/1	●	
	3:11	Get so tired?	16x8	8x Attack Combo	1/1		
			↗ on 1st Attack				
3	3:54	Br /	1x8	Transition	1/2	↘	E
	3:57	QC / Light us up	4x8	Seated Recovery	1/2	●	M
	4:07	Light us up	4x8	Ride Easy	1/1	●	
	4:18	Instr / (Synth)	8x8	Standing Attack	1/1	A ●	H
	4:39	Light us up	8x8	Racing	1/1	●	
	5:00	Get so tired?	16x8	8x Attack Combo	1/1		
				↗ on 1st Attack			
5:43	Outro /	8x8	Ride Easy	1/2	↘ to B ●	E	



05. LIGHT US UP 6:00 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

用长时间的训练来教授正确的阻力和节奏，让大家一路充满期待。使用简短的第1层提示，让全班掌握高超技巧。

- 冲击阻力：**腿部有很大张力**
- 站立冲击：**前倾，抬起胸部，抓好车把**
- 竞速：**臀部向后，收紧腹部**
- 4次快速冲击：**站立4、3、2、1；竞速4、3、2、1**

2 - 第 2 层

提高技术/管控强度

教全班更好地使用第2层提示骑完这一段。提醒他们，这次有8次冲击！

- 长时间训练，短暂恢复。
- 这就是我们想要的——就是这种训练效果！
- 站立冲击：将膝盖抬起，收向胸部，稳住核心。
- 竞速：抓好车把，将臀部移回车座。腿带动臀部、臀大肌和股四头肌，持续较长时间
- 这就有了后坐力，不是4次冲击，而是8次！
- 发起冲击时爆发式发力；坐下时保持发力状态

3 - 第 3 层

激励/鼓舞

激励全班拿出最佳状态，完成最后一个段落！尽最大努力，想象自己就是全班最出色的运动员。使用第3层激励提示让他们越过终点线。

- 最后一段-我们一起完成！
- 让这一段振奋群情
- 收官，代谢推力大有长进
- 来吧，你可以做到的，坚持下去
- 这会增强你的无氧力和力量，使你更快强壮起来，最大限度燃烧卡路里！

表现：

很棒的歌曲，伴随很棒的动作！通过肢体语言、动作和声音来表达你对这一小节的热爱。



06. 速度训练

1/1 = 155rpm

小节焦点

- 指导全班以最快的速度骑行——在第2和第3段中使用加速来帮助每个人完成这一段骑行。
- 使用积极和鼓励的语言帮骑手获得成功的感觉。

结构

3段训练，在第2和第3段的6次4秒加速中达到最快速度。

Block	Music		Position		Resistance	PI		
1	0:00	Intro /	1x8	Seated Recovery	1/2	B ●	E	
	0:03	V1 / _ Could you	8x8	Ride Easy	1/2	↗		
	0:27	Rep / _ 'Cause while	4x8	Ride Easy	3/4	R ●		
	0:40	_ 'Cause while	4x8	Ride Easy	3/4-3/4+	●		M
	0:52	Instr / (Drop)	16x8	Racing (Forward)	3/4+	●		H
2	1:42	(Low)	4x8	Ride Easy	1/2-1/4	↘	E	
	1:54	V2 / _ You say it	8x8	Seated Recovery	1/4-1/2	●		
	2:19	Rep / _ 'Cause while	4x8	Ride Easy	3/4	R ●		
	2:31	_ 'Cause while	4x8	Ride Easy	3/4-3/4+	●		M
	2:44	Instr / (Drop)	12x8	6x Racing Surge Combo				H
				1x8 Racing (Forward)	3/4+	●		
				1x8 Racing (Forward)	3/4			
3:21	(Synth)	4x8	Racing (Forward)	3/4+	●			
3	3:34	(Low)	4x8	Ride Easy	1/2-1/4	↘	E	
	3:46	V2 / _ You say it	8x8	Seated Recovery	1/4-1/2	●		
	4:10	Rep / _ 'Cause while	4x8	Ride Easy	3/4	↘ to R		
	4:24	_ 'Cause while	4x8	Ride Easy	3/4-3/4+	●		M
	4:35	Instr / (Drop)	12x8	6x Racing Surge Combo		●		H
	5:12	(Synth)	4x8	Racing (Forward)	3/4+	●		
	5:25	Outro /	4x8	Ride Easy	1/2	↘ to B ●		E



06. WE MIGHT FALL 5:39 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

使用清晰的第1层PRP提示建立竞速、阻力和技术，使骑手把握好速度，控制好。提前提示，以便当音乐走向低缓时，可以充实整个空间。避免使用“要按节拍”之类的提示，而要使用鼓励全班跟上节拍的提示。

- 调到竞速阻力：车轮张力适度，留有足够的空间快速骑行。
- 轻松骑行：把手放在车把上，**上身放松，胸部抬起**
- 竞速时，臀部前移，脚趾下压
- 竞速：**手臂放松，肩膀放松，臀部前移**，小幅度快速蹬踏，骑得更快。
- 跟上节奏，拿出自己最快的速度！

2 - 第 2 层

提高技术

用交谈式的声音让大家恢复体力。把结构告诉大家：6次短时间加速和更长的12秒冲刺。尽早设置好加速，以帮助我们尽快跟上节奏。使用第2层提示，帮助骑手们控制好，快速骑行。提示要简单明了。倒数4、3、2、1，放松，用力，4、3、2、1

- 恢复的感觉不错，对吧？
- 第2轮，调到竞速阻力，车轮有足够的张力。
- 轻松骑行，保持中速
- 这一次有6次加速，将帮助我们加快骑行，这将使我们更加强壮！感觉怎么样？
- 前倾，脚趾下压-竞速
- 加速-4、3、2、1，放慢
- 膝盖向车把方向用力，这样会加快速度。
- 现在进行15秒的速度训练，拿出你的最快速度，坚持到最后！

3 - 第 3 层

教授/激励

整个这一段落为的是庆祝快速骑行的美妙感觉和理解这样做的好处。使用第2层和第3层提示来帮助他们体验这种感觉。帮助他们理解为什么加速更具挑战性。激励全班尽最大努力坚持到最后。

- 记住，加速会帮我们骑得更快，更强壮！
- 六次加速
- 骑得快会感觉不错。
- 骑得越快，感觉就越好！这就是我们更强壮的原因！

表现：

避免指导过多，让音乐推动锻炼。只说需要说的话，然后用沉默来发挥作用。

教授提示：

因为这一小节 RPM很快，我们想避免使用1/1提示或按节拍骑行。通过说“试着跟上节拍/节奏”之类的话或使用简单的提示如“再快一点，控制好膝盖，用最快速度，控制好”来提示大家骑快一点。



07. 山脉

1/1 = 67rpm

小节焦点

- 重点强调短暂的恢复阶段，让身体恢复能量，为长时间的训练做好准备。
- 将阻力描述清楚，以帮助骑手尽最大努力训练。

结构

4段长时间的高强度爬坡训练，间有短暂恢复时间。注意小节末的冲刺惊喜。

Block	Music	Position	Pace	Resistance	PI
1	0:00 Intro /	4x8 Seated Recovery	1/2	B ●	E
	0:14 Instr / (Upbeat)	4x8 Ride Easy	1/1	↗	M
	0:28 (Bup)	4x8 Ride Easy	1/1	↗	
	0:42 (Heavy)	4x8 Standing Climb	1/1	C ●	H
	0:57 (Driving beat)	4x8 Standing Climb	1/1	↗	
	1:11 (Heavy + synth)	4x8 Standing Climb	1/1	↗	
2	1:26 V1 / _ I see tonight	8x8 Ride Easy	1/1	↘	E
	1:54 Ohhhhhhh	4x8 Ride Easy	1/2	●	
	2:08 Ohh I'm your	8x8 Seated Recovery	1/2	●	
	2:38 Instr / (Synth)	4x8 Ride Easy	1/1	C ●	M
	2:52 (B up synth)	4x8 Power Climb	1/1	●	
	3:06 (Heavy)	4x8 Standing Climb	1/1	↗	H
	3:20 (Driving beat)	4x8 Standing Climb	1/1	↗	
	3:35 (Upbeat)	4x8 Power Climb	1/1	●	
	3:49 (Windup)	4x8 Standing Attack Last 2x8, 1/1+	1/1	↗	
3	4:03 Rep / Ohh your	4x8 Standing or Seated Recovery	1/2	↘	E
	4:18 Again. I'm your	4x8 Ride Easy	1/1	●	
	4:32 Instr / (Heavy)	4x8 Standing Climb	1/1	C ●	H
	4:46 Ohhhh	4x8 Standing Climb	1/1	↗	
	5:01 Ohhhh	4x8 Power Climb	1/1	●	
	5:15 (Windup)	4x8 Standing Attack Last 2x8, 1/1+	1/1	↗	
4	5:29 Rep / Ohh your	4x8 Standing or Seated Recovery	1/2	↘	E
	5:44 Again. I'm your	4x8 Ride Easy	1/1	●	
	5:58 Instr / (Heavy)	4x8 Standing Climb	1/1	C ●	H
	6:12 Ohhhh	4x8 Standing Climb	1/1	↗	
	6:27 Ohhhh	4x8 Standing Climb	1/1	↗	
	6:41 (Windup)	4x8 Standing Attack Last 2x8, 1/1+	1/1	●	
	6:55 (Driving low beat)	8x8 Racing (Forward)	1/1++	↘ to R ↘ to B ●	



