



**IMMERSE YOURSELF**

LES MILLS  
**THE TRIP**



## **WHAT IS THE TRIP?**

THE TRIP™ is a completely new cycling experience that uses digital projection on cinema size screens to create new worlds.

You might climb the side of an impossibly steep glacier, chase futuristic riders, sprint across lava flows or ride through a space age city. THE TRIP creates a visual sense of purpose to your workout. By suspending belief, you stop thinking about the workout and push yourself further.

## **IMMERSE YOURSELF**

The room will darken at the start, but no need to panic– this is how we create other worlds. There will be bright lights and flashes of color. Ease into it your first time as you get a feel for training in an immersive environment. We know you'll want to start taking THE TRIP on a regular basis.

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