

**CHANGING THE WORLD
ONE CLASS AT A TIME**



WELCOME TO LES MILLS

Welcome to Les Mills and your new journey in becoming a fully certified SPRINT Coach. This is where you begin changing your life, and those around you.

At Les Mills, we are passionately devoted to creating a fitter planet. Our ambition is to have 100 million people doing Les Mills workouts every week. We want to transform the global health system by preventing major health issues caused by inactivity and obesity.

Every day we inspire people to lead active lives through a life-long love of exercise, and a joy of movement. A constant voice that compels people to move. People get stronger, leaner, fitter, and faster because of us. We know Group Fitness works. We are in the business of motivation.

It starts with YOU. Believe it can be done. Trust that it's possible. We change the world one person, one couple, one family, one company, one city, one country, one continent at a time.

Thank you for joining the movement.

Phillip & Dr. Jackie Mills

PASSIONATELY
DEVOTED
TO CREATING
A FITTER PLANET

FITNESS IS OUR LIFE FORCE

From an early age our founder Phillip Mills, was immersed in an active lifestyle. His father, former New Zealand National Track and Field Coach, Les Mills Snr is a gold medal winning athlete who with his wife Colleen raised his kids to love exercise. A four time Olympian, Les encouraged his family to pursue sporting excellence and together they all represented New Zealand in track and field. The desire to move, to be fit and share that with others led the Mills family to open their first health and fitness club in 1968.

After attending UCLA on an athletic scholarship, Phillip joined the business full time in 1980 and immediately began to innovate. Combining his passion for music with a love of athletic movement he created group fitness programs that literally had members queuing out into the streets to get a place in the studio. The excitement was real, the results were amazing. People were falling in love with fitness.

In 1990 the game changed. Phillip pioneered the world's first barbell class, PUMP. It was massively popular in Australia and New Zealand and in 1997, renamed BODYPUMP™ our crew of road warriors took it to the world.

Les Mills became Les Mills International.

Joined from the beginning by Dr Jackie Mills, M.D, a former national gymnastics representative and passionate advocate of nutritional medicine and holistic health, Phillip continued to oversee the rapid expansion of the company. Together they co-authored Fighting Globesity, a manifesto and call to action encouraging individuals, companies and governments to do more to get active.

Today in more than 100 countries, over 100,000 Coaches and Instructors teach 18 programs to millions of people every week. And in truth, we're just getting started.

We are on a mission to create a fitter planet. A global tribe of Coaches and Instructors inspiring others to move, helping those around them to fall in love with fitness. To take better care of themselves, and better care of our planet.

As part of our international family you'll learn more about our heritage. Many of our original rock stars shared the New Zealand Maori culture as they traveled and two customs, the Hongi and the Haka have become important to our gatherings and foster our sense of community, of shared ideas and beliefs.

We want you to join us on a journey to mastery. Our training programs and ongoing education are all designed to help you develop, to grow and to shine. You'll explore what it means to be a warrior against sedentary lifestyles. You'll discover how to overcome your personal limitations and step up to be a leader. Someone who inspires others to overcome.

FITNESS IS OUR LIFE FORCE

WELCOME

KIA ORA

AROHA

WE ARE ONE TRIBE

CHANGING THE WORLD

BEFORE TRAINING

PRIOR TO ATTENDING SPRINT INITIAL TRAINING COMPLETE THE PRE-WORK BELOW

1. Learn the Workout Plan for the track/s assigned to you by your Trainer or local Les Mills Team
2. Read 'LES MILLS SPRINT Science' – Appendix 1 on page 46 and read/watch and understand the 'LES MILLS SPRINT Science' Education Session on the Release Kit
3. Read and gain general understanding of the first 3 Key Elements – Workout Plan, Technique and Coaching Layer 1 & 2 – on pages 10–24
4. Read Coach Assessment and Certification process – Appendix 4 & 5 on pages 56–58
5. Watch the following videos and complete the quiz – Appendix 7 on page 62
To view the videos enter the Password:
Password: Imitraining
Get Fit Together:
<https://vimeo.com/123033251>
6 Week Introduction:
<https://vimeo.com/123031489>
Stages of Change:
<https://vimeo.com/123033252>
6. Bring the Module Release, Workout Plan Notes, Coach Handbook (electronic or printed), music and earphones, food, drinks, changes of clothing, towels, deodorant etc.
7. Watch 'The Ultimate You' education video and do the exercise – Appendix 6 on page 59 of this Coach Handbook
To view the video enter the Password:
Password: Imitraining
The Ultimate You:
<https://vimeo.com/123033255>

PRIOR TO DAY 2

1. Complete the Day One Reflection on page 28 of this Coach Handbook
2. Review the overview of Coaching Layer 3 on page 32
3. Read the 'One Tribe Little Black Book', an introduction to Les Mills goals and values

“BE THE CHANGE YOU WANT
TO SEE IN THE WORLD.”

— GANDHI

THE JOURNEY AHEAD

BECOMING A LES MILLS SPRINT COACH

WE ARE ASKING A LOT OF YOU!

We ask that you care – about everyone. The fans, the frowners, the faithful, the fanatical, the professional athletes, the same arm same leggers, the beginners and life-long members.

We ask that you put their workout ahead of your own. That you arrive early, and leave late. That you let the music drive you, and believe in the power of movement. That you use your body to its fullest potential as a tool for inspiration.

Most of all we ask that you stimulate, motivate and improve the lives of others.

THIS COACH HANDBOOK

Over the next two days, you will learn how to become the best Coach you can be. This Coach Handbook is your Coach Handbook, so use it to take notes, capture your reflective thoughts, and help you prepare for your Presentations.

We have included most of the information you will learn, but there is plenty of space for you write in your own words. So go ahead and make this Coach Handbook your own – capture this moment and the amazing journey you have already begun!

WE KNOW YOU'RE
UP FOR IT SO THANK
YOU FOR HELPING US
CHANGE THE WORLD!

INITIAL TRAINING GOALS

WHAT ARE YOUR GOALS FOR THIS LES MILLS SPRINT INITIAL TRAINING MODULE?

WHAT MIGHT PREVENT YOU FROM ACHIEVING YOUR GOALS?

INITIAL TRAINING OBJECTIVES

Let's keep it simple – we'll aim to achieve four key objectives by the end of Day Two:

- Learn and demonstrate the 5 Key Elements of LES MILLS SPRINT
- Learn how to script and prepare your Presentation track/s
- Practice presenting your track/s and receive feedback
- Complete a full track assessment

5 KEY ELEMENTS

To become a Coach you need some simple skills – the 5 Key Elements.

We will go through them one by one, explain what they are, why you need them and how to use them. Just remember, we've based our business on these 5 Key Elements for a reason – they work. So learn them and you'll succeed. Simple as that. Let's get into it.

WORKOUT SKILLS

**BE AUTHENTIC
BE YOURSELF
BRING IT TO LIFE**

LES MILLS
sprint

HIIT TRAINING

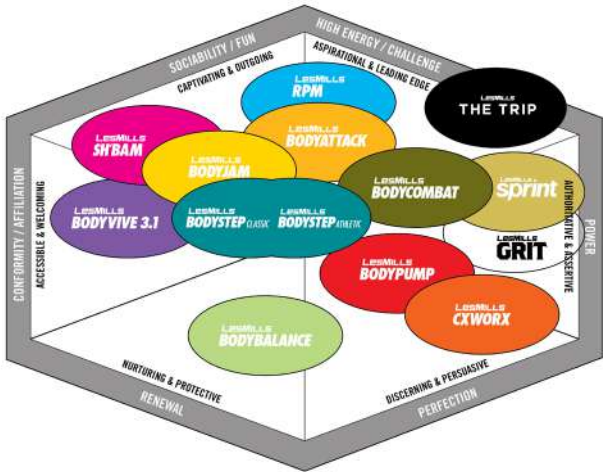
WHY LES MILLS SPRINT EXISTS

People have different needs and different wants – short on time, straight to the point, another level, more intensity, fewer words, a kick start, or a pure and simple Athletic Performance workout – that’s this program – SPRINT - the HIIT workout that uses an indoor bike to get you fit fast.

HIGH INTENSITY INTERVAL TRAINING

A mixture of rest and work intervals. 20 minutes of 30 minutes is spent being over 85% maximum heart rate with spikes of effort into the maximum heart rate. And then it’s rest – absolute rest. Sit up and stop pedaling.

IT DOESN'T GET EASIER
- YOU JUST GET BETTER



TRAINING VARIABLES

SPRINT	POWER	STRENGTH	REST

HIIT TRAINING KEY POINTS

WORKOUT PLAN

KNOW YOUR MATERIAL

The Workout Plan is at the core of every LES MILLS SPRINT workout. You need to know your Workout Plan 100%. Why? So you can focus on connecting and motivating your participants, and bringing the workout to life.