07. LIGHTHOUSE 7:27 mins

段落目标

1 - 第 1 层

姿势/阻力/节奏

使用第1层提示教授PRP，让全班掌握高超的爬坡技术。

- 轻松骑行：**臀部向后，放松上身。**
- 爬坡阻力：增加阻力，以找到肌肉的紧绷感。
- 站姿爬坡：**胸部抬起，臀部向后，肩部放松，左右摇摆**

2 - 第 2 层

提高技术

带领全班恢复体力。然后用声音强度来创造兴奋和能量。当训练一分钟时，教全班如何使用第2层提示骑得更好。

- 享受这次恢复，恢复体力，为后续训练做好准备。
- 找到大而强有力的阻力，跟上节拍
- 再增加些压力，找到强力爬坡的感觉：**臀部向后，腹部收紧**
- 站姿爬坡：利用体重，左右摇摆，-有助于克服这种大的阻力。
- 强力爬坡：尽量大幅度蹬踏-来回推拉
- 站立冲击：**抬胸、前倾**，股四头肌发力

3 - 第 2 层

教授/激励

强调恢复时间真的非常短。重点挑战全班更努力骑行。使用时间基准，帮助他们完成每一分钟的骑行。通过你的骑行方式和身体动作让他们知道这种感觉应是什么样的。

- 我们只努力骑1分钟！
- 在车座上挑战自己，在阻力面前坚持住，变得更强壮！
- 站立冲击：速度能再快5%吗？

4 - 第 3 层

激励/鼓舞

最后一个段落，再次强调短暂的30秒恢复时间。然后一直持续到最后，90秒加强训练，回程。使用第3层提示来激励全班完成这一段。注意30秒的下坡冲刺，结束训练。一定要提示大家减至竞速阻力。

- 这就是最后一段了
- 规则，你知道了，工具，你也有了，就看你自己了！
- 我们一起开始，一起完成
- 我们完成下坡冲刺，结束这段训练
- 降至竞速阻力，跟上节拍！

表现：

因为这一小节的恢复时间如此短暂，务必重点强调要拿出时间恢复体力。用声音帮助你。在恢复过程中用柔和的谈话声，训练时提高声音，形成对比。



08. 回程/伸展

1/1 = 105rpm

小节焦点

- 告知训练结果并祝贺全班完成训练。
- 舒展腿部，降低心率，舒展骑行时训练的肌肉。

结构

用一点时间在平坦路面舒展腿部，恢复腿部力量。

Block	Music		Position	Pace	Resistance	PI
1	0:00	Intro /	1x8	Seated Recovery	1/2	
	0:04	V1 / _ So long to the	4x8	Ride Easy	1/2	B ●
	0:22	_ I fear that my	4x8	Ride Easy	3/4	↗
	0:41	C / Way back home	4x8	Racing	3/4+	●
	0:59	Rep / Way back home	4x8	Racing	1/1	↗
2	1:17	Br / (Low)	1x8	Transition off bike		
	1:22	V2 / _ Some say that	4x8	Standing Quadricep Stretch L		
	1:40	QC / Way back home	4x8	Standing Quadricep Stretch R		
	1:58	Rep / Way back home	4x8	Standing Gluteal Stretch R		
	2:17	Ref / Home	4x8	Standing Gluteal Stretch L		
	2:35	Rep / Way back home	4x8	Standing Hamstring Stretch L,R		
	2:53	Outro / _ Just show	1x8	Shake and congratulate!		



08. WAY BACK HOME 3:00 mins

段落目标

1- 第1层

姿势/阻力/节奏

指导全班通过舒展，让心率降下来。多用微笑和赞扬来感谢他们在今天的训练中付出的努力。

- 轻阻力、中速
- 嘿，我们完成了!
- 15秒舒展，跟上节奏
- 是时候享受和庆祝我们今天的训练了

2- 第2层

教授

快速从车上下来。带领全班做好每一个伸展动作。

- 股四头肌伸展：抬起一侧脚跟，拉到臀部，站直，尽量保持膝盖并拢。
- 腿后部拉伸：在膝盖上方交叉脚踝，臀部向后、向下，背部挺直
- 腿后肌伸展：一只脚向前，臀部向后、向下，前倾

术语

RPM 的重要骑行姿势

整个骑行过程中，骑行位置各不同。这样，对身体和训练的肌肉提出的要求略有不同。变换位置大有裨益，避免身体过度用力，让骑行多变，这是室内骑行的一个重要因素。

某些位置用于特定的速度或阻力，因为它们是为节奏、爬坡和体力恢复而设计的。其他的位置可用于所有的速度和阻力。你的目标是在每个位置上的骑行都有效、高效，让参与训练的骑手也这样做。

单车设置

上课前，使用“单车快速检查”，确保在踏板位于最下方时膝盖可略微弯曲。

车座高度

将脚置于十二点和六点的位置。抽出下方的一只脚，脚后跟置于踏板上。腿和臀部在一条直线上，脚后跟应刚好触到踏板-车座高度最有利于发力。如果脚后跟很容易触到踏板，膝关节弯曲，则说明车座太低了。如果不倾斜臀部则无法触到踏板，则说明车座太高了。一旦将脚放回踏板/趾笼，检查膝盖是否轻微弯曲——最佳角度是25度。

车座从前到后

将踏板置于三点和九点的位置，车座安置好，使前膝与踏板轴或前踏板足趾护带顶部成直线。如果膝盖位于踏板轴后，那么车座需要前移。如果膝盖位于踏板轴前，车座需要后移。

车把高度

车把高度应略低于车座或与之位于同一水平线。初学者或有腰部后背问题的人应使车把略高于车座。

车把前后

竞速时，上臂和躯干应成90度角。如果感觉在车座上需要向前滑动才能达到90度角，将把手移近一点。

轻松骑行

第1层

- 臀部以上向前倾
- 坐回车座
- 双手分开，与肩同宽
- 上臂和躯干 成90度角
- 颈后拉长，收下巴
- 抬胸
- 肩膀向后
- 肘部放松
- 上身放松
- 臀部、膝盖、脚踝成直线
- 膝盖骨中间与第二趾成直线
- 眼睛位于车把前方



第2层

- 肩膀远离耳朵
- 放松上身，帮助恢复
- 分开双手，帮助呼吸

这是基本的骑行位置，也可用于恢复。可用于从轻到中度的爬坡阻力，或者从音轨训练开始，或者当我们开始在训练阶段开始设置训练强度时，在整个音轨训练期间促进运动恢复。

竞速

第1层

- 臀部以上向前倾
- 向前伸出手臂
- 将臀部向后滑动
- 上臂和躯干 成90度角
- 抬胸
- 双肩向后、向下
- 弯曲肘部
- 收腹、绷紧
- 颈后拉长，收下巴
- 眼睛位于车把前方
- 臀部、膝盖、脚踝成直线



术语

第2层

- 前伸身体—保持肘部弯曲
- 坐回车座；感觉臀部和腿后肌
- 腹部有力，保持上身静止
- 膝盖对齐，膝盖骨中间与脚中间成直线

这是骑行位置，并非提示，会自动骑得更快，然而，一般我们要增加强度，略提高阻力和/或速度。

不要超越这个位置，因为会损伤下背、肩部或颈部。这种前倾位置给我们提供了更广阔的支持面，略改变了臀部角度，可变换使用臀部和大腿肌肉；因此，这是发力的最佳位置。用于1、2、4、5、6小节。

竞速（向前）

第1层

- 向前伸出手臂
- **向前滑动**
- 上臂和躯干成90度角
- **抬胸**
- **双肩向后、向下**
- **弯曲肘部**
- **收腹、绷紧**
- 颈后拉长，收下巴
- 眼睛位于车把前方
- **脚趾略微向下**
- 臀部、膝盖、脚踝成直线
- 膝盖骨中间与脚中间成直线



第2层

- 在车座上向前滑动，将膝盖置于发力位置
- 帮助更好地带动股四头肌
- 脚尖向下，用脚小转幅、快速蹬车
- 身体、臀部和上身保持不动；支撑腹部

在2、4、6小节快速骑行时使用。也可用于5音轨，调节肌肉活力。通过在车座上向前滑动、略微下沉脚趾，可让腿部骑行速度更快。把膝盖放在踏板的发力位置上，这意味着我们主要依靠股四头肌发力，并且减少了踏板轴（踏板绕其转动）长度。

