

Music Suggestions for Total Barre™ — Endurance 2

Music Theme: Contemporary Music

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
 Music: No Woman No Cry
 Length: 4:47 – *approx. 65 bpm*
 Artist: Bossa n'Marley
 Album: Bossa n'Marley
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *8-count introduction*
2. **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Rolling in the Deep
 Length: 3:48 – *approx. 108 bpm*
 Artist: Adele
 Album: 21
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *16-count introduction*
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Sonando Contigo (Cappucino Mix)
 Length: 4:35 – *approx. 126 bpm*
 Artist: Kiko Navarro
 Album: Sonando Contigo
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *32-count introduction*
4. **Workout 2: Upper Body — Arms Front**
 Music: Stompa
 Length: 3:42 – *approx. 90 bpm*
 Artist: Serena Ryder
 Album: Harmony
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *zero-count introduction*
5. **Workout 3: Upper Body — Arms