NEW RELEASES

- **Les Mills creates a new release every three months** with a new Workout Plan to support the music and Filming footage. All you to know about the release, including any evolution of the program is included, and it's essential you read and watch everything in detail every time.
- **Each release is predictable yet different** and follows a standard structure. This makes sure your participants get the experience they came for, regardless of time slot or Coach. Each release has its own special focus, innovations and magic moments, which keeps it interesting for everyone over time
- **Decades of development support each new release** which is tested and trialed by movement experts, and injects the most magic per minute. The marketing tools provided to your club support this
- **Safety features** such as Work and Rest periods, are built into the Workout Plan. Coaches **MUST** adhere to ALL these safety features. They form the basis of competent assessment in this Key Element
- **Must follow formats** are compulsory. Any deviation from this format destroys the unique blend of the workout, and participants will not receive the associated benefits.

MUSIC AND WORKOUT PLAN NOTES

Mastering the Workout Plan requires you to be familiar with each song. Each song has its own Workout Plan and Training objective, which is specifically designed to enhance the benefits of the program.

Remember, if there is a change in the music – there will be a change in the workout.

YOU NEED TO GET YOUR WORKOUT PLAN 100% PERFECT

WHAT'S COMPULSORY?

Must follow the Workout Plan and all the safety features. They form the basis of assessment in the Key Element Workout Plan

- You must follow the compulsory formats

When matching the music with the Workout, look through your Workout Plan Notes and review the:

- Track Focus
- Workout Plan
- Changes in L.P.T (Load, Positions, Training)
- Coaching Tips
- Science

KNOW YOUR WORKOUT PLAN & BE FREE!

LEARNING YOUR WORKOUT PLAN

The following tips will help you remember your Workout Plan easier:

- Watch the Filming footage AND follow the Workout Plan Notes at the same time
- Listen to the music with the Track Focus in mind. It gives you a clear understanding of the experience members should have when you teach it
- Listen to the music AND do the workout on a bike with the Workout Plan notes in front of you
- Identify the musical landmarks to tell you where in the track you. Most Work & Rest intervals happen when the music changes
- Learn the sequence of Positions and how much time you are in each position. Sequences are often repeated in a track
- Memorize the Load and Training columns. Precisely role-model and cue these changes: They determine the intensity

OTHER GREAT IDEAS ARE

- Attend Quarterlies and experience it LIVE
- Master the first block and when that becomes second nature, move onto the next block
- Look for patterns in the Workout Plan Notes and visualize them
- Take notes, use highlighters, make them yours
- Listen to your music everywhere
- Prepare before every workout
- Get involved in Club Launches

YOU KNOW YOU'RE THERE WHEN...

- You learn workouts quickly and effectively
- You feel confident and excited about delivering a new workout
- You can play any song on the release and your body knows

WHAT ELSE?

- Teach the new release for at least 2 weeks
- Follow the compulsory format
- Mixing and Matching – Unlike other Les Mills programs we do not allow mixing and matching of LES MILLS SPRINT workouts. This is mainly due to the uniqueness of each release and the careful selection and management (or work and rest intervals) to achieve the HIIT benefits. We suggest you use the more recent releases to keep you and your participants up-to-date with new training concepts. To ensure continuity and flow in each workout – push play and go!

MY FORMULA IS

PRESENTATION

PRESENTATION

Prepare your choreography for your presentation. Take notes below as you work with your Choreography Notes.

TECHNIQUE

YOU ARE A POWERFUL ROLE MODEL

People love the intensity, the adrenaline rush, and the high they get from the energy of working out with a group. They also love the simplicity of the program.

People also come to get results – they want to increase their athletic performance and achieve exercise goals in a safe way. To do this they have to move with great Technique – and they do this by following and copying you.

LES MILLS SPRINT HOUSE OF TECHNIQUE



YOUR JOB IS TO BE AN EXAMPLE OF PERFECT TECHNIQUE

BIKE SETUP

Before any LES MILLS SPRINT workout can begin you must correctly set up yourself and your participants on the bike. Taking the time to help your participants set up their bike correctly will only take a few minutes but the difference in their experience will last longer!

Proper Bike Setup ensures we move more efficiently, and it helps prevent knee and lower back pain. Check out your Workout Plan Notes Position Glossary for step-by-step instructions on how to explain the correct Bike Set Up.

A key point to remember:

SEAT HEIGHT

Proper seat height contributes the most to force production and comfort. Improper seat height can lead to less force production and injury.

There are several ways to establish seat height, however, in a group exercise setting with limited time, we want to use the most simple and accurate method possible.

“In a seated Position you should have a soft bend in the knee at the bottom of the pedal stroke”

TECHNIQUE: BIKE SETUP

START OFF THE BIKE



Off the bike, start by adjusting the seat to match the top of your hip bone.

ON THE BIKE

In a Seated Position, keeping your hips level, put one leg at so the foot is at the '6 o'clock' position.



Then take that same foot and place your heel on the middle of the pedal. If the heel just touches the pedal with a straight leg, you have a good seat height for producing force. 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. The angle of the knee should be 15-20 degrees when you are clipped in and the foot is at the bottom of the pedal stroke.

THINGS TO BE AWARE OF WHEN MAKING SEAT HEIGHT ADJUSTMENTS:

If the participant feels anterior knee pain, try raising the seat.

If the participant feels posterior knee pain, including pain in the calf and/or Achilles, try lowering the seat.

HANDLEBAR HEIGHT



Handlebars should be level with the seat or slightly below to encourage effective muscle recruitment and maximum power output. Beginners or people with lower back problems may want to raise it above the seat. Ultimately, handlebar height is about participant comfort.

SEAT FORWARD AND BACK



With your feet on the pedals at 3 o'clock and 9 o'clock, your front knee should be directly over the center of the pedal or the strap of the cage. If the knee is back of the pedal axle, move the seat forward. If the knee is over the pedal axle, the seat needs to be moved back.

HANDLEBARS FORWARD AND BACK



There should be a 90 degree angle between the upper arm and torso.

This position helps the participant move with as little stress as possible on the spine, shoulders, and neck.


BIKE SETUP SCRIPT


TECHNIQUE: POSITIONS

LES MILLS SPRINT POSITIONS


There are two common Positions - Sit and Stand. Within each Position we can adjust the Hip & Hand Position depending on the type of Training. No matter what Position we are in (except for Rest) we always encourage a lifted chest and a braced core. Generally speaking:


- The slower the Training Tempo and the heavier the Load the further back our Hips & Hands can go
- The faster the Training Tempo and the lighter the Load the further forward our Hips & Hands can go
- Hand placement is a personal preference and from time to time we may indicate variations to achieve a different feel. For example when we are Standing we may suggest placing Hands further forward to integrate more upper body or back closer to the hips to direct more focus into the legs.


SIT	POSITION SETUP
	<i>Chest lifted</i> <i>Hips, knees, ankles, and toes in line</i> <i>Shoulders down</i> <i>Relaxed upper body</i>
Used for: Sprint, Power, Strength, Rest	
Notes	


STAND	POSITION SETUP
	<i>Chest lifted</i> <i>Hips, knees, ankles, and toes in line (depending on the training variation)</i> <i>Brace the core, lock in the upper body</i> <i>Light and tall through the handlebars</i>
Used for: Power, Strength, Rest	
Before you Stand, make sure you have enough Load. You are stronger when you stand due to your full body weight driving the pedals. You should have enough Load to counterbalance your body weight. Do not over reach in this Position to avoid compromising the lower back, shoulders, or the neck. This Position slightly changes the hip angle, allowing a change in recruitment of the gluteal and hamstrings; therefore it puts you in a great Position to work hard. Regardless of hand position, good posture must be maintained to achieve the training benefit.	
Notes	


POSITION: TRAINING VARIABLES


SPRINT	LAYER 1 – SETUP CUES	LAYER 2 CUES
	<i>Slide hips forward Toes dipped/toes slightly down Light grip on the bars Light core engagement Relax upper body</i>	<i>Pump the knees as fast as we/you can Fast circles with the feet Hips forward, toes down for fast circles</i>
Did you know? By sliding forward in the seat, we bring the knee over the push point, allowing us to focus on a faster cadence by visualizing smaller faster circles. Hand variations: Wide - provides a degree of stability to pump the legs faster (note: may use Drops if applicable) Narrow - The narrower hand Position generally requires more stabilization from the mid-section. Some bikes do not have provision for placement.		
Notes		

STANDING POWER	LAYER 1 – SETUP CUES	LAYER 2 CUES
	<i>Hips lifted and forward Chest up Brace the core</i>	<i>Pull up on the bars Drive the knees towards the bars Upper body engaged with stable hips</i>
Did you know? We use this Position to change muscle recruitment for quick efforts of intensity. This position allows us to recruit our muscles for explosive Power. Hands may be in any position, as long as the chest / trunk is in a lifted position		
Notes		






SEATED POWER	LAYER 1 – SETUP CUES	LAYER 2 CUES
	<i>Hips back Grip the bars Chest lifted Abs braced/core tight</i>	<i>Grip the bars, drive the pedals forward and down Pull the bars toward you and drive the pedals away.</i>
Did you know? When we push the hips back in the seat we focus on driving the pedals forward and down creating variety in our pedal stroke.		
Notes		

STANDING STRENGTH	LAYER 1 – SETUP CUES	LAYER 2 CUES
	<i>Chest up, Brace Abs Body Weight side to side Hips above pedals</i>	<i>Pull up on the handlebars and push the pedals from above. Engage your entire body, try pulling with one arm and driving with the same leg</i>
Did you know? Your body should move as one big unit for maximum muscle activation. This allows for greater force production through the pedal		
Notes		