有氧竞速（向前）

第1层

- 手置于“D”中
- **在车座上向前滑动**
- **肘部向内、向下**
- **肩膀下垂**
- 上身放低
- 眼睛位于车把前方
- **脚趾略微向下**



第2层

- 放低上半身，如同紧跟前方骑手
- 调整至下风处，借助空气动力

最常见的两种用法是在2、4和6音轨训练阶段，有时在5音轨中增加发力。

注意：如果自行车不允许将手置于“D”中，则停留在竞速位置

站姿冲击

第1层

- 双手置于车把端部
- **身体重心略前倾**
- **收腹、绷紧**
- **抬胸**
- 眼睛位于车把前方



第2层

- 臀部稍向前移，感觉股四头肌发力
- 躯干发力，带动腿部发力
- 力量集中在前身，股四头肌发力！
- 向前，股四头肌发力！

在第5音轨、爬坡顶端使用这一位置，变换肌肉训练，快速训练强度与力量。臀部前移可增加股四头肌力度。

术语

坐姿恢复

第1层

- 坐在车座后部
- 肩膀向后
- 抬胸
- 臀部、膝盖、脚踝成直线

第2层

- 展开胸部，喘口气
- 双臂放松垂于两侧。
- 吸气，氧气可提供能量。

此位置用于开始、音轨骑行期间或结束时的恢复、姿势休息和伸展运动。



站姿恢复

第1层

- 高高站在自行车上
- 胸挺起，展开
- 拉长背部
- 伸腿，用力伸一点
- 脚跟向下

第2层

- 起身，恢复
- 感受腿部和背部的放松
- 花点时间恢复体力

这一位置用于放慢蹬踏板时恢复和姿势休息。



强力爬坡

第1层

- 臀部以上向前倾
- 向前伸出手臂
- 将臀部向后滑动
- 抬胸
- 双肩向后、向下
- 弯曲肘部
- 收腹、绷紧
- 来回推拉
- 颈后拉长，收下巴
- 眼睛位于车把前方
- 臀部、膝盖、脚踝成直线
- 膝盖中间与脚中间在成直线



第2层

- 分开双手-更好地支持你发力
- 用股四头肌发力向前推，用腿后肌拉
- 用脚大幅度蹬车
- 来回推拉
- 坐在车座上-加长踏板轴，更有助于发力

使用为爬坡发力位置，以慢速克服重阻力，训练腿部，或力量。位置即竞速位置（臀部向后）。更大的支撑面、臀后部的滑动及臀部位置可使身体处于发力的最佳位置。

注意：正确的蹬车技术很重要，可在阻力增加的情况下驱动踏板。同时“推拉”腿部，高效骑行，避免‘直角’蹬车。

站姿爬坡

第1层

- 双手置于车把端部，在放松状态下握住车把
- 臀部稍高于座位前方
- 收腹、绷紧
- 抬胸
- 双肩向后、向下
- 肘部放松、向内
- 身体重心左右摇摆
- 眼睛位于车把前方



第2层

- 躯干有力，方可爬坡骑行有力
- 感觉臀部刚好触到车座前端
- 蹬下踏板，尽力发力
- 拉起车把，抵消向下的推力
- 将身体重心保持在腿部，而非车把

站立之前，确保设置了足够的阻力。站起时，你会更有力，因为用了全身重量来驱动踏板。应有足够的阻力来平衡体重。

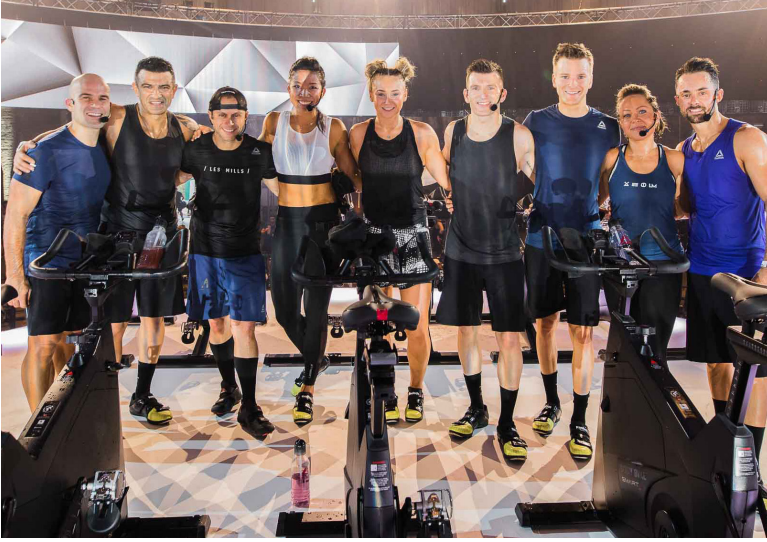
速度训练提示

1. 在车座上前倾
2. 脚趾轻微下压-稳住脚踝
3. 防止从车座弹出：来回推拉，收紧腹部并增加阻力。
4. 放松上身。
5. 下巴内收，眼睛向下看。
6. 通过“如果腿开始变慢，没关系，只要尽力即可”等言语来帮助人们获得成功的感受。



MUSIC

- 01 **Cloud 9** (3:28)
Jamiroquai
Courtesy of the Universal Music Group.
Written by: Kay, Johnson
- 02 **Cloud 9** (1:17)
Jamiroquai
Courtesy of the Universal Music Group.
Written by: Kay, Johnson
- 02 **Came Here For Love** (3:14)
Sigala & Ella Eyre
© 2017 Ministry of Sound Recording Limited / B1
Recordings GmbH, a Sony Music Entertainment Company.
Written by: Fielder, Christopher, Wild, Steinmyller,
McMahon
- 03 **Came Here For Love** (2:02)
Sigala & Ella Eyre
© 2017 Ministry of Sound Recording Limited / B1
Recordings GmbH, a Sony Music Entertainment Company.
Written by: Fielder, Christopher, Wild, Steinmyller,
McMahon
- 03 **Wild Kind** (5:29)
Birds In The Court
© 2018 Les Mills Music Licensing Ltd.
Written by: Reed, Cisneros, Forsmark, Otonkoski
- 04 **Feels Like Falling In Love** (5:15)
The XCERTS
© 2017 Raygun Records Limited.
Written by: Heron, Smith, Macleod, Clark
- 05 **Light Us Up (Dossa & Locuzzed
Remix)** (3:56)
Matrix & Futurebound feat. Calum
Scott
© 2017 Brendan Collins and Jamie Quinn under exclusive
license to Parlophone Records Limited, a Warner Music
Group Company.
Written by: Erjford, Record, Gibson, Michelsen
- 05 **Light Us Up (Dossa & Locuzzed
Remix)** (2:04)
Matrix & Futurebound feat. Calum
Scott
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license to Parlophone Records Limited, a Warner Music
Group Company.
Written by: Erjford, Record, Gibson, Michelsen
- 06 **We Might Fall** (5:39)
Ghastly & Matthew Koma
© 2017 Ghastly & Matthew Koma.
Written by: Crow, Bair
- 07 **Lighthouse (Extended Mix)** (7:27)
Andrew Rayel & Christina Novelli
© 2017 Armada Music B.V.
Written by: Rata, Novelli
- 08 **Way Back Home** (3:00)
Salvatore Ganacci feat. Sam Gray
© 2017 Refune Music Rights AB / Zatarra Recordings
Written by: Kobilic, Gray, Manovski
- 09 **Rain** (3:29)
The Script
© 2017 Sony Music Entertainment UK Limited.
Written by: Barry, Sheehan, Purcell, O'Donoghue



从左到右： Nuno Teixeira, Amir H Behforooz (影子展示者),
Glen Ostergaard, Fiona Fransisca,
Natalie Mohan (影子展示者), Patrick Maes,
Stefan Kögler (影子展示者), Jessica McDonald, Lee Smith

RPM 78在音乐和体能上都是一个加强版。音乐一如既往，将你带入充满情感的训练之旅，还有歌曲，有趣的令人振奋的小节，鼓舞士气的节奏和纯愉悦的迷幻舞曲-都会以不同的方式感动你。

训练带来许多不同的挑战。具体在第3、4、5、6小节。第3小节 爬坡速度更快，有大量的动作变化，所以在这一小节，PRP指导至关重要。第4和第6小节节奏更快，我们需要学习如何正确教授这些小节。对于超过140rpm的小节，我们转而采取更有激励作用的方法，指导骑手们“跟上节拍”-作为教练，我们应该用高超的技术骑行，尽可能接近节拍。

