

## Music Suggestions for Total Barre™ — Amplified

### *Music Theme: Popular Music*

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**  
 Music: The Way (featuring Mac Miller)  
 Length: 3:47 – *approx. 90 bpm*  
 Artist: Ariana Grande  
 Album: Yours Truly  
 Download: [itunes.com](https://itunes.com)  
 Notes: *8-count introduction*
2. **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**  
 Music: Fine China  
 Length: 3:34 – *approx. 106 bpm*  
 Artist: Chris Brown  
 Album: Fine China – Single  
 Download: [itunes.com](https://itunes.com)  
 Notes: *16-count introduction*
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**  
 Music: Get Lucky (featuring Pharrell Williams)  
 Length: 6:10 – *approx. 120 bpm*  
 Artist: Daft Punk  
 Album: Random Access Memories  
 Download: [itunes.com](https://itunes.com)  
 Notes: *32-count introduction*
4. **Workout 2: Upper Body — Arms Front**  
 Music: Fighter  
 Length: 4:06 – *approx. 95 bpm*  
 Artist: Christina Aguilera  
 Album: Stripped  
 Download: [itunes.com](https://itunes.com)  
 Notes: *16-count introduction*
5. **Workout 3: Upper Body — Arms Back**  
 Music: Best Day of My Life  
 Length: 3:14 – *approx. 108 bpm*  
 Artist: American Authors  
 Album: Oh, What a Life  
 Download: [itunes.com](https://itunes.com)  
 Notes: *16-count introduction*
6. **Workout 4: Hip Abduction & Extension**  
 Music: Happy  
 Length: 3:53 – *approx. 120 bpm*  
 Artist: Pharrell Williams  
 Album: Girl  
 Download: [itunes.com](https://itunes.com)  
 Notes: *20-count introduction*
7. **Workout 5: Cardio Legs**  
 Music: Foo Foo  
 Length: 6:28 – *approx. 132 bpm*  
 Artist: Santana  
 Album: Shaman  
 Download: [itunes.com](https://itunes.com)  
 Notes: *32-count introduction*
8. **Workout 6: Standing Abs**  
 Music: Let the Groove Get In  
 Length: 7:11 – *approx. 126 bpm*  
 Artist: Justin Timberlake  
 Album: The 20/20 Experience (deluxe version)  
 Download: [itunes.com](https://itunes.com)  
 Notes: *32-count introduction*
9. **Workout 7: Calf, Quad & Adductor**  
 Music: Red Hands  
 Length: 3:01 – *approx. 108 bpm*  
 Artist: Walk off the Earth  
 Album: R.E.V.O.  
 Download: [itunes.com](https://itunes.com)  
 Notes: *16-count introduction*
10. **Floor Work 1: Abs, Back & Arms**  
 Music: Dark Horse  
 Length: 3:35 – *approx. 72 bpm*  
 Artist: Katy Perry  
 Album: Prism (deluxe version)  
 Download: [itunes.com](https://itunes.com)  
 Notes: *16-count introduction*
11. **Floor Work 2: Cool Down & Stretching**  
 Music: I Adore You  
 Length: 4:38 – *approx. 60 bpm*  
 Artist: Miley Cyrus  
 Album: Bangerz (deluxe version)  
 Download: [itunes.com](https://itunes.com)  
 Notes: *16-count introduction*