SEATED STRENGTH	LAYER 1 – SETUP CUES	LAYER 2 CUES
	<i>Hips back Strong ab brace Chest lifted Firm grip on bars</i>	<i>Keep the core strong - your hips should be glued to the seat. Use your upper body, pull the handlebars towards you as you push the pedal away. Pull and push.</i>
Did you know? Focussing on pushing from the hip and pushing from the knee helps to increase muscle activation and output		
Notes		

REST	LAYER 1 – SETUP CUES	LAYER 2 CUES
	<i>Use whatever Position feels good for you Feel free to Sit or Stand</i>	<i>Breathe</i>
Did you know? This position is used for complete rest periods. Participants generally follow your lead - so let them know they can recover the way that feels good to them.		
Notes		

TECHNIQUE: COMMON FAULTS

POSITION	COMMON FAULTS
1 	
2 	
3 	
4 	
5 	

LOAD

Participants achieve better results when they correctly manage Load. Load is determined by a combination of the Track Focus, Training objective, and the Workout Plan. Using different combinations of Load and Training allows for the following:

- Different work intensities
- Different Training outcomes using different energy systems
- Recruitment of different muscle fibers

Many people don't know or are unsure how to manipulate Load to get the most out of their workout. Also not every SPRINT bike has the same Load feel so you need to be aware of this and understand how to manipulate Load to allow participants to get the most out of the workout.

The Workout Plan clearly shows how much Load you should have for each interval. These changes are specific to each release (not generic) and **MUST** be adhered to 100%.

LIGHT LOAD

This is generally used at the start of a track or at Rest. Starting with a free wheel, increase Load until you feel light tension in your leg muscles. The bike brake should be just touching the fly wheel. It shouldn't feel hard. Coach people how to establish Light Load during the Accelerated Warm Up and then throughout the rest of the workout we never use less than Light Load.

HEAVY LOAD

The heaviest Load we push! Generally used when Training Strength 50-80 RPM. Create enough Load to feel pressure in the legs with the pedal feeling hard to push. In a Standing Position the pedal should push back at you, as opposed to collapse under you. If you took a bit more Load you would not be able to move your legs, so it should be the maximum Load you can carry at the prescribed cadence and period of time.

MODERATE LOAD

Generally used when Training Power 80-110 RPM or Sprint 120+ RPM. It's somewhere between Light and Heavy Load, and once again, should be the maximum Load you can carry at the prescribed cadence and period of time

YOU KNOW YOU HAVE THE RIGHT RESISTANCE WHEN...

- Your hips and butt are stable in the seat and not bouncing. This is particularly important when training at faster paces
- Your leg speed matches the Training objective of the Workout Plan
- Your Work intensity matches the interval

TECHNIQUE

EXPLAINING LOAD	
LIGHT LOAD	
MODERATE LOAD	
MODERATE TO HEAVY LOAD	
HEAVY LOAD	

TECHNIQUE: TRAINING

TRAINING

We use various types of Training depending on the Training objectives of the track and the Workout Plan. As Coaches, it's essential you role-model the appropriate Training throughout the workout as shown in the Workout Plan.

TRAINING	CADENCE
SPRINT	120 RPM +
POWER	80 – 110 RPM
STRENGTH	50 – 80 RPM
REST	SLOW or NO Cadence

EXPLAINING THE TRAINING VARIABLES

YOU KNOW YOU'RE THERE WHEN...

- Your participants move with great Technique
- Your participants tell you they are inspired by the way you move
- A fellow Coach, or Trainer tells you

PRESENTATION PRACTICE

Give yourself an honest appraisal of where your Technique is right now.

Think about your House of Technique. Your foundations (Bike Setup)? Your walls (Positions)? Your Roof (Load and Training)? What needs work? How?

FOUNDATION: BIKE SET UP	NEEDS WORK	GOOD	EXCELLENT	COMMENTS
WALLS: POSITIONS				
Example: Standing Climb	✓			Too much bouncing
ROOF: LOAD AND TRAINING				

COACHING INTRO & LAYER 1

OUR NUMBER ONE GOAL IS TO HAVE EVERYONE DOING THE RIGHT THING AT THE RIGHT TIME IN THE RIGHT WAY.

The quality of your cues determines the quality of the workout. The timing of them determines the success. Great coaching includes everything you say and do to help your participants follow the workout correctly and reach their goals. Your participants want you to help them achieve their goals. They want to feel successful, both in the short and long term. Your job is to be the catalyst between your participants' abilities and their desired results.

SPRINT COACHING MASTERY

Use this simple and effective Coaching Model to help coach your participants to success. Every Layer builds and leads to the next Layer, telling people what, when, why and how to do it. Put all three Layers together and people move safely and get results.

LAYER 1

- Track Introduction
- Setup (L.P.T)

LAYER 2

- Adjust Intensity
- Improve Execution
- Silence

LAYER 3

- Motivate

YOUR ROLE AS COACH IS TO DELIVER THE RIGHT INFORMATION AT THE RIGHT TIME

COACHING LAYER 1

This is the foundation of great Coaching. It's all about the Track Introduction and Setup Cues that will prepare participants for success. Great Layer 1 Coaching is all about establishing two key parts:

1. TRACK INTRODUCTION

Introduce the Track Name, Focus – Sprint, Power or Strength – and Workout Plan. Always tell them how long they must Work at their maximum intensity. Don't forget Rest – that's a must. Try and keep introductions under 10 seconds and do it over the music if you need to.

A good example is: "Sprint Conditioning - 20 seconds Work and 10 seconds Rest. Repeat 4 times"

2. SETUP

Make sure members have the correct House of Technique. Coach L.P.T. - what Load to use, the Position to maintain, and what the Training is. Then tell your participants exactly what to do with their bodies to ensure correct and safe execution. These cues must be simple, clear and concise.

A good example of a Setup Cue would be "Moderate Load. Sit and Sprint 30 seconds. Abs braced. Knees and toes in line"

PRESENTATION ONE

Congratulations on finishing your first Presentation! Take time now to reflect on and write down the feedback you have received. Use this feedback when you review and plan for your second Presentation.

What did you do well?

What do you need to improve on in the first 3 Key Elements before tomorrow's Presentation?

COACHING LAYER 2

COACHING LAYER 2

Layer 2 is about telling your crew how to move better and then giving them the space to focus on delivering their maximum effort.

There are three key parts:

1. ADJUST INTENSITY

Each track is designed to take participants to their maximum Work intensity or complete Rest. Actively assess if participants are reaching their maximum intensity and Coach them if they are not. Leg speed should slow towards the end of a Work interval. If not, you, or your participants are not hitting the maximum Work intensity.

2. IMPROVE EXECUTION

Use Layer 2 cues to help participants get more out of the workout. Start scripting these cues by asking yourself what are the common faults people will make? As you become more experienced, you will be able to look out, see, and quickly assess what participants need to do to Improve Execution.

3. SILENCE

HIIT Training requires hard work. Hard work needs focus, concentration, and Silence. Script Silence into each track so you and participants can focus on reaching maximum effort. There should be large chunks of silence while you Role Model Training and assess the needs of the group. Silence also allows the opportunity for your Coaching to sink in and for them to apply it.

LAYER 2 NOTES

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COACHING - ALLOCATED

LAYER 1 AND 2 COACHING SCRIPT FOR "ALLOCATED TRACK"

TRACK INTRODUCTION

(Track Name, Focus, Work,
Rest – under 10 secs)

WORKOUT PLAN

COACHING CUES: LAYER 1 SETUP CUES AND LAYER 2 CUES

COACHING - SHADOW

LAYER 1 AND 2 COACHING SCRIPT FOR "SHADOW TRACK"

TRACK INTRODUCTION

(Track Name, Focus, Work, Rest –
under 10 secs)

WORKOUT PLAN

COACHING CUES: LAYER 1 SETUP CUES AND LAYER 2 CUES

DAY ONE REFLECTION

As part of your homework, take time to reflect on what you have learned today. Create a mind map of all the key learning points. And remember – you will be asked about your reflections on day two!

WHY ARE WE HERE?

OUR PURPOSE IS SIMPLE:

TO CREATE
A FITTER,
HEALTHIER
PLANET



OUR VALUES:



ONE TRIBE

We create life-changing fitness experiences, everytime, everywhere. We are one tribe. Bravely changing the world. We are family. A family company, united in our love of movement, music and the pursuit of healthy living for ourselves and our planet...



BE BRAVE

All the crazy stuff happens at the edge of our limits. We push hard to always do our best work; everyone around here is in the relentless pursuit of improvement. We need genius doers, not bullshit talkers. Tall poppies not wallflowers. Risk takers, innovators, rebels – step up.



CHANGE THE
WORLD

Changing the world wont be easy. There'll be doubters, haters. Those who cling tight to yesterday's ideas. But here, in this place, and wherever the tribe is gathered, we dare to dream. Be audacious. Be willing. Accept difference. Embrace NEW. We love talent, creativity, optimism and fun. Bring yours to work every day. Let's create new and better ways to help people take their first steps on the road to fitness...