最后，在第5小节有多次短而快的冲击，所以，需再一次使用短而快的提示预先提示大家这些过渡。你会喜欢教这个版本的！

CREDITS

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- Head of Training, RPM** – Sarah Ostergaard
- Choreography & Music** – Glen Ostergaard
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultant** – Andrew Newmarch
- Program Planner** – Monique Whareumu

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Nuno Teixeira (葡萄牙)：RPM, BODYPUMP, CXWORX和LES MILLS SPRINT培训师。



KEY

- B up** Build Up
- C** Chorus
- HR** Heart Rate
- Intro** Introduction
- Outro** Last few bars of music
- QC** Quiet Chorus
- Synth** Synthesizer
- V** Verse
- Br** Bridge (non-chorus)
- CTS** Musical Counts
- Instr** Instrumental
- Mins** Minutes
- PC** Pre-chorus
- Ref** Refrain (recurring phrase or number of song lines)
- Tempo** Normal pace of the music

Pace

- RPM** Revolutions Per Minute
- 1/2** SLOW – Riding on the 1/2 beat
- 3/4+** BUILDING – Chasing and/or riding just under the beat
- 1/1+** A little faster than RPM
- 1/4** Riding on the 1/4 beat
- 3/4** MEDIUM – Riding on the 3/4 beat
- 1/1** ON THE BEAT

Resistance

- A ●** Attack Resistance
- C ●** Climbing Resistance
- R ↘** Reduce to Racing Resistance
- ↗** Increase Resistance
- B ●** Base Resistance
- R ●** Racing Resistance
- Maintain Resistance
- ↘** Decrease Resistance

EXPRESS FORMATS

Please note: This format is customized to this release only. If time permits you may include Track 8 Ride Home/Stretch, alternatively advise your class to do their own stretches once they have left the room.

RPM 78 30-MINUTE FORMAT

- Track 01** Pack Ride
- Track 02** Pace
- Track 03** Hills
- Track 04** Mixed Terrain
- Track 05** Intervals
- Track 08** Ride Home/Stretch (If time allows)
- Total Time** 29:45

Mix and Match Formats: Should you wish to mix and match using different releases, please use the standardized 30- and 60-minute formats. Be sure to check the length of your playlist!

60-MINUTE FORMAT

- Track 01** Pack Ride
- Track 02** Pace
- Track 03** Hills
- Track 04** Mixed Terrain
- Track 05** Intervals
- Track 06** Speed Work

30-MINUTE FORMAT

- Track 1** Pack Ride
- Track 3** Hills
- Track 4** Mixed Terrain
- Track 5** Intervals
- Track 7** Mountain Climb
- Track 8** Ride Home/Stretch

- Track 03** Hills
- Track 06** Speed Works
- Track 07** Mountain Climb
- Track 8** Ride Home/Stretch

写给教练

当与过去的版本混合教学时,请尝试从最新材料中选择音轨,以体现当前的音乐和训练原则。如果使用老版本教学,一定要与现代音轨混合教学,不要改变动作;音轨一推出,就用于教学,但可以使用更现代的指导语言和术语。如果使用63版(回程/伸展)的第8小节,那么不要同时教授RPM 63版之前的第9小节(伸展)。



我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名指导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

在莱美国际，我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。最重要的是，我们热衷于随时随地传递改变人生的健身体验。

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RPM **78**

01. PACK RIDE

02. PACE

03. HILLS

04. MIXED TERRAIN

05. INTERVALS

06. SPEED WORK

07. MOUNTAIN CLIMB

08. RIDE HOME/STRETCH

MUSIC

EXPRESS FORMATS

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. PACK RIDE

1/1 = 118rpm

TRACK FOCUS

- Coach your class to get a feel for Position, Resistance and Pace using clear PRP cues.
- Teach to the feel of this cool, upbeat track using a relaxed and softer voice.

PROFILE

4 blocks for finding Racing Resistance early on, maintaining this through to the end.

Block	Music	Position	Pace	Resistance	PI
1	0:05 Intro / (Low)	4x8 Seated Recovery	1/2	●	E
	0:21 V1 / _ You pick me	4x8 Ride Easy	3/4	B ●	
	0:37 _Now when the	4x8 Ride Easy	3/4	↗	
	0:53 C / _ Only a fool	8x8 Racing	1/1	R ●	
2	1:24 V2 / _ You get your	4x8 Ride Easy	3/4	●	E
	1:40 We go out	4x8 Ride Easy	3/4	↗	
	1:56 C / _ Only a fool	8x8 Racing	1/1	●	
3	2:26 Instr / (Low)	4x8 Seated Recovery	1/2	●	E
	2:43 Ref / _ I'm not the	4x8 Ride Easy	3/4	●	
	2:59 Rep / _ Only a fool	8x8 Racing	1/1	●	
4	3:27 Br	1/2x8 Transition	1/1-1/2	●	M
	3:29 Instr / (Low)	4x8 Seated Recovery	1/2	●	
	3:45 Ref / _ I'm not the	4x8 Ride Easy	3/4	●	
	4:01 Rep / _ Only a fool	8x8 Racing	1/1	●	
	4:30 Outro /	4x8 Racing	1/1-3/4	●	

↘ to B ●



01. CLOUD 9 4:45 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Focus on coaching PRP (Position, Resistance and Pace) with an emphasis on Resistance as we don't back off from here.

- Base Resistance: A light connection to the pedal
- Light gear clockwise, little more grab in the muscle
- Ride Easy: Shoulders down, lift your chest, hips back
- Find Racing Resistance, a deeper pressure in the muscles with room to give
- Racing: Slide your hands wide, relax your upper body, light brace through the belly, butt back

2– Layer 2

Improve Technique

Check in with your class if they felt the Resistance in the first block. Encourage them to add more if needed. Teach your class how they can ride better: to the beat with control using Layer 2 cues.

- Round 2, let's get warmer
- This round is short, so let's bubble up the energy
- Remember: Good Resistance glues your butt to the seat, so you can ride with control

3– Layer 2

Manipulate Intensity

Start to work your participants harder now. Talk about how they should be feeling using Intensity-type cues.

- This block, we're going to pick up the heart rate and get ready for the workout ahead!
- Right about now your heart should be buzzing!
- How are you feeling?

4– Layer 3

Motivation/Connection

Lift the energy in your voice; be more upbeat. Motivate and prepare your class for work in the next track. Bring everyone with you on this RPM journey using inclusive language.

- Let's do one more block.
- I think the body's warm. I think it's buzzing. The mind is ready! Shall we bring it home?
- In RPM we ride the rhythm together, we sweat together, we have fun together and we finish together!

CONNECTION:

This track is the scene-setter for the workout ahead. Welcome both newcomers and regulars into the ride with a warm, welcoming manner. Use a conversational voice, matching the feel of the track's cool song.



02. PACE

1/1 = 128rpm

TRACK FOCUS:

- Bring clarity to the many choreographic changes by cueing PRP at every change.
- Use vocal contrast to create excitement through the softer, building and 'full noise' parts of the track.

PROFILE:

5 blocks of short fast flats, Climbs and downhill surges.

Block	Music	Position	Pace	Resistance	PI
1	0:00 Intro /	4x8 Seated Recovery	1/2	●	E
	0:14 V1 / _ I'm no longer	4x8 Ride Easy	1/2	B ●	
	0:29 PC / See that you	4x8 Ride Easy	3/4	↗	
	0:44 C / Love. For some	4x8 Ride Easy	3/4+	↗	M
	0:59 Rep / Love. I came	4x8 Racing (Forward)	1/1	●	H
2	1:14 V2 / _ I'm so ready	4x8 Ride Easy	3/4	↘	E
	1:29 PC / See that you	4x8 Ride Easy	3/4	↗	
	1:44 C / Love. For some	4x8 Racing	3/4+	R ●	M
	1:59 Rep / Love.	4x8 Racing (Forward)	1/1	●	H
3	2:14 Rep / Came here for	4x8 Standing Climb	1/2	C ●	M
	2:29 Came here for	4x8 Standing Climb <i>Accelerate on the last 8cts</i>	1/2	↗	
	2:44 C / Love. For some	8x8 Racing (Forward)	1/1	↘ to R	H
4	3:14 Br / (Low)	1/2x8 Transition	3/4	●	E
	3:15 V2 / _ I'm so ready	4x8 Ride Easy	3/4	↘	
	3:30 PC / See that you	4x8 Ride Easy	3/4	↗	
	3:45 C / Love. For some	4x8 Racing	3/4+	R ●	M
	4:00 Rep / Love	4x8 Racing (Forward)	1/1	●	H
5	4:15 Rep / Came here for	4x8 Standing Climb	1/2	C ●	M
	4:30 Came here for	4x8 Standing Climb <i>Accelerate on the last 8cts</i>	1/2	↗	
	4:45 C / Love. For some	8x8 Racing (Forward)	1/1	↘ to R ● ↘ to B ●	H



02. CAME HERE FOR LOVE 5:16 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Using Layer 1 cues, coach your class to build Pace and Resistance as you work towards the beat for a short Race.

