

Les Mills Lab: THE TRIP study



Introduction

While previous fitness studies have shown that interactive video cycling gets people working out at a higher intensity than they realize, Les Mills wanted to understand whether the combined audio-visual features of THE TRIP™ took this perception to an even higher level. Accordingly, the aim of this study was to establish whether THE TRIP helps a hard workout not seem so challenging.

Question

Do the immersive qualities of THE TRIP increase the intensity of a person's workout without them noticing how hard they are pushing themselves?

Method

For this study tests were conducted on a group of 20 novice fitness participants. Over an eight week period they completed eight audio-only group fitness cycling classes and eight immersive classes (featuring digital imagery matched to the music). The study focused on two variables; exercise intensity and perceived exertion.

Results

The results showed the novice group's rate of perceived exertion, (RPE), or how intensely they thought they had worked out, was less doing THE TRIP than when doing the audio-only class, when in fact the intensity was the same.

Conclusion

The results showed that novice exercisers experienced a reduced perception of intensity from the audio-visual experience of THE TRIP. Its immersive qualities enhance their fitness experience and may assist with them keeping up with a regular exercise program going forward.

Recommendation

THE TRIP is an ideal group fitness format for inactive adults starting an exercise program.

A link to the published abstract in the Medicine and Science in Sports and Exercise Journal is available [here](#).