



Merrithew Music™ for Total Barre Amplified

Album title: Total Barre Amplified

A collection of instrumental music designed specifically for Barre, Dance & Fitness, featuring an eclectic blend of Cuban- and Latin American-inspired beats blending classics and modern approaches.

Segment 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending

song title: Amplified: Warm Up

length: 3:55 – *approx. 82 bpm*

description: and allow this flowing Latin-influenced synth pop music to move and mobilize you. The cajon and bongo drums drive a consistent beat to follow, while the smooth loyal guitar is there to help guide your way.

start position: side facing Barre, one hand on Barre, other arm by side, feet parallel, shoulder-distance apart

introduction: 8-count introduction

Segment 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot

song title: Amplified: Warm Up Lower Body

length: 3:34 – *approx. 106 bpm*

description: A little swirling funky psych pop! The powerful bass and strong kick drum keeps you centered. Stay the course and keep listening to the constant beat when the melody decides to get just a little trippy.

start position: facing Barre, hands resting on Barre, pelvis and spine neutral, legs laterally rotated and abducted in second position

introduction: 16-count introduction

Segment 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot

song title: Amplified: Workout Lower Body

length: 6:28 – *approx. 116 bpm*

description: A modern psychedelic spin with some classic Funk rock sounds. Riding in the background is some skipping middle eastern percussion, tied together by a classic beat on the kit. Follow the drums, but hear what the strings are saying.

start position: facing Barre, hands resting on Barre, Strength Tubing, Ankle around ankles (Velcro facing in), legs adducted, parallel

introduction: 32-count introduction

Segment 4. Workout 2: Upper Body — Arms Front

song title: Amplified: Workout Upper Body, Arms Front

length: 4:06 – *approx. 94 bpm*

description: Synth prog rock with funky syncopations. Arms front is all about changing it up. Listen to the rhythm of the hand drums and their drum fill to guide transitions.

start position: standing away from Barre, legs parallel, feet hip-distance apart, one foot standing on Strength Tubing, Core, holding handles, arms by sides, palms forward

introduction: 16-count introduction, drum fill plus 4 counts when music kicks in

Segment 5. Workout 3: Upper Body — Arms Back

song title: Amplified: Workout Upper Body, Arms Back

length: 3:42 – *approx. 100 bpm*

description: A dreamy electric country track with a clear heart. With arm work you don't always need something quick, but decisive, for a mid-workout track. Drum fills are your friend in this one.

start position: side facing Barre, Strength Tubing, Core with handles

introduction: 16-count introduction



View segments of this workout online: merrithew.com/total-barre-amplified

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Segment 6. Workout 4: Hip Abduction & Extension

song title: Amplified: Workout Glutes & Abductors
length: 3:53 – *approx. 80 bpm*

description: Some pop that smiles back at you; the cascading modern and old glittering funk influences are displayed, while the contrasting guitars take the lead on transitions as we start to elevate the heartbeat.

start position: side facing Barre, hand resting on Barre, Strength Tubing, Ankle around ankles, legs parallel and adducted, knees flexed

introduction: 20-count introduction

Does the following belong in the playlist?

16 count to 32 counts when transitioning to the other side – to After – **Squat, Reach & Tap**

32-count transition to raise arm and side bend toward the Barre (16-counts), turn around to the other side and prepare for the other side, legs parallel, adducted, knees flexed (16-counts)

Segment 7. Workout 5: Cardio Legs

song title: Amplified: Workout Cardio Legs
length: 6:28 – *approx. 122 bpm*

description: Some lounge music with a funky pace. The sustaining effects bring us into a psychedelic world, but are grounded by the cardio-rhythm. Stay on the beat and you'll breeze through this cardio track. The drum fills are your friend when it comes to transitions.

start position: facing Barre, legs parallel, feet hip-distance apart, hands resting on Barre

introduction: 32-count introduction

Segment 8. Workout 6: Standing Abs

song title: Amplified: Workout Standing Abs
length: 7:11 – *approx. 117 bpm*

description: This track brings you into a world of Latin electronica, with a chopping rhythm that keeps you in the moment and legato that almost has you missing the moment prior.

start position: standing away from Barre, feet wider than hip-distance apart, legs in slight lateral rotation, knees slightly bent, arms by sides, weights ready

introduction: 32-count introduction

Segment 9. Workout 7: Calf, Quad & Adductor

song title: Amplified: Workout Calf, Quad, Adductor
length: 3:01 – *approx. 102 bpm*

description: A psychedelic synth pop track with Middle Eastern auxiliary percussion. Listen for the plucking synth and rhythmic fills for movement transitions.

start position: facing Barre, legs parallel with Mini Stability Ball between knees, hands resting on Barre

introduction: 16-count introduction

Segment 10. Floor Work 1: Abs, Back & Arms

song title: Amplified: Floor Work Abs, Back & Arms
length: 3:35 – *approx. 72 bpm*

description: Funk fFusion with a biting eastern crunch and clap that makes you hop. The play between the synthetic EDM effects and eastern influences guide movement transitions.

start position: facing Barre, both hands on Barre, arms long, legs parallel and adducted or hip-distance apart, torso in a neutral diagonal position (plank position)

introduction: 16-count introduction

Segment 11. Floor Work 2: Cool Down & Stretching

song title: Amplified: Cool Down
length: 4:38 – *approx. 60 bpm*

description: A synth pop cool down number, with plenty of transitional cues, unique sections and an experiment with leaning into a vocal sample that will pull us away from the world of instrumental music.

start position: facing Barre, both hands on Barre, feet parallel, hip-distance apart, knees and hips flexed in a squat position

introduction: 16-count introduction