- Base Resistance, light connection to the wheel
- Racing Resistance: Pressure in the muscles with room to move
- Racing: **Chest up, upper body relaxed, shoulders down, slide forward**

2– Layer 2

Improve Technique

Enhance your cues that you used in Block 1. Use Layer 2 cues with an emphasis on hitting the beat. Coach them how they can ride faster.

- Racing Resistance: Good tension in the muscles but plenty of give
- To help the legs turn more quickly, slide forward and dip the toes
- We are aiming for small, quick circles

3– Layer 1 & Layer 2

Position/Resistance/Manipulate Intensity

First time climbing, coach correct Resistance and Position so they hit great technique straight away. Then coach Racing Resistance in the sprint. Make sure you highlight the difference between the various levels of Resistance. The sprint is longer this time, so it'll feel much harder.

- Add a gear clockwise; find Climbing Resistance
- Standing Climb: **Chest up, butt back, little side to side**
- We're going to lean in and roll over the top of the climb and sprint
- Reduce to Racing Resistance, on Pace!
- 15 more seconds of your best speed work

4– Layer 2

Educate

This Block is a repeat of Block 2. Enhance your class' workout by educating them why we want to ride fast. What are the benefits?

- Take a moment to recover before we go again
- We're going to roll it in Racing, then hit fast speed
- Find tempo, on the beat!
- Fast riding – we burn lots of calories and get fit fast

5– Layer 2 & Layer 3

Improve Technique/Motivate/Inspire

This time, we repeat Block 3. In the climb, teach your class how they can climb with better technique and in the sprint, Motivate and Inspire them to ride hard to the end. After all, if you're riding hard, they will too.

- Light climb, little grip on the bars, pull up and drive down
- You've got it! 15 seconds – let's do this! Chase it home

PERFORMANCE:

This track is fun, energetic and uplifting. Connect to the feel of the music and choreography by using your voice. As the energy starts to build in the ride and music, start to lift the tone of your voice. When the chorus hits, you will need to be 'full noise!'

COACHING TIP:

In Blocks 2 and 4, we move into Racing BUT we are not riding at 1/1. Make sure you hold your riders back here, so when the 4x8 of 1/1 comes in, they can go as fast as they can. Also, remember we only slide forward when we ride at 1/1.



03. HILLS

1/1 = 85rpm

PROFILE:

3 Blocks, one short and two longer fast rolling Climbs.

TRACK FOCUS:

- Bring this uplifting music alive using your body and uplifting voice.
- Clearly coach the faster Climbing Pace and Resistance feel to get the true intensity.

Block	Music		Position	Pace	Resistance	PI	
1	0:00	Intro /	4x8	Seated Recovery	1/2	B ●	E
	0:12	V1 / _ You drew	8x8	Ride Easy	1/1	↗	
	0:34	I'ma let it out	8½x8	Ride Easy	1/1	↗	
	0:58	Instr / (Synth)	4x8	Standing Climb	1/1	C ●	M
	1:10	Let it out	4x8	Standing Climb	1/1	↗	
2	1:21	Br /	1x8	Transition	1/1	●	E
	1:24	V2 / _ You held me	8x8	Ride Easy	1/1	↘	E
	1:46	I'ma let it out	8x8	Power Climb	1/1	C ●	
	2:09	Instr / (Synth)	4x8	Standing Climb	1/1	↗	H
	2:20	(B up)	4½x8	Power Climb	1/1	●	
	2:33	(Rhythm)	2x8	Standing Attack	1/1	↗	
	2:38	(Down)	2x8	Power Climb	1/1	●	
	2:44	Rep / Let it out	2x8	Standing Attack	1/1	●	
	2:50	Make a hella	2x8	Power Climb	1/1	●	
	2:55	Let it out	2x8	Standing Attack	1/1	●	
	3:01	Wild kind	2x8	Power Climb	1/1	●	
	3:07	Let it out	2x8	Standing Attack	1/1	●	
	3:12	Wild kind	2x8	Standing Attack	1/1+	●	
3:18	Br /	1x8	Transition	1/1	●	E	
3:21	V3 / _ You held me	8x8	Ride Easy	1/1	↘	E	
3:44	I'ma let it out	8x8	Power Climb	1/1	C ●		
3	4:06	Instr / (Synth)	4x8	Standing Climb	1/1	↗	M
	4:17	(B up)	4½x8	Power Climb	1/1	●	H
	4:30	(Rhythm)	2x8	Standing Attack	1/1	↗	
	4:36	(Down)	2x8	Power Climb	1/1	●	
	4:41	Rep / Let it out	2x8	Standing Attack	1/1	●	
	4:47	Make a hella	2x8	Power Climb	1/1	●	
	4:53	Let it out	2x8	Standing Attack	1/1	●	
	4:58	Wild kind	2x8	Power Climb	1/1	●	
	5:04	Let it out	2x8	Standing Attack	1/1	●	
	5:10	Wild kind	2x8	Standing Attack	1/1+	●	
	5:15	Outro /	4x8	Ride Easy	1/2	↘ to B ●	



03. WILD KIND 5:29 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Use this short block to clearly coach the Layer 1 PRP cues to establish correct riding Position, Resistance and Pace. Coach your participants to hook into the correct Pace early on, then find Climbing Resistance before the 20-second climb.

- Climbing Resistance is heavy tension on the legs, enough to make you stand
- Ride Easy: Butt back, **chest lifted, relax the upper body**
- Standing Climb: **Hips back, tighten the core**, lighten the upper body

2– Layer 2

Improve Technique/Manipulate Intensity

Let your riders know that Block 2 is longer with 4 Attacks. Set up the correct Pace and Resistance again to make sure they have enough Resistance before they stand. Use Layer 2 cues to Improve Technique. Highlight the Bridge between the Power Climb and the 4 Standing Attacks.

- This round is a little longer to help you get stronger
- Up ahead we have 4 Attacks within 40 seconds of rolling climbs
- Let's tune into that Climbing Resistance again, feed the muscles with heavy pressure, feeling tight and firm on the legs
- We're going back to the Climb, a short one!
- Standing Climb: Gentle rock of your body side to side; use your body weight
- Power Climb: **Butt back**, aim for big circles
- 4 heavy Attacks, 40 seconds – are you ready for this?
- Gear up! Hold! Standing Attack!
- Hips forward when we stand, hips back when we're seated
- 2 down, 2 to go
- Standing Attack: **Pull the knees up**
- Power Climb: Big circles with the feet
- Stay up on the last one – accelerate!

3– Layer 3

Motivate/Inspire

Show the excitement as to how amazing that previous block was and invite them to do it again. Finish the last block with lots of motivational cues. Use the lyrics and work hard to the end.

- Feels amazing, doesn't it?!
- You have one more opportunity to make it twice as powerful!
- On the Attacks, pull the knees up to fire up the quads so that you can roll onto the momentum
- Climbing Resistance: Find that stickiness under the foot
- Power Climb: Drive the pedal with big circles using your glutes and hamstrings to generate more power
- We gonna let it out! Indestructible!
- You and us now! 40 seconds! Shall we do this together?
- Let it out! Everything you need is already inside you!
- Let's run together!

CONNECTION:

Connect to the music by using facial expressions, body language and an uplifting voice. Be especially inclusive in Block 3, using 'we' – or 'us' – type of cues, where your class will need your help to get them through.

PERFORMANCE:

Take advantage when the music builds up, using silence, letting the music drive the workout. Highlight the Bridge between the Power Climb and the 4 quick Standing Attacks in Blocks 2 and 3. You need to hold for a few seconds before standing. Pull back your voice during the recovery and be big on the powerful beat.

COACHING TIP:

Emphasize the Resistance feel, so your riders will have enough Resistance on the Standing Attack. If it was too heavy, they wouldn't be able to roll onto the momentum. Too light, they will lose the training benefits by going ahead of the beat.



04. MIXED TERRAIN

1/1 = 145rpm

TRACK FOCUS:

- Clearly coach the PRP with an emphasis on good muscle tension so the participants can chase the beat with control.