**create life changing fitness
experiences everytime**

PRESENTATION TWO

ADD FEEDBACK TO SCRIPTS

Using the feedback you have received from your Trainer, take some time to rescript your presentation for your final assessment.

Make changes to reflect the feedback you received from your second track presentation. You should also implement any feedback you were given on your technique during your Shadow presentation. Rewrite your script for your final presentation.

Use the sheet below to help you plan:

WELL DONE ON
COMPLETING YOUR
SECOND PRESENTATION!

WORKOUT PLAN

What do you need to add or change to your Workout Plan?

TECHNIQUE

What do you need to add or change to your Technique?

COACHING

What do you need to add or change to your Coaching?

NOTES

COACHING LAYER 3

COACHING LAYER 3

Coaching Layer 3 is about bringing out the absolute best in your participants. You need to Motivate people to reach their maximum effort every time. So much of what you say and do during SPRINT is key to helping people stay motivated. But you need to know exactly what to say and do to create the right kind of motivation.

YOU KNOW YOU'RE THERE WHEN...

- Everyone is following successfully
- They understand why they are riding the way they are riding
- They improve over time

MOTIVATE

Motivational Cues encourage and push people beyond what they thought they could achieve. You need to make each participant feel in control, connected to you and others in the workout, and confident that they can reach their maximal effort in each interval. When you create this, you will be able to motivate many different types of people in your workouts, and make exercise achievable. Remember, because of the intensity of this workout, you won't say much, so when you do, it needs to be the right thing, and the right kind of motivation."

4 WAYS TO MOTIVATE

1		
2		
3		
4		

MOTIVATING MY PARTICIPANTS. WHAT WILL I SAY OR DO TO KEEP THEM MOTIVATED?

CONNECTION

Grow your numbers by developing powerful relationships with your participants. When you create an atmosphere that allows them to tune in with themselves, the journey and you, you create Connection.

SO WHAT? WHAT'S GOING TO BRING THEM BACK TOMORROW? NEXT WEEK?

YOU ARE! You're going to create an atmosphere in your workout that everyone wants to be a part of. Connection is all about taking the focus off yourself and bringing your attention to your participants. Engaging them so they are part of the workout and not just watching you perform on stage.

THE ART OF CONNECTION.

People have a basic need to belong. Deepen your relationship with them over time and you will not only have a huge following but friends for life. Remember anyone can do LES MILLLS SPRINT. If you can connect with all different kinds of people, your workouts will be a success

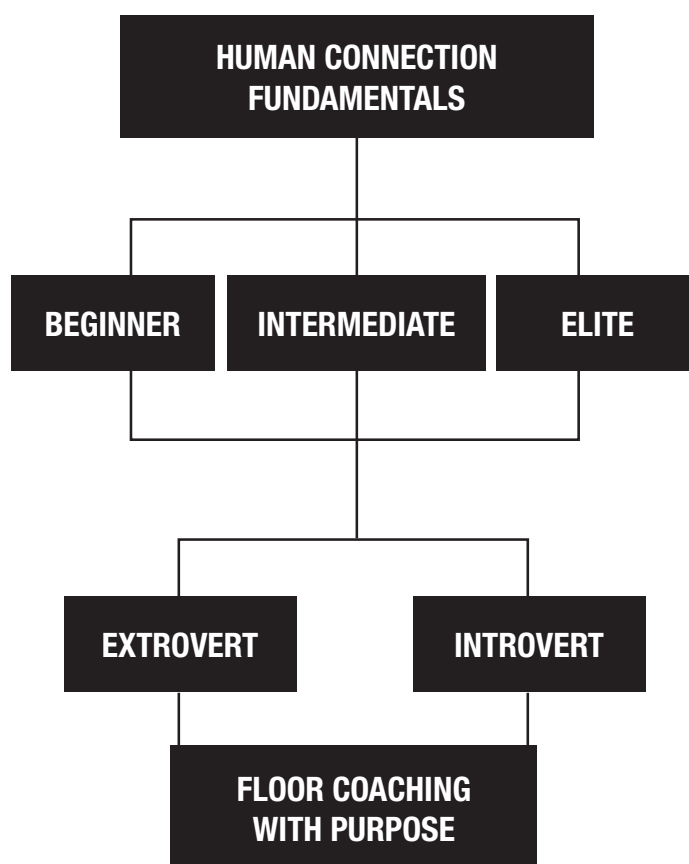
HOW DO YOU CONNECT?

THE CONNECTION MODEL

APPROACH EVERY WORKOUT WITH ENTHUSIASM AND A HIGH LEVEL OF RESPECT, CARE, AND ENTHUSIASM FOR EACH PERSON

You'll need to know and practice the basics of connecting – Human Connection Fundamentals. From there, work out ways to identify and reach out to all of the different types of fitness levels, from easing the nerves of the Beginner, to creating new goals for the Intermediate level person, to having a sense of camaraderie with the Elite level. As you connect with each of these levels you will need to alter your ability to communicate with the Introverts and Extroverts. Then hit the floor and start Floor Coaching with Purpose.

CREATE AN ENJOYABLE WORKOUT NO ONE WANTS TO MISS



HUMAN CONNECTION FUNDAMENTALS

For each and every one of us, there are some common fundamentals we want to experience with any Coach. The key fundamental we must always

demonstrate is Respect and Care. From there, we can use a range of the tools below to create a Connection with any participant.

PREPARATION

Remember names
and personal
information

Say,
do,
look

CONTACT

Look,
hold eyes,
smile

4 Quadrants

POSITIVITY

Look,
acknowledge,
praise

C.R.C.

RESPECT AND CARE

MY HUMAN CONNECTION FUNDAMENTALS

CONNECTION

ALWAYS

Set it up from the start.

Before each workout, talk to the people getting set up. Introduce yourself, learn their names. Let them 'see' you. Tell them something about yourself. Tell them why you love HIIT Training, or LES MILLS SPRINT, or why you are excited about today's workout.

Honor those present. "Where is everyone today?" is not a good way to start. Welcome the first-timers, the some-timers and the junkies. "It's so good to have you here with me today."

Look them in the eye. Smile. Give them an encouraging look. A challenging frown. Empathize and acknowledge their effort, and when you see them next week, welcome them back.

Be real.

There's no on and off for Coaches. Who you are on stage is who you are the rest of the time. Real, authentic, confident, challenging and inspiring. Not fake, not putting on a big Coach act. Just being strong, speaking in your natural voice. Powerful. Laugh at yourself, laugh with them. LES MILLS SPRINT is an athletic HIIT Training workout but it's not the Olympics.

Praise them often.

Give equal attention to all four quadrants of the room.

Get out of your head and into the moment.

Connection only happens when you are present with your participants. You have to be on top of the first 3 Key Elements to be free to connect with the workout and the participants. If you're stuck in your head counting intervals or stressing about what's coming up you'll miss the opportunities to send and receive lightning bolts of connectivity to your participants.

Involve your class members.

Be available after the workout for questions. But remember you're in charge; they need you to lead. You're the DJ, not a Jukebox.

BE REAL, INSPIRING
AND SHARE YOUR
LOVE AND ENJOYMENT
OF SPRINT

C.R.C.

C.R.C. is an advanced Connection tool and is very effective for correcting Technique. You will be successful in correcting bad Technique when you provide a positive, efficient solution.

- Connect with the individual you want to correct, or the group as a whole, by making eye contact, using their name or commanding the group's attention
- Recommend a change to improve Technique
- Commend by praising the change or effort

C.R.C. IN MY TRACKS

CONNECTION

FITNESS LEVELS

Anyone can do LES MILLS SPRINT – Beginners, Intermediate and Elite fitness levels can all do SPRINT! They all have different characteristics and the way you connect with them varies. As you progress on your journey to becoming a Coach, you'll need a bag of great tools to be able to connect with the different fitness levels. All levels need to be challenged, but in a way that is right for them.

FITNESS LEVEL	CHARACTERISTICS	WAYS TO CONNECT
BEGINNER		
INTERMEDIATE		
ELITE		

EXTROVERTS AND INTROVERTS

Some people instantly want to be part of the group, to mix, mingle and chat with you. For others, it takes time to connect and build rapport. Part of

your role as a Coach is to identify those who are extroverted and those who are introverted, and then find ways to connect with them.

EXTROVERTS	INTROVERTS
<ul style="list-style-type: none">• Respect their independence• Praise in front of others• Surprise them• Let them get into it immediately	<ul style="list-style-type: none">• Respect their privacy• Never embarrass them in front of others• Let them finish!• Use pre-cues!• Slow down

MY NEXT STEPS:
<div></div>

FLOOR COACHING WITH PURPOSE

HIIT Training needs a Coach that can get up and personal. Someone who gets on the floor alongside participants to Adjust Intensity, Improve Execution, and Motivate participants throughout the workout. Floor Coaching with Purpose means looking at an individual or group and saying the right thing at the right time, in the right way! Use your Connection Model to understand what an individual is like and how you can give them the right motivation to help them reach their maximum effort.

Before you begin Floor Coaching, scan the room and think about the purpose of your Coaching for each person.

