

A man and a woman are shown from the waist up, riding stationary bikes. The woman is in the foreground, wearing an orange tank top and black shorts, looking forward with a determined expression. The man is behind her, wearing a grey and white striped shirt, also looking forward. They are both pedaling vigorously. The background is dark with a bright light source on the right, creating a dramatic effect. The text 'LES MILLS' is overlaid in white, and 'RPM' is overlaid in blue.

# LES MILLS

## RPM

**LES MILLS**  
FOR A FITTER PLANET

# Les Mills Rpm 58

**J Elliott**

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

**Les Mills Rpm 58:**

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