PROFILE:

3 Blocks to ride fast with 2 smooth Climbs in the middle of Blocks 2 and 3.

Block	Music	Position	Pace	Resistance	PI
1	0:00 Intro	1x8 Seated Recovery	1/2	●	E
	0:03 V1 / _ Keep your	4x8 Ride Easy	3/4	B ●	
	0:16 _ Keep your	4x8 Ride Easy	3/4	↗	
	0:29 C / And it feels like	4x8 Racing (Forward)	3/4+	R ●	M
2	0:43 V2 / _ Keep the	4½x8 Ride Easy	3/4	↘	E
	0:58 _ Keep your heart	4x8 Ride Easy	3/4	↗	
	1:11 C / And it feels like	8x8 Racing (Forward)	3/4+	R ●	H
	1:37 Tonight	4x8 Ride Easy	1/2	●	E
	1:50 Believing	4x8 Standing Climb	1/2	C ●	M
	2:04 Tonight	4x8 Standing Attack	3/4	●	H
	2:17 C / Feels like	8x8 Racing (Forward)	3/4+	↘ to R	
	2:43 Tonight	4x8 Aero-Racing (Forward)	3/4+	●	
3	2:54 Br / Falling in loove	1x8 Transition	1/2	●	E
	2:59 V3 / _ Keep the	4x8 Seated Recovery or Ride Easy	1/2	↘	
	3:13 _ Keep your	4x8 Ride Easy	3/4	↗	H
	3:25 C/ Feels like	8x8 Racing (Forward)	3/4+	R ●	
	3:51 Tonight	4x8 Ride Easy	1/2	●	E
	4:04 Believing	4x8 Standing Climb	1/2	C ●	M
	4:18 Tonight	4x8 Standing Attack	3/4	●	H
	4:31 C / Feels like	8x8 Racing (Forward)	3/4+	↘ to R	
	4:58 Tonight	4x8 Aero-Racing (Forward)	3/4+	●	
				↘ to B ●	



04. FEELS LIKE FALLING IN LOVE 5:15 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Coach Layer 1 PRP cues working towards the first fast Race. Use the Sprint cues to help them ride fast.

- Find a light base connection, and just 'chill'
- Ride Easy: **Chest up, elbows soft, relax the arms**
- Find Racing Resistance – good muscle tension, plenty of room to chase the rhythm
- Racing: **Relax your upper body, brace the abs**, hips forward, toes dip

2– Layer 1 & Layer 2

Position/Resistance/Improve Technique/ Manipulate Intensity

This Block is longer and is broken up with a Climb and an Attack in the middle of it. In the sprints, teach your class how they can ride with better Technique and to ride harder. Set up an easy Climbing Resistance.

- Coach the transition from Standing Climb to Standing Attack through to Racing with clarity so they feel the fast drop to chase the beat for 45 seconds.
- That felt good – let's do it again. 2 rounds to go. Up ahead a fast flat and an uphill run with a fast drop
- First find Racing Resistance: Good muscle tension to go quick
- Racing: Relax the upper body and brace the abs for control – we are running towards the rhythm
- Let the resistance slow you down. Find Climbing Resistance, enough to stand up
- Standing Climb: **Chest up, hips back and side to side**
- 15-second uphill jog – Standing Attack: **Hips forward, lean in**. It should feel like a fast jog. Lift your knees and grip the bars
- Here it comes – 45 on the drop! 4, 3, 2 sit, Racing gear
- Racing: Hips forward, dip toes, relax upper body to create fast circles
- The challenge is to race towards the rhythm
- Aero-Racing: **Drop your upper body a little**

3– Layer 3

Motivate/Inspire

The final block is a repeat of Block 2. Because you've coached the first 2 blocks well, use this block to Motivate and Inspire your class to the end using Layer 3 cues.

- 2 blocks down, 1 to go! This is the feel-good round. This one's going to burn calories, get you fit and make you feel good
- Now you're feeling it!
- Find Climbing Resistance, enough to pop you out of the seat
- Feels good, yeah? But this one feels better – 45 on the drop, sit, Racing gear on
- I'm feeling good because it feels quick
- How awesome does this feel?
- 15 seconds – come with us and we'll come with you

CONNECTION:

Connect to the lyrics in the fast flats to bring out the music more and help challenge the riders to ride fast: like falling falling, running running in circles, circles.

PERFORMANCE:

Show you love this awesome Alternative Rock track by using the music and lyrics to bring the track alive. Create excitement in the Standing Attack so the drop into the 45-second Race becomes an element of surprise. In the Race, let your body go with the music; feel it and say little.

COACHING TIP:

Because this track is faster than 140 rpm, we don't cue riding on the beat. Say things like "try to catch the beat/rhythm/pace" or use simple cues like "faster, pump the knees, as fast as you can with control".



05. INTERVALS

1/1 = 90rpm

TRACK FOCUS:

- Highlight the training effect caused by the short recoveries and multiple Attacks. Creating a high metabolic cost will increase fat burn and fitness gains.
- Create an awareness as to which muscle group we're working – standing vs. seated.

PROFILE:

3 Blocks of Intervals with multiple short explosive Attacks

Block	Music		Position	Pace	Resistance	PI	
1	0:00	Intro / _ You've gotta	8x8	Seated Recovery	1/2	B ●	E
	0:21	Get so tired?	8x8	Ride Easy	1/1	●	
	0:42	QC / Light us up	4x8	Ride Easy	1/1	↗	M
	0:53	Light us up	4x8	Ride Easy	1/1	↗	
	1:03	Instr / (Synth)	8x8	Standing Attack	1/1	A ●	H
	1:25	Light us up	8x8	Racing	1/1	●	
	1:46	Get so tired?	8x8	4x Attack Combo	1/1		
			1x8 Standing Attack	1/1	●		
			1x8 Racing		●		
			↗ on 1st Attack				
2	2:07	QC / Light us up	4x8	Seated Recovery	1/2	↘	E
	2:18	Light us up	4x8	Ride Easy	1/1	●	M
	2:28	Instr / (Synth)	8x8	Standing Attack	1/1	A ●	H
	2:50	Light us up	8x8	Racing	1/1	●	
	3:11	Get so tired?	16x8	8x Attack Combo	1/1		
			↗ on 1st Attack				
3	3:54	Br /	1x8	Transition	1/2	↘	E
	3:57	QC / Light us up	4x8	Seated Recovery	1/2	●	M
	4:07	Light us up	4x8	Ride Easy	1/1	●	
	4:18	Instr / (Synth)	8x8	Standing Attack	1/1	A ●	H
	4:39	Light us up	8x8	Racing	1/1	●	
	5:00	Get so tired?	16x8	8x Attack Combo	1/1		
				↗ on 1st Attack			
5:43	Outro /	8x8	Ride Easy	1/2	↘ to B ●	E	



05. LIGHT US UP 6:00 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Use the long setup to coach correct Resistance and Pace, building anticipation along the way. Use short Layer 1 cues to get your class moving with good Technique.

- Ride Easy: **Hips back, chest lifted, elbows soft**
- Attack Resistance: **Find some strong tension in the legs**
- Standing Attack: **Lean in, lift your chest, grip the bars**
- Racing: **Hips back, brace abs**
- 4 quick Attacks: **Stand 4, 3, 2, 1; Race 4, 3, 2, 1**

2– Layer 2

Improve Technique/Manipulate Intensity

Teach your class how they can ride this block better using Layer 2 cues. Warn them that this time there's 8 Attacks!

- Efforts are long and recovery is short
- This is what we came for – here's the training effect!
- Standing Attack: Drive your knees up towards your chest, lock your core
- Racing: Grip the bar and push your hips back in the seat. Long legs drive hips, glutes and quads
- Here's the kick – not 4 Attacks but 8!
- Think explosive on the up; think strong on the down

3– Layer 3

Motivate/Inspire

Motivate to Inspire your class to finish this last block at their best! Push yourself as hard as you can go by being the athlete that your class aspires to be. Use Layer 3 motivational cues to get them across the line.

- Last one now – together we finish!
- Light this one up
- Big finish, big metabolic thrust coming at you
- Come on now, you can do this, hang on tight
- This builds your anaerobic power and strength – makes you fit faster and burns maximum calories!

PERFORMANCE:

A great song with great choreography! Express your love of the track through your body language, the way you move and sound.



06. SPEED WORK

1/1 = 155rpm

TRACK FOCUS:

- Coach your class to ride at their fastest Pace – use surges of speed in Blocks 2 and 3 to help everyone achieve this.
- Use positive and encouraging language to help riders feel successful.

PROFILE:

3x efforts where we find our top speed with 6x 4–second surges in Blocks 2 and 3.