Ask

- What's the purpose for this person?
- What am I going to coach this person?
- What are they doing differently to the Focus that I have set them?
- How can I help them?

Remember

- Care & Respect
- Have one clear Coaching Focus
- Avoid Floor Coaching in Track One, the first Work Interval of each track, the last Work Interval of the last track
- Stay next to or on your bike when delivering your Track Intro

FLOOR COACHING WITH PURPOSE

PERFORMANCE

WHAT IS PERFORMANCE?

Recall the last time you were captivated by an experience. Maybe you were buried in a good book? Standing in awe of a sunset? Watching your favourite artist perform? How did it make you feel? Regardless of your specific feelings you were swept away on a journey, weren't you? Your senses were heightened and you stopped thinking and just started feeling. This is magic. And magic is what we need when we create a Performance in LES MILLS SPRINT.

FEEL THE HIIT EXPERIENCE

When the other 4 Key Elements come together, you'll begin to see magic. You can focus on bringing to life the experience of High Intensity Interval Training and how good it feels. To really capture this feeling and make it real, you'll need to make sure you are YOU – your Authentic Self. Then take that, and add a great voice to it, creating the excitement of HIIT Training.

“GREAT INSTRUCTING IS
LIKE GREAT ACTING”

– PHILLIP MILLS

**AUTHENTIC
SELF**



VOICE

PERFORMANCE

YOUR AUTHENTIC SELF

The best Coaches who constantly create magical experiences have a passion and unswerving belief in what they do. They express an infectious love for exercise, movement, music and the program. Thinking about the reason why we're here helps us find the passion and the energy to create powerful experiences for people.

WHY DO YOU WANT TO BE A SPRINT COACH? (LIST AS MANY REASONS AS POSSIBLE)	✓	RANKING

TEACHING FROM MY AUTHENTIC SELF:

USE YOUR VOICE

For participants to experience the true excitement of HIIT Training, they need to hear it in your voice. Use a mixture of voices to build and create the right kind of excitement at the right time.

In the lighter moments, during the Rest intervals, use your Conversational Voice to reconnect with your participants. Then when it's getting hard, change to your Motivational Voices. Kick start with the Build Voice, which is the one you use to create the excitement of how hard they are about to work. Combine this with your Simple Language and get the excitement going. When the hard work kicks in, use your Intense Voice, the one that shows it's tough, and together you have reached the maximum effort.

YOU KNOW YOU'RE THERE WHEN...

- You are in a state of flow
- Your participants are addicted to your workout experience
- They clap and cheer spontaneously at the end of each track or workout

WHAT'S NEXT

CERTIFICATION

- Present this release and film the workout
- Video is assessed on the Workout Plan, Technique, Layer 1 and 2 Coaching.
- Submit video to your local Les Mills Team within their time frame

TAKE YOUR TEACHING
TO A WHOLE NEW LEVEL

AFTER CERTIFICATION

- Gain experience!
- Ask for feedback from a mentor or your GFM
Make yourself available to cover classes and try to secure your own regular classes
- Go to all quarterly education and launches
- Record yourself teaching and examine your own Technique, Coaching and practice, practice, practice
- Get involved in launches at your club
- Complete Advanced Training. This takes you to a next level of understanding and living out Fitness Leadership, dialing yourself into the Essence of your program and Showing Enjoyment in a transformative way, as well as helping you “juggle” the 3 “balls” of creating a life-changing, addictively awesome class experience. You should aim to complete this within 6-12 months of Teacher Certification. This will without doubt enhance your own enjoyment of your teaching and will pack your classes! It may even get you onto the pathway of being a Presenter and Trainer for your agency!
- Ask your trainer about Advanced Training and what options to do this module are available to you.

APPENDIX 1

SPRINT SCIENCE

KNOWLEDGE IS POWER

How can we claim that LES MILLS SPRINT is the calorie burner? What is the science behind achieving results in LES MILLS SPRINT?

Everything you need to know about 'how and why' the program works is here in these pages. So take it upon yourself to understand more about the physiology, physical changes and benefits of LES MILLS SPRINT.

You will be a master Coach when you draw on your scientific knowledge of the program and use it to better educate and individually motivate the people in your workout. To help you we have given you 'knowledge' and some ideas on 'what you should say in a workout'.

WHAT DOES SPRINT DO FOR YOU?

1. LES MILLS SPRINT BURNS CALORIES

Your body needs energy (measured in calories) to perform physical activities. The energy is supplied to the body through one of three energy systems, which are either aerobic or anaerobic:

- Aerobic system (fat and carbohydrate)
- Lactate anaerobic system (carbohydrate)
- Phosphate anaerobic system (carbohydrate)

The shift between energy systems depends on the intensity and the duration of an activity. Short, intense bursts of exercise rely mainly on the anaerobic systems while lower intensity longer types of exercise use mostly the aerobic system.

The demands during the workout followed by the need for muscles to recover afterwards results in an increased resting metabolism. Resting metabolism will also increase in a regular participant as their lean muscle mass increases as these tissues require

ongoing energy supplies for sustenance. Elevating our metabolism means we continue to burn calories after the workout.

Say Something Like

"LES MILLS SPRINT burns calories and keeps burning calories after the workout."

2. SPRINT IMPROVES YOUR CARDIO FITNESS

When you exercise regularly your cardiovascular system becomes stronger and more efficient. If you exercise at higher intensities with HIIT programs such as LES MILLS SPRINT these adaptations are even greater. You can measure the relative intensity of your exercise by looking closely at how fast your heart beats per minute, i.e. your heart rate (HR). On average, your maximum heart rate (MHR) is calculated at 220 minus your age.

LES MILLS SPRINT is designed to intensity levels that drive the heart rate above an average of 85% of maximum for 20 of the 30 minutes of each workout.

Associated with improved cardiovascular fitness are the following benefits:

- Reduction in blood pressure
 - Increased HDL-cholesterol (good cholesterol)
 - Decreased total cholesterol
 - Increased aerobic work capacity
 - Improved heart function
 - Decreased resting heart rate
 - Increased stroke volume (an increase in the quantity of blood leaving the heart with each beat)
 - Increased mobilization and utilization of fat
- In general, cardio respiratory fitness is recognized as the most important health component.

Say Something Like

“LES MILLS SPRINT gets you fit and keeps you fit. It helps reduce the risk of heart disease.”

3. LES MILLS SPRINT INCREASES YOUR LEAN MUSCLE MASS BY IMPROVING MUSCLE STRENGTH AND ENDURANCE

Improved lower body muscular definition is one of the more common noticeable results from doing LES MILLS SPRINT. This happens as a result of an increase in lean (fat-free) muscle mass and a decrease in overall body fat. The amount of relative muscle gain and fat loss varies between members. The rate of improvement depends largely on someone's initial level of fitness, how often they do a workout and how hard they work during the workout.

LES MILLS SPRINT participants of average fitness levels can expect to see and feel positive changes in body shape by doing two SPRINT workouts per week over a 6 to 12-week period.

Strength gains occur in the first few weeks of LES MILLS SPRINT training due to the improved efficiency of the neuro-muscular pathways. Initial strength gains therefore can happen quickly and then will often plateau as the training continues. Further gains can be experienced at around 6 to 8 weeks as the body develops extra leg muscle to cope with the demands of the workout. The amount of new muscle generation will again depend on the fitness level and strength of the new member.

Say Something Like

“LES MILLS SPRINT tones muscles, changes your body shape, increases your metabolism, and makes you stronger.”

HOW DOES LES MILLS SPRINT DO THIS?

EXERCISE SELECTION

The exercises within each track of the LES MILLS SPRINT workout have been selected to maximize the HIIT effect.

EXERCISE SEQUENCING

The tracks are ordered with the following considerations taken into account:

- Accelerated Warmup phase to raise body temperature, increase mobility, and prepare physically and mentally.
- Use of repeated intervals to condition specific energy systems.
- Use of repeated Positions and varied load to increase muscular strength and endurance.
- Use of Rest and postural breaks between intervals to ensure workloads match the HIIT effect.
- Flush phase and stretches to promote flushing of oxygenated blood to assist recovery.

THE MAGIC OF HIGH INTENSITY INTERVAL TRAINING

High intensity interval training is defined as repeated bouts of short to moderate duration exercise performed at an intensity that is greater than the anaerobic threshold. In LES MILLS SPRINT we make full use of this effect throughout the workout.

APPENDIX 1

HIGH INTENSITY INTERVAL TRAINING DELIVERS 4 MAIN BENEFITS

1. EPOC.

Excess post-exercise oxygen consumption – also known as after burn, refers to the elevation of your metabolism after the completion of exercise which is required to return the body to a normal resting state. This elevation of energy expenditure contributes to the total amount of calories that are burned as a result of the training session.

Intensity has been found to be the most important factor when it comes to producing an EPOC effect. The higher the intensity the more caloric expenditure needed after the exercise to return the body to normal.

Fast Twitch Muscle Fibre Activation

HIIT accesses the type 2 fibres as well as the type 1 - meaning that you have substantially increased your fibre recruitment.

Who do you want to look like – a marathon runner or a sprinter?? Long slow training will provide the lean “marathon look” whereas high intensity training can give you that toned muscular look of a sprinter.

