



## 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 50-minute structure you can potentially burn 600 calories
- At the same time your body will release endorphins to give you that natural high and leave you feeling fantastic

# RPM™

The ride of your life.



[www.lesmills.com](http://www.lesmills.com)

# GET IN THE ZONE WITH RPM™



# RPM™

## What's that?

RPM™ is a 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.



## So 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. Warm up

Warms up the legs and increases core temperature. The pace is easy and resistance light.

### 2. Pace

Speed and intensity increase as riders work toward top personal pace. The road is flat until we encounter a small hill designed to warm up the climbing muscles.

### 3. Hills

The first set of hill climbs, designed to increase leg strength and endurance. Riders are coached through the positions, resistance and intensity.

### 4. Mixed Terrain

Recover at first; then stay in the working zone through a series of short climbs, fast descents and sprints.

### 5. Intervals

This is like a cycling time trial where we look to cover the most amount of distance in the shortest time. The road is flat and you'll be making short attacks out of the saddle and then finding race pace in the saddle.

### 6. Free Spin

Imagine a flat open road where you ride at your top pace with light resistance.

### 7. Mountain Climb

The last working track. The road starts easy and then becomes steeper as we climb to achieve our individual athletic potential.

### 8. Ride Home

Finish the journey and ride home together. Recovery is the name of the game.

### 9. Stretch

A final stretch to complete the workout and assist recovery.

## 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 are recommended but not essential.

## So what's next?

Go for it! Good luck with RPM and if you need more information, talk to us or visit our website [www.lesmills.com](http://www.lesmills.com)