Block	Music	Position	Resistance	PI	
1	0:00 Intro /	1x8 Seated Recovery	1/2 B ●	E	
	0:03 V1 / _ Could you	8x8 Ride Easy	↗		
	0:27 Rep / _ 'Cause while	4x8 Ride Easy	3/4 R ●	M	
	0:40 _ 'Cause while	4x8 Ride Easy	3/4–3/4+ ●		
	0:52 Instr / (Drop)	16x8 Racing (Forward)	3/4+ ●		H
2	1:42 (Low)	4x8 Ride Easy	1/2–1/4 ↘	E	
	1:54 V2 / _ You say it	8x8 Seated Recovery	1/4–1/2 ●		
	2:19 Rep / _ 'Cause while	4x8 Ride Easy	3/4 R ●	M	
	2:31 _ 'Cause while	4x8 Ride Easy	3/4–3/4+ ●		
	2:44 Instr / (Drop)	12x8 6x Racing Surge Combo			H
			1x8 Racing (Forward)	3/4+ ●	
		1x8 Racing (Forward)	3/4 ●		
	3:21 (Synth)	4x8 Racing (Forward)	3/4+ ●		
3	3:34 (Low)	4x8 Ride Easy	1/2–1/4 ↘	E	
	3:46 V2 / _ You say it	8x8 Seated Recovery	1/4–1/2 ●		
	4:10 Rep / _ 'Cause while	4x8 Ride Easy	3/4 ↘ to R	M	
	4:24 _ 'Cause while	4x8 Ride Easy	3/4–3/4+ ●		
	4:35 Instr / (Drop)	12x8 6x Racing Surge Combo			H
			4x8 Racing (Forward)	3/4+ ●	
		5:12 (Synth)	4x8 Racing (Forward)	3/4+ ●	
	5:25 Outro /	4x8 Ride Easy	1/2 ↘ to B ●	E	



06. WE MIGHT FALL 5:39 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Use clear Layer 1 PRP cues to set up Racing, Resistance and Technique to enable riders to move with speed and control. Pre-cue early so that when the music drops, the music can fill the room. Avoid cues like “on the beat;” instead, use cues that encourage the class to ride toward the beat.

- Tune into Racing Resistance: a good tension on the wheel with plenty of room to move fast.
- Ride Easy: Hands on top of the bars, **relaxed upper body, chest lifted**
- When we Race, we shift hips forward and dip toes
- Racing: **Relax the arms, drop the shoulders, slide hips forward**, small fast circles to go faster
- Chase the rhythm, as fast as you can go!

2– Layer 2

Improve Technique

Use a conversational voice to recover. Tell your class the profile of 6x short surges and the longer 12-second sprint. Set up these surges of speed early on, to help us move fast towards the rhythm. Use Layer 2 cues to help riders to move with control and speed. Keep it simple and clear. Count down 4, 3, 2, 1, ease off, go, 4, 3, 2, 1.

- Recovery feels good, right?
- Round 2, tune into that Racing gear, plenty of tension on the wheel
- Ride Easy, Medium Pace
- This time, 6 surges of speed that’s going to help us get faster and that’s what will make us fitter! How does that sound?
- Slide forward and dip the toes – Racing
- Surge – 4, 3, 2, 1, slow
- Pump the knees towards the bar – that’s going to generate more speed
- 15 seconds of speed now, as fast you can to the end!

3– Layer 2 & Layer 3

Educate/Motivate

This block is all about celebrating the awesome feeling of moving fast and understanding the benefits of doing so. Use Layer 2 and 3 cues to help them experience this feeling. Help them understand why the surges are more challenging. Motivate your class to do their best to the very end.

- Remember, it’s the surges of speed that help us to ride faster and get fitter!
- Six times we surge
- It feels good to go fast
- The faster you go, the better it feels! That’s what gets us fitter!

PERFORMANCE:

Avoid too much coaching to allow the music to drive the workout. Say what you need to say then use silence to bring it out.

COACHING TIP:

Because this track has a fast RPM, we want to avoid cueing the 1/1 or riding on the beat. Cue to ride fast by saying things like “try to catch the beat/rhythm/Pace” or using simple cues like “faster, pump the knees, as fast as you can with control”.



07. MOUNTAIN CLIMB

1/1 = 67rpm

TRACK FOCUS:

- Highlight the short recovery phases to recharge the body, ready for the long work phases.
- Be descriptive with coaching of the Resistance to help maximize riders efforts.

PROFILE:

4 long strong Climbing phases with short recoveries. Watch out for the surprise sprint at the end of the track.

Block	Music	Position	Pace	Resistance	PI
1	0:00 Intro /	4x8 Seated Recovery	1/2	B ●	E
	0:14 Instr / (Upbeat)	4x8 Ride Easy	1/1	↗	M
	0:28 (Bup)	4x8 Ride Easy	1/1	↗	
	0:42 (Heavy)	4x8 Standing Climb	1/1	C ●	H
	0:57 (Driving beat)	4x8 Standing Climb	1/1	↗	
	1:11 (Heavy + synth)	4x8 Standing Climb	1/1	↗	
2	1:26 V1 / _ I see tonight	8x8 Ride Easy	1/1	↘	
	1:54 Ohhhhhhh	4x8 Ride Easy	1/2	●	
	2:08 Ohh I'm your	8x8 Seated Recovery	1/2	●	M
	2:38 Instr / (Synth)	4x8 Ride Easy	1/1	C ●	
	2:52 (B up synth)	4x8 Power Climb	1/1	●	H
	3:06 (Heavy)	4x8 Standing Climb	1/1	↗	
	3:20 (Driving beat)	4x8 Standing Climb	1/1	↗	
	3:35 (Upbeat)	4x8 Power Climb	1/1	●	
	3:49 (Windup)	4x8 Standing Attack Last 2x8, 1/1+	1/1	↗	
3	4:03 Rep / Ohh your	4x8 Standing or Seated Recovery	1/2	↘	E
	4:18 Again. I'm your	4x8 Ride Easy	1/1	●	
	4:32 Instr / (Heavy)	4x8 Standing Climb	1/1	C ●	H
	4:46 Ohhhh	4x8 Standing Climb	1/1	↗	
	5:01 Ohhhh	4x8 Power Climb	1/1	●	
	5:15 (Windup)	4x8 Standing Attack Last 2x8, 1/1+	1/1	↗	
4	5:29 Rep / Ohh your	4x8 Standing or Seated Recovery	1/2	↘	E
	5:44 Again. I'm your	4x8 Ride Easy	1/1	●	
	5:58 Instr / (Heavy)	4x8 Standing Climb	1/1	C ●	H
	6:12 Ohhhh	4x8 Standing Climb	1/1	↗	
	6:27 Ohhhh	4x8 Standing Climb	1/1	↗	
	6:41 (Windup)	4x8 Standing Attack Last 2x8, 1/1+	1/1	●	
	6:55 (Driving low beat)	8x8 Racing (Forward)	1/1++	↘ to R ↘ to B ●	



07. LIGHTHOUSE 7:27 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Coach PRP using Layer 1 cues to set your class up with great Climbing Technique.

- Ride Easy: **Butt back, relax the upper body**
- Climbing Resistance: Add a gear to find a strong grip in the muscles
- Standing Climb: **Chest lifted, butt back, shoulders relaxed, side to side**

2– Layer 2

Improve Technique

Lead your class through the recovery. Then build intensity using your voice to create excitement and energy. When the 1-minute effort begins, teach your class how they can ride better using Layer 2 cues.

- Enjoy this recovery, recharge and prepare for the work coming up
- Find a big solid gear to grab the beat
- Add extra pressure to find Power Climb: **Butt back, brace abs**
- Standing Climb: Use your body weight side to side – helps to push this heavy Resistance
- Power Climb: Aiming for BIG pedal circles – Push and Pull
- Standing Attack: **Lift up and lean in**, use your quads

3– Layer 2

Manipulate Intensity

Emphasize that the recovery is really short. Focus on challenging your class to ride harder. Use time references to help them get through the minute effort. Show them what it feels like to work hard by the way you move and the use of your body.

- We work hard for 1 minute only!
- Challenge in the saddle, hold Resistance, get stronger!
- Standing Attack: Can you go 5% quicker?

4– Layer 3

Motivate/Inspire

Final block, highlight the short 30-second recovery again. Then it's game on till the end, a 90-second kicker to bring it home. Use Layer 3 cues to Motivate your class to finish. Watch out for the 30-second downhill sprint to finish. Make sure you cue to reduce to Racing Resistance.

- This is it – your final block
- You know the rules, you have the tools, it's up to you!
- We started together, let's finish together
- We finish on the downhill
- Reduce to Racing Resistance and hit the beat!

PERFORMANCE:

Because recoveries are so short in this track, you have to emphasize that they need to be taken. Facilitate this through the use of your voice. Create contrast with a softer conversational voice in the recovery and a booming BIG voice during the workout.



08. RIDE HOME/STRETCH

1/1 = 105rpm

PROFILE:

A short flush on a flat road to freshen up the legs.

TRACK FOCUS:

- Acknowledge the workout effort and congratulate your class on completing it.
- Flush out the legs, bring the heart rate down, stretch the riding muscles.