2. FAT LOSS

Exercising within the “fat burning zone” to maximise weight loss evolved a few years ago from research demonstrating that a higher percentage of fat is used by the body during low to moderate intensity exercise.

However, while the percentage of fat utilisation is known to be higher during low to moderate intensity exercise, the total energy consumed is much greater during HIIT.

Therefore, the total calorie consumption from fat is typically equal or greater during HIIT compared to low to moderate intensity exercise.

Fat is also utilized during the EPOC phase for recovery – which we know is higher during high intensity exercise. HIIT is therefore more effective for fat loss than low intensity exercise.

3. HORMONAL RESPONSE

There are 2 significant hormonal benefits to HIIT. The first is an increase in growth hormone production:

Any exercise that recruits multiple large muscle groups with brief bursts of high intensity and restricted rest periods will elevate levels of lactic acid. Lactic acid production is considered to be associated with an acute increase in human growth hormone levels. Human growth hormone stimulates muscle protein synthesis, and promotes the oxidation of fat – therefore increasing lean muscle and reducing body fat.

Exercise intensity has been directly related to growth hormone production – ie the higher the intensity the greater the increase in growth hormone.

The second hormonal effect concerns insulin. Insulin is responsible for the uptake of glucose or blood sugar. Individuals with insulin resistance have reduced insulin sensitivity resulting in reduced glucose uptake. Insulin resistance plays a major role in type 2 diabetes and is highly associated with major public health problems, including obesity, hypertension, coronary artery disease, and a range of metabolic and cardiovascular abnormalities that we refer to as metabolic syndrome.

Recent studies have reported that HIIT is more effective at increasing insulin sensitivity than steady state training.

4. FAST TWITCH MUSCLE FIBRE ACTIVATION

High Intensity training accesses the type 2 fibres as well as the type 1. This increases muscle recruitment – allows us to tap into the anaerobic energy and shape and tone muscle.

In Summary, SPRINT delivers the following benefits through HIIT training:

- Rapid changes in body composition
- Increase in VO2 or cardiovascular fitness
- An EPOC or afterburn effect
- Hormonal changes that allow us to burn fat and gain lean muscle

HOW DOES IT FIT INTO MY TRAINING PLAN?

We recommend you do LES MILLS SPRINT two times per week for the best result. A rest day in between or doing some low to moderate intensity cardio exercise, resistance-based exercise or stretching will provide you with a balanced fitness training regime. Rest days allow your muscles to recover so that you can maximize the HIIT effect with each workout.

For frequent Group Fitness goers, LES MILLS SPRINT provides an effective HIIT workout. For cycling enthusiasts it provides an effective high intensity indoor alternative.

IS IT FOR EVERYONE?

HIIT training is becoming a popular component of many fitness programs, due to the fast results and time efficient workouts. SPRINT provides a non-impact HIIT solution on a bike.

Precautions:

Participants with the following conditions should seek medical clearance prior to commencing HIIT training.

- Heart disease
- Cardiovascular disease
- Hypertension
- Musculo Skeletal Disorders that reduce ability to perform impact exercise
- Obesity

LES MILLS SPRINT AND PREGNANCY GENERAL ADVICE

Pregnant women are generally advised to reduce their exercise intensity. Therefore HIIT training is considered be contraindicated during pregnancy. A clearance should be obtained following pregnancy before undertaking HIIT Training.

WHERE'S THE FUN?

Forms of movement that interpret music creatively not only have physical benefits but also have emotional therapeutic effects. Exercising this way and in a group environment is compelling and makes you feel energized. Research has told us that regular participation in LES MILLS SPRINT encourages members to experience feelings of strength, assertiveness and self-confidence. Working in a group also allows you to achieve a volume of work that you may not be able to replicate on your own.

References:

- (1) Lythe, J., and P. Pfitzinger, Caloric expenditure and aerobic demand of BODYSTEP™, SPRINT™, BODYCOMBAT™ and BODYATTACK™. 2000, Unisports Centre for Sport Performance: Auckland. p. 1–15.
(2) Artal, R and M. O'Toole, Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the post-partum period. British Journal of Sports Medicine, 2003. 37 (1): p. 6-12.

APPENDIX 2

THE SPIN ON CADENCE

Professional SPRINTers can move somewhere around 240 RPM for short bursts. In LES MILLS SPRINT, it's highly unlikely we would go that fast, but in some tracks, we use regularly encourage cadence of 120+ RPM.

Training with high cadences (above 120+ RPM) produces a variety of muscle stresses and challenges our fast twitch muscle fibres. Cycling literature supports the selective use of high cadences during LES MILLS SPRINT. If participants are appropriately coached and have an accurate bike set up, it appears that high cadences increase the exercise stimulus and therefore caloric expenditure, encourage activation of type II muscle fibres while not increasing the injury risk.

Also, LES MILLS SPRINT is an interval based workout where we mix up our leg speed to mix up the recruitment of muscle fibres and energy systems. Using a wide range of Training cadence and Load is the most effective way to burn the highest number of calories and get fit quicker.

MOVING THIS FAST REQUIRES A FEW SAFETY CHECKS

In LES MILLS SPRINT, as per the Workout Plan, we only move fast for short periods of time, generally up to 30 seconds. That can be a long time for some people, it's important that we say "If you're starting to slow, it's ok, just to do your best". Make them feel like they are not failing.

We need to remember that fast cadences can lead to less control and poor Technique, and this must be coached out of your participants.

COMMON ISSUES WHEN RIDING FAST

Most common problems to look out for when moving at a fast cadence, and how to stop them:

1. BOUNCING IN THE SEAT

Mainly due to 3 things:

- Lack of Load. When people don't use enough Load in these tracks, it can upset the circular pedaling motion. This makes people move in "squares". If there is not enough Load, the down stroke is trying to go faster than the up stroke, causing rocking or bouncing.
- Lack of core stability. Having a strong core provides a platform to push against and will make you more stable in the seat.
- Pedal technique. Bouncing happens when people are not using both the Push and Pull phases to drive the pedals. If the legs are only pushing the pedals down, a smooth circle cannot be achieved, so we must 'pull' as well, engaging the hamstrings for maximum efficiency and control. It applies to both slow and fast cadences. The best way to do this is by wearing cycle shoes, which gives you a better connection to the pedal and helps you create a smoother circle.

2. PRESSING HEELS DOWN

At fast cadences, some people move with too much ankle movement, creating a slower pedal circle. For you to speed up the revolution, keep your ankle close to neutral position with toes slightly lower than the heels during the full revolution. However, don't point your toes too much, keep them slightly lower than your heel. This position reduces the degrees through which the ankle must rotate, making the pedal circle small, therefore speeding up each revolution.

3. HIP POSITION ON THE BIKE

By sitting too far back in the seat in LES MILLS SPRINT tracks, you're not optimizing the best position to SPRINT from. When you're moving at cadences over 120+ RPM, slide forward slightly in the seat.

By shifting the butt forward on the seat we bring the knee directly over the line of the push point of the pedaling action. The push point is where we get maximum drive from the leg muscles, it occurs between 3 o'clock and 5 o'clock in the pedaling action.

When we do this in the conventional sitting position on the bike (butt back in the seat), we engage the quads, hamstrings, gluts using hip and knee extensors to drive the pedal downward. Now the line of the knee is behind the push point in this position.

When we slide forward in the seat and bring the knee directly over the push point we use a very quad dominant muscle action – reducing the input from the hip extensors.

This is what most elite SPRINTers use for speed – a quad dominant burst of fast twitch muscle energy, helping us pedal faster.

4. DROPPING YOUR HEAD.

Moving at maximal effort on the bike will make even pro SPRINTers drop their heads. This will restrict airflow and again place pressure on the neck and shoulders. Make sure you and your participants keep your heads in a neutral position by keeping your eyes forward with the gaze just ahead of the flywheel.

5. TENSION THROUGH THE UPPER BODY.

Due to increased effort at high rpms, riders will sometimes grip the handle bars tight. Often this is visible in the form of white knuckles and shrugged shoulders. So loosen your grip and relax your shoulders. It will really help to decrease tension in the neck.

SPRINT CUES

From those common problems, what are the Coaching cues you can use to help your participants move faster?

- 1) Slide forward in the seat
- 2) Toes slightly down, fixed ankle
- 3) Prevent bouncing in the seat: Push and pull, draw in the abs and add Load
- 4) Relax the upper body
- 5) Chin in, eyes down
- 6) Help people feel success by saying “if your legs are starting to slow, its ok just do your best”

Use these cues when you coach the Sprint phases. Set your participants up for success, help them move fast.

APPENDIX 3

PEDAL TECHNIQUE

COMMON TO EVERY SPRINT POSITION CYCLING BIOMECHANICS

When you cycle, there is a coordinated action in the muscles of the hip, knee and ankle. Cycling creates a huge cardio response due to the fact that a large number of muscles around these three joints are engaged during the pedal stroke.

The correct recruitment of those muscles creates fluidity or smoothness when pedaling. It's a fundamental technique and skill in LES MILLS SPRINT and compulsory to every position.

The fluidity or smoothness of pedaling is a fundamental technique skill. Lack of competency can limit the efficiency of your pedal stroke and lead to long-term injury or a reduction in training effectiveness.

EQUAL POWER OUTPUT

A lot of beginners also fall into the trap of pushing more with one leg rather than using both. Make sure you produce an even power output with both legs.

PERFECT CIRCLES

Inexperienced people often have a tendency to only push down on the pedal, therefore 'cycling in squares' and limiting the efficiency of their pedal stroke.

Pedals spend 25% of their time going down, 25% backwards, 25% going up and 25% going forward. If you only push down you're only generating power for a quarter of each pedal stroke.

This is easy to explain if you think of the pedal stroke as a clock face.

Even if the 'down' phase contributes the most to the power output (it has been estimated that the down stroke accounts for about 65%, the pullback 25% and the push forward over the top for about 10%), it's important to power through the whole of the pedal stroke.

When you do so, you cycle in perfect circles, experiencing a feeling of smoothness and control. You recruit all the leg muscles (quadriceps, hamstrings, calves as well as the Gluteus Maximus and the hip flexors) and therefore improve the efficiency of the workout, enabling an increased workload

To cycle in circles, the key idea is to:

- Generate maximum power from all muscle groups at every point in the circle
- Take out critical dead spots in the pedal stroke (12 and 6 o'clock)

So:

- Push forward before the crank past the top – 11 to 2 o'clock
- Push down – 3 o'clock
- Pull backward at the bottom – 5 to 7 o'clock
- Lift your heel and your knee in the back stroke – 7 to 11 o'clock.

An optimal seat height will provide the best platform for full recruitment of all muscle groups.

HIGH CADENCE

At a fast cadence of 120+ RPM, the ankle stays in the same position through the whole rotation, with the toes slightly lower than the heels. It reduces the degrees through which the foot must rotate, therefore speeding up each revolution.

Key cues to use at 120+ RPM with Light to Moderate Load:

- Slide forward in the seat
- Abs in and braced
- Toes slightly down
- Go for fast and small circles
- Smooth strokes
- Add Load if you are bouncing in the seat
- Relax your upper body

SLOW CADENCE AND HEAVY RESISTANCE

We are looking for a maximal power output. Using your ankle to change the angle of your foot on the pedal through the rotation will help you to produce more force around the full circle.

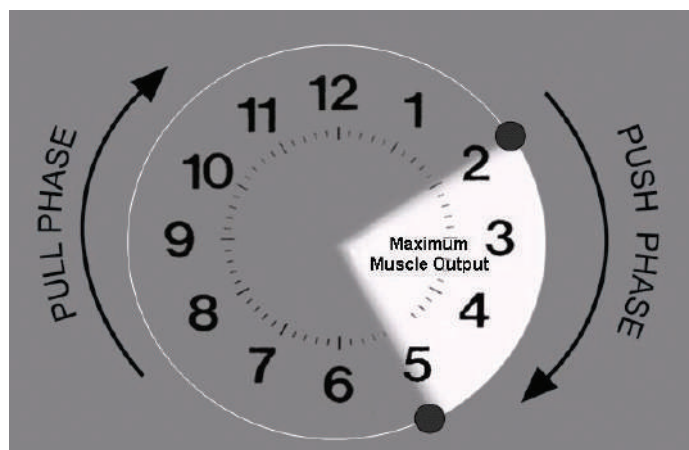
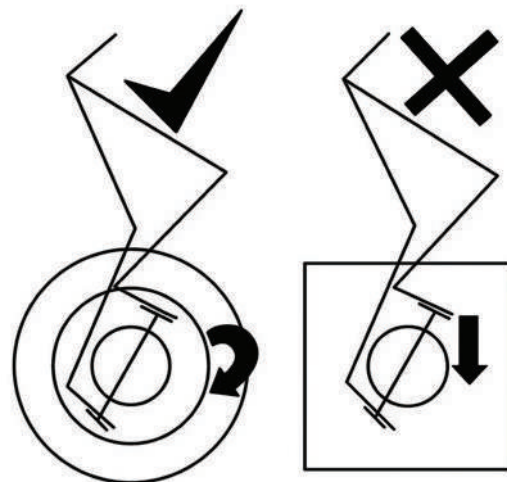
Basics are:

- Push forward and down, dropping your heel down slightly through the Push Point
- Lift the heel up slightly as you move down to be able to scrape with the toes at the bottom (toes at their lowest level)
- Press the heel down slightly again pulling backward and lifting the knee on the way up.

The variation in terms of ankle angle depends on individual preferences, flexibility and habits. Some people use their ankle more than others, to drive the pedal. However, to avoid putting too much stress on the soft issue, keep the range of motion at the ankle relatively small.

Key cues to coach at slow cadence with Heavy Load:

- Slide backward
- Push and Pull
- Go for big circles
- Drop the heel slightly
- Lift the knee and drive the heel to the butt
- Scrape the pedal at the bottom



APPENDIX 3

CYCLING SHOES

Wearing cycling shoes during LES MILLS SPRINT provides benefits to help you move better and be more comfortable on the bike. Cycling shoes have a stiff sole, which prevents uncomfortable bending of your foot during pedaling, unlike the soft sole of a sports shoe. This rigidity also enables you to transfer more power through each pedal stroke. When you are clipped into the pedal with cycling shoes, you can pull up as well as push down each time your leg turns the crank. This pulling action will activate the hamstrings and glutes making your pedal circle more complete. This will make you more efficient as you move in perfect circles, improving your strength and speed.

CLEAT PLACEMENT

Cleat position isn't as simple as just screwing them into the shoe. Optimizing cleat position is crucial to minimize stress through your knees and maximize power output. Let's look at how to fit a cleat onto your cycling shoe.

Grab a pen, needle, elastic and a 4 mm allen key. Then work through the exercises below to help perfect your cleat technique:

CLEAT FORWARD AND BACK

Take off your shoes and your socks. Find the head of metatarsal (bump on the side of the foot, under the base of the big toe). Mark this area with a pen on your foot as a reference point. Do the same thing for the other foot.

- Take the insole out of your bike shoe and place it on the floor.
- Stand with your foot on the insole and copy the reference point on the insole.
- Place the insole back in the bike shoe.
- Grab the needle and put your hand in your bike shoe. Stick the needle directly across the reference point from the inside of the shoe, through to the outside and again, with a pen mark the spot where the needle leaves the shoe.
- Put an elastic around the front of the shoe exactly over the point you just marked on the outside of the shoe. The horizontal line of the elastic indicates the center of the screw of the cleat.
- Tighten the screws and repeat the same for the other shoe. The ball of the foot should be on the pedal axel which provides a maximum power output.

CLEAT ROTATION

This is about the angle between the bike shoe and the cleat. This set up could differ from left to right.

- Walk a few steps, then stop when you've put your foot down. Put your bike shoe parallel to your foot as this is the best way to visualize it.
- When you tend to put your feet inward while walking, the cleat should slightly be facing outward and vice versa.
- If this still bothers you after the set up, try to find out while riding if your feet are still pulling inward or outward and adjust a little more.
- There still has to be some room to move the foot in the pedal; eg. if your foot is still pulling inward and there is no more room to move, adjust your cleat a little outward.

CLEAT SIDE WAYS

The adjustment of the cleat should be as close as possible to the outside of the shoe because the foot needs to be close to the crank.

Cranks on indoor bikes are usually 2.5 to 5.0 mm wider than on an outdoor bike. This can potentially cause the knees to fall inward.

APPENDIX 4

QUALITY ASSURANCE

We begin this process on the very first day of training and it is aligned to the 5 Key Elements.

Throughout the 2 days of SPRINT training your Trainer will focus upon helping you to understand and move towards competency in the first 3 Key Elements – Choreography, Technique and Coaching. You will also gain insight into Connection and Performance - the icing on the cake when it comes to being GREAT at your job.

You will experience what it's like to be an LES MILLS SPRINT Coach at the end of your first day when you teach your assigned track to the group. Your Trainer will tell you what you're already good at and give you something to work on overnight. Then at the beginning of day 2 you will teach your track again and will be given more tips to work on throughout the day. This is in preparation for your final presentation, at which time your Trainer will tell you whether you are 'good to go' (PASS) or need more time to sharpen your tools before you are ready to teach at your gym.

Once you've received your training pass you will continue to work towards Coach Certification, which will occur approximately 2 to 3 months post training.

COACHING CERTIFICATION

Coach Certification is exciting – you will film yourself teaching a live workout following the Les Mills Teaching Model and then it will be assessed by your local Les Mills Team against the global standard. It's this global standard that sets Les Mills Group Fitness workouts above all others and ensures that participants experience the same great quality LES MILLS SPRINT workout no matter where they are in the world... and that's why we say Coach Certification is exciting!

**WE KNOW COACHES
THRIVE ON FEEDBACK
THE MORE THEY GET
THE BETTER THEY GET**

By now you'll be totally hooked on improving your teaching skills and wanting to be an even better version of yourself... so here's the plan. After implementing your Certification feedback into your teaching it's time to ask your Group Fitness Manager or local Les Mills Team how you can continue to receive feedback and develop your skills as a Coach.

