

Music Suggestions for Total Barre™ — Endurance 1

Music Theme: Popular Music

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
 Music: Me & U
 Length: 3:12 – *approx. 108 bpm*
 Artist: Cassie
 Album: Cassie
 Download: itunes.com
 Notes: *16-count introduction*

- 2.* **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Bad for Me
 Length: 3:04 – *approx. 108 bpm*
 Artist: Megan & Liz
 Album: Bad for Me
 Download: itunes.com
 Notes: *16-count introduction*

OR

- * Music: Somebody
 Length: 3:10 – *approx. 108 bpm*
 Artist: Natalie La Rose
 Download: itunes.com
 Notes: *16-count introduction*
24-count transition to [Adductor Release](#)

3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
 Music: My Oh My
 Length: 3:40 – *approx. 102 bpm*
 Artist: Tristan Prettyman
 Album: My Oh My
 Download: itunes.com
 Notes: *8-count introduction*

4. **Workout 2: Upper Body — Arms Front**
 Music: Beautiful Soul
 Length: 3:35 – *approx. 96 bpm*
 Artist: Jesse McCartney
 Album: Beautiful Soul
 Download: itunes.com
 Notes: *16-count introduction*

5. **Workout 3: Upper Body — Arms Back**
 Music: It's Time
 Length: 4:00 – *approx. 114 bpm*
 Artist: Imagine Dragons
 Album: Night Visions
 Download: itunes.com
 Notes: *16-count introduction*

6. **Workout 4: Hip Abduction & Extension**
 Music: Dance & Shout
 Length: 3:47 – *approx. 120 bpm*
 Artist: Shaggy & PeeWee
 Album: Hot Shot
 Download: itunes.com
 Notes: *8-count introduction*

7. **Workout 5: Cardio Legs**
 Music: Waka Waka
 Length: 3:22 – *approx. 132 bpm*
 Artist: Shakira (with Freshlyground)
 Album: Sale el Sol
 Download: itunes.com
 Notes: *zero-count introduction*

8. **Workout 6: Standing Abs**
 Music: Wings of Forgiveness
 Length: 4:59 – *approx. 108 bpm*
 Artist: India Arie
 Album: Testimony: Vol. 1 Life & Relationship
 Download: itunes.com
 Notes: *16-count introduction*

9. **Workout 7: Calf, Quad & Adductor**
 Music: Smooth
 Length: 4:56 – *approx. 120 bpm*
 Artist: Santana (and Rob Thomas)
 Album: Supernatural
 Download: itunes.com
 Notes: *32-count introduction*

10. **Floor Work 1: Abs, Back & Arms**
 Music: Empire State of Mind (clean version)
 Length: 4:37 – *approx. 90 bpm*
 Artist: Jay Z (featuring Alicia Keys)
 Album: The Blueprint 3
 Download: itunes.com
 Notes: *16-count introduction*

11. **Floor Work 2: Cool Down & Stretching**
 Music: You Are Not Alone
 Length: 4:56 – *approx. 66 bpm*
 Artist: Michael Jackson
 Album: (single)
 Download: itunes.com
 Notes: *zero-count introduction*

* Choreography adjusted for currently available music tracks. Revised March 2017.