Block	Music	Position	Pace	Resistance	PI
1	0:00 Intro /	1x8 Seated Recovery	1/2		
	0:04 V1 / _ So long to the	4x8 Ride Easy	1/2	B ●	
	0:22 _ I fear that my	4x8 Ride Easy	3/4	↗	
	0:41 C / Way back home	4x8 Racing	3/4+	●	
	0:59 Rep / Way back home	4x8 Racing	1/1	↗	
	1:17 Br / (Low)	1x8 Transition off bike			
2	1:22 V2 / _ Some say that	4x8 Standing Quadricep Stretch L			
	1:40 QC / Way back home	4x8 Standing Quadricep Stretch R			
	1:58 Rep / Way back home	4x8 Standing Gluteal Stretch R			
	2:17 Ref / Home	4x8 Standing Gluteal Stretch L			
	2:35 Rep / Way back home	4x8 Standing Hamstring Stretch L,R			
	2:53 Outro / _ Just show	1x8 Shake and congratulate!			



08. WAY BACK HOME 3:00 mins

BLOCK OBJECTIVES

1– Layer 1

Position/Resistance/Pace

Coach your class through the flush, allowing the heart rate to come down. Use lots of smiles and praise to acknowledge their effort in the workout today.

- Light gear and Medium Pace
- Hey, we made it!
- 15-second flush, on Pace
- Time to enjoy and celebrate our workout today

2– Layer 2

Educate

Quick transition off the bike. Lead your class through each of the stretches.

- Quad Stretch: Pick up one heel, pull it to your bottom, stand tall, try to keep your knees together
- Glute Stretch: Cross ankle over knee, butt back and down, back straight
- Hamstring Stretch: One foot forward, butt back and down, lean forward

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 and power 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.

BIKE SETUP

Before you begin the class use the 'on-the-bike quick check' to make sure you have a slight bend in your knee at the bottom of your pedal stroke.

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 great force production. If your heel easily touches the pedal and the knee is bent, then the seat is too low. If you cannot reach the pedal without losing your hip alignment, then your seat is too high. Once you place your foot back in the pedal/cage, check you have a slight bend in your knee – the optimal angle is 25 degrees.

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 in front of the handlebars*



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 forward 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 in front of the handlebars*
- *Hips, knees, ankles in line*



GLOSSARY

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 in front of the handlebars
- **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 fast in Tracks 2, 4 and 6. Also used occasionally in Track 5 to vary the muscle activation. 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 handlebars
- **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.

STANDING ATTACK

Layer 1

- Hands to the end of the handlebars
- **Bring your body weight slightly forward**
- **Abs in and braced**
- **Chest up**
- Eyes in front of the handlebars



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, and at the top of climbs to change muscle recruitment for quick efforts of intensity and power. Bringing the hips forward increases recruitment in the quads.

GLOSSARY

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.

POWER CLIMB

Layer 1

- Hinge forward 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 in front of the handlebars
- 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 resistance 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 resistance. 'Push and pull' your legs simultaneously to ride efficiently and avoid pedaling in 'squares'.

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.

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 in front of the handlebars

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 as you can
- Pull up on the handlebars to counteract the downward push
- Keep your body weight in your legs, not in 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.

SPEED 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"



MUSIC

- 01 **Cloud 9 (3:28)**
Jamiroquai
Courtesy of the Universal Music Group.
Written by: Kay, Johnson
- 02 **Cloud 9 (1:17)**
Jamiroquai
Courtesy of the Universal Music Group.
Written by: Kay, Johnson
- 02 **Came Here For Love (3:14)**
Sigala & Ella Eyre
© 2017 Ministry of Sound Recording Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Fielder, Christopher, Wild, Steinmyller, McMahon
- 03 **Came Here For Love (2:02)**
Sigala & Ella Eyre
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Written by: Fielder, Christopher, Wild, Steinmyller, McMahon
- 03 **Wild Kind (5:29)**
Birds In The Court
© 2018 Les Mills Music Licensing Ltd.
Written by: Reed, Cisneros, Forsmark, Otonkoski
- 04 **Feels Like Falling In Love (5:15)**
The XCERTS
© 2017 Raygun Records Limited.
Written by: Heron, Smith, Macleod, Clark
- 05 **Light Us Up (Dossa & Locuzzed Remix) (3:56)**
Matrix & Futurebound feat. Calum Scott
© 2017 Brendan Collins and Jamie Quinn under exclusive license to Parlophone Records Limited, a Warner Music Group Company.
Written by: Erjford, Record, Gibson, Michelsen
- 06 **Light Us Up (Dossa & Locuzzed Remix) (2:04)**
Matrix & Futurebound feat. Calum Scott
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Written by: Erjford, Record, Gibson, Michelsen
- 06 **We Might Fall (5:39)**
Ghastly & Matthew Koma
© 2017 Ghastly & Matthew Koma.
Written by: Crow, Bair
- 07 **Lighthouse (Extended Mix) (7:27)**
Andrew Rayel & Christina Novelli
© 2017 Armada Music B.V.
Written by: Rata, Novelli
- 08 **Way Back Home (3:00)**
Salvatore Ganacci feat. Sam Gray
© 2017 Refune Music Rights AB / Zatarra Recordings
Written by: Kobilic, Gray, Manovski
- 09 **Rain (3:29)**
The Script
© 2017 Sony Music Entertainment UK Limited.
Written by: Barry, Sheehan, Purcell, O'Donoghue



From L-R: Nuno Teixeira, Amir H Behforooz (Shadow),
Glen Ostergaard, Fiona Fransisca,
Natalie Mohan (Shadow), Patrick Maes,
Stefan Kögler (Shadow), Jessica McDonald, Lee Smith

RPM 78 is a kicker release, both musically and physically. The music, as always, takes you on a journey of the emotions, with sing-alongs, fun uplifting tracks, driving beats and pure euphoric trance – all to touch you in a different way.

The workout brings many different challenges. Specifically in Tracks 3, 4, 5 and 6. Track 3 has a faster Climbing Pace with lots of choreography changes, so the coaching of PRP is crucial here. Tracks 4 and 6 are faster-paced tracks, where we need to learn how to coach these tracks properly. For tracks over 140rpm we shift to a more aspirational approach and coach our riders to “chase the beat” – and, as instructors, we should ride as close to the beat as we can with great Technique.

And finally, in Track 5 there are heaps of short quick, attacks so again, on, the need for pre-cueing these transitions early using short and sharp cues.

You’ll enjoy teaching this release!

CREDITS

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Head of Training, RPM – Sarah Ostergaard

Choreography & Music – Glen Ostergaard

Chief Creative Officer – Dr Jackie Mills

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Technical Consultant – Andrew Newmarch

Program Planner – Monique Whareumu

Special thanks to: Dan Aux – George FM DJ,
for music sourcing and suggestions

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KEY

- B up** Build Up
- C** Chorus
- HR** Heart Rate
- Intro** Introduction
- Outro** Last few bars of music
- QC** Quiet Chorus
- Synth** Synthesizer
- V** Verse
- Br** Bridge (non-chorus)
- CTS** Musical Counts
- Instr** Instrumental
- Mins** Minutes
- PC** Pre-chorus
- Ref** Refrain (recurring phrase or number of song lines)
- Tempo** Normal pace of the music

Pace

- RPM** Revolutions Per Minute
- 1/2** SLOW – Riding on the 1/2 beat
- 3/4+** BUILDING – Chasing and/or riding just under the beat
- 1/1+** A little faster than RPM
- 1/4** Riding on the 1/4 beat
- 3/4** MEDIUM – Riding on the 3/4 beat
- 1/1** ON THE BEAT

Resistance

- A** ● Attack Resistance
- C** ● Climbing Resistance
- R** ↘ Reduce to Racing Resistance
- ↗ Increase Resistance
- B** ● Base Resistance
- R** ● Racing Resistance
- Maintain Resistance
- ↘ Decrease Resistance

EXPRESS FORMATS

Please note: This format is customized to this release only. If time permits you may include Track 8 Ride Home/Stretch, alternatively advise your class to do their own stretches once they have left the room.

RPM 78 30-MINUTE FORMAT

- Track 01** Pack Ride
- Track 02** Pace
- Track 03** Hills
- Track 04** Mixed Terrain
- Track 05** Intervals
- Track 08** Ride Home/Stretch (If time allows)
- Total Time** 29:45

Mix and Match Formats: Should you wish to mix and match using different releases, please use the standardized 30- and 60-minute formats. Be sure to check the length of your playlist!

60-MINUTE FORMAT

- Track 01** Pack Ride
- Track 02** Pace
- Track 03** Hills
- Track 04** Mixed Terrain
- Track 05** Intervals
- Track 06** Speed Work

30-MINUTE FORMAT

- Track 1** Pack Ride
- Track 3** Hills
- Track 4** Mixed Terrain
- Track 5** Intervals
- Track 7** Mountain Climb
- Track 8** Ride Home/Stretch

- Track 03** Hills
- Track 06** Speed Works
- Track 07** Mountain Climb
- Track 8** Ride Home/Stretch

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.



OUR DECLARATION OF INTENT

The les mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 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.

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