**... AND WE ARE ANOTHER STEP CLOSER
TO CREATING A FITTER PLANET**

PROGRAM LAUNCH

A great launch is vital to the success of SPRINT in your club. EVERYONE at the club needs to get behind it and Coaches need to be totally prepared to teach awesome launch workouts. Practicing how to teach as part of a team is really important.

HERE'S A LIST OF THINGS TO DO PRE-LAUNCH:

- In-house training – regular training sessions for choreography rehearsal, fitness and peer assessment
- Marketing – posters, new members, guest passes, banners, brochures, personal trainers
- Staff workout – full dress rehearsals to internal staff
- Club support – educate and involve all Coaches, staff, personal trainers, and membership consultants/sales staff
- Inter-club meetings

BUILDING UP TO THE LAUNCH:

- Launch dates
- Orientation/Technique workouts
- Strategies for overcrowding and flexible timetable
- Booking and payment systems

QUARTERLY LAUNCHES:

- These launches should be treated as major events in your club
- Use the posters and materials provided
- Make a big deal out of Quarterly Launches to keep the program new and fresh and to keep the passion alive
- You need a LES MILLS SPRINT club representative that keeps the LES MILLS SPRINT culture alive in your club and works with the GFM or Club Manager to keep the profile of the program high
- To keep the culture alive and build a following of loyal members you must invest in the product and facilitate four fabulous launches per year and encourage the excitement that comes from new releases. It's just like a James Bond movie – we know what to expect but we're totally excited about seeing the new love interest, the new baddies and the new stunts
- Hand out free passes to members to bring friends along to Club Launch day.
- Use a theme for Quarterlies
- Super Saturday – all of the new releases are launched on a Saturday
- Manic Monday – all of the new releases are launched on a Monday
- World Class Wednesday – all of the new releases are launched on a Wednesday

APPENDIX 5

WHAT CAN YOU DO TO MAKE PERFORMANCE HAPPEN?

GET OUT OF THE WAY

Teaching in the essence of the program is the ultimate high performance state. Just like you can't be a little bit pregnant, you can't teach a little bit in the essence of LES MILLS SPRINT with a mix of other styles thrown in. Get in or get out!

STOP TRYING SO HARD

Learn your choreography, perfect your technique, coach like a champ and connect with your people. These are fundamental, now let the music and the technical physicality of the program do the work for you. Members will sweat and some might surrender to fatigue. You will sweat and motivate them to keep going. Nobody quits. Everybody wins. Simple.

This is Performance and here's how to refine it:

4. THE ULTIMATE YOU

This is your state of mind; teaching in the essence of the program is the ultimate high performance state so you need to be bigger than yourself, YOU NEED TO BE THE ULTIMATE YOU!

Your job is to be strong, direct and lead them and be an authentic fitness leader. You are there to challenge people. They are there to be challenged. That's the deal. Bring that attitude to every workout. Members who come to LES MILLS SPRINT are driven by the empowerment and sense of achievement they experience during a workout. Take control, be commanding, bring your knowledge and experience. Be the ULTIMATE YOU.

Who do you dream of being when you teach? This questionnaire will help you connect with your inner rock star or your ULTIMATE YOU. Answer these questions and begin your journey...

NOBODY QUILTS.
EVERYBODY WINS.
SIMPLE.

IF YOU ARE 'THE ULTIMATE YOU'...
BEFORE YOU CAME INTO THE ROOM...

WHAT WERE YOU DOING?

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.....
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WHAT DID YOU EAT FOR BREAKFAST?

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WHAT KIND OF CAR DO YOU DRIVE?

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.....
.....

WHAT IS YOUR FAVORITE MUSIC?

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.....

WHO DID YOU SPEAK TO AND WHAT DID YOU SAY?

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.....
.....

DESCRIBE YOUR WALK AND YOUR POSTURE.

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.....

.....

WHAT IS YOUR PREDOMINANT FACIAL
EXPRESSION?

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.....

WHAT ARE YOUR 'CHARACTER' GIVENES
(EG FIT, STRONG, CONFIDENT, SILLY)?

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DESCRIBE THE LOCATION WHERE YOU TEACH.

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PHYSICAL ENVIRONMENT: WHAT DOES THE ROOM
LOOK LIKE?

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WHAT DOES THE ROOM TELL YOU ABOUT YOUR
CHARACTER?

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WHAT IS THE EMOTIONAL ENVIRONMENT IN THE
ROOM?

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HOW DO YOU FEEL WHEN YOU ARE IN THE ROOM?

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HOW DO PEOPLE GREET YOU?

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DESCRIBE THE EMOTIONAL RELATIONSHIP BETWEEN
YOU AND THE OTHER PEOPLE IN THE ROOM.

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WHAT DO YOU FEEL ABOUT THE OTHER PEOPLE IN
THE ROOM?

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OVERALL, WHAT ARE YOU TRYING TO GET FROM
THE OTHER PEOPLE?

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DESCRIBE 'THE ULTIMATE YOU':

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APPENDIX 6

**ONCE YOU HAVE FINISHED PLAYING, ENHANCING AND EXPRESSING,
THINK ABOUT THIS...**

What are the conflicts holding you back from becoming THE ULTIMATE YOU? What is stopping you?

Write a letter to your 'REAL SELF' from your 'ULTIMATE SELF'. And remember, sharing this exercise with someone else will greatly enhance the experience.

DEAR ULTIMATE YOU,

Watch the three videos 'Get Fit Together Research', '6 Week introduction to Group Fitness plan' and 'Stages of Change' then complete the quiz below.

FROM 'GET FIT TOGETHER RESEARCH'

1. WHAT DO LES MILLS CLASSES DO FOR MEMBERS?

- 1
- 2
- 3

2. WHAT TYPE OF TRAINING IS BEST FOR REDUCING THE RISK OF HEART DISEASE?

- 1

3. NAME 2 RESULTS ACHIEVED BY THE GET FIT TOGETHER MEMBERS

- 1
- 2
- 3
- 4
- 5

4. WHAT ARE THE THREE BIG MESSAGES FROM THE GET FIT TOGETHER RESEARCH?

- 1
- 2
- 3

FROM '6 WEEK INTRODUCTION TO GROUP FITNESS PLAN'

5. WHAT IS CRITICAL TO HOOKING NEW PEOPLE TO GROUP FIT CLASSES?

- 1

6. THE COMPLIANCE LEVEL OF THIS STUDY WAS VERY HIGH. HOW MANY OF THE PARTICIPANTS NEVER MISSED A CLASS?

- 1

7. WHAT IS THE RECOMMENDED EXERCISE PRESCRIPTION FOR WEEK 1?

- 1

8. NAME 2 ADVANTAGES FOR PARTICIPANTS OF THE SLOW FAMILIARIZATION PERIOD?

- 1
- 2

LES MILLS CULTURE

HAKA AND HONGI

MAORI TRADITIONS IN THE LES MILLS CULTURE

Two of the most popular Maori traditions are the Haka and the Hongi. The haka is an ancient warlike challenge with fierce movements performed to a Maori chant. It is famously used by New Zealand's national rugby team, the All Blacks, and other national representative teams at the start of their matches.

It is now also a regular custom at Les Mills events to symbolize the global challenge for our 'warrior-like' Coaches in the war against obesity. Also part of the Les Mills culture, the Hongi is the Maori welcome expressed by the pressing of noses, something akin to the Western custom of kissing someone by way of greeting.

The literal meaning of hongī is the 'sharing of breath'. In the hongī (traditional greeting), the ha or breath of life is exchanged and intermingled. Through the exchange of this physical greeting, you are no longer considered manuhiri (a visitor) but rather tangata whenua, one of the people of the land. When Maori greet one another by pressing noses, the tradition of sharing the breath of life is considered to have come directly from the gods.

In Maori folklore, woman was created by the gods molding her shape out of the earth. The god Tane (meaning male) embraced the figure and breathed into her nostrils. She then sneezed and came to life. Her name was Hineahuone (earth-formed woman).

MANY COUNTRIES HAVE LES MILLS NEWSLETTERS CALLED "KIA ORA" – A COMMON MAORI GREETING

Les Mills Trainers and Coaches often greet each other with a strong Roman-style handshake incorporating the Hongi into their greeting.

Many of the original Les Mills Trainers have Maori heritage and have enriched the culture of Les Mills with their traditions and customs.

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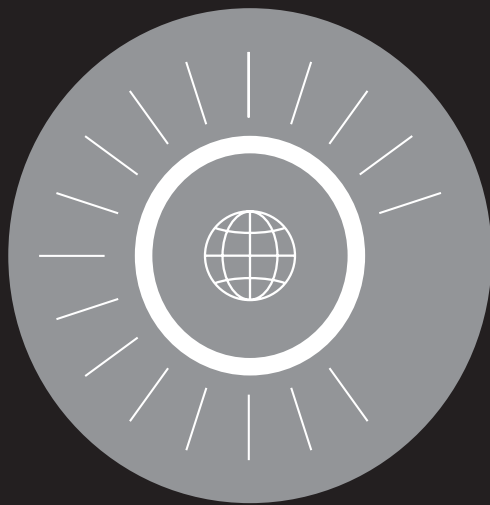
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