

# RPM™

IS THE INDOOR  
CYCLING  
WORKOUT

WHERE YOU RIDE  
TO THE RHYTHM OF  
POWERFUL MUSIC.

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Like all LES MILLS™ programs, a new RPM™ class is produced every three months with new music and choreography.

GET IN THE ZONE WITH  
**RPM™**

**RPM™**  
**THE RIDE OF YOUR LIFE**



[www.adrenalinewellness.com/rpm.htm](http://www.adrenalinewellness.com/rpm.htm)



# WHAT WILL RPM™ DO FOR ME?

- RPM™ will increase your cardiovascular fitness, burn fat and tone and shape your legs, hips, and butt.
- You will gain leg strength and muscular endurance – without building bulk.
- RPM™ has been proven to burn up to 800 calories in one hour. In a normal 45-minute class structure, you can potentially burn 600 calories.
- At the same time, your body will release endorphins giving you that natural high – and leaving you feeling fantastic.



# DESCRIBE A TYPICAL CLASS

Your RPM™ instructor will lead your ride through nine music tracks, using various riding positions and speeds to suit the terrain.

## 1. Warmup

Warm up the legs and increase the blood supply to the working muscles.

## 2. Pace

The intensity increases as you work through intervals of speed to prepare for the demands of the class ahead.

## 3. Hills

Designed to increase leg strength and endurance, you perform a series of climbs with increasing intensity.

## 4. Mixed Terrain

After some initial active recovery, we ride a series of fast flats and short climbs.

## 5. Intervals

You burn lots of calories in this track! It's a race simulation with a series of attacks which will peak your heart rate. The main objective is to work and recover through interval training.

## 6. Speed Work

After some initial active recovery, you develop fast leg speed through high-speed intervals.

## 7. Mountain Climb

As in Track 3, the focus is on strength and endurance in a series of climbs that build in intensity. This is the last working track.

## 8. Ride Home

Finish the journey and recover by lowering the heart rate and flushing the working muscles.

## 9. Stretch

A final stretch to complete the workout and assist recovery.

# FAQs:

## HOW OFTEN SHOULD I DO RPM™?

If you do RPM™ two to three times per week you will feel fitter, stronger and leaner.

## HOW FIT DO I NEED TO BE?

Controlling the intensity of the workout means riders of all abilities can ride together – from the relative newcomer to the elite athlete. As you ride more frequently, you'll become fitter.

## WHAT DO I NEED TO BRING TO CLASS?

Bring a water bottle and a towel. Wear comfortable clothes. Cycling shorts and cycling shoes are recommended, but not essential.

## SO WHAT'S NEXT?

Go for it! If you need more information, ask your instructor or visit [www.lesmills.com/rpm](http://www.lesmills.com/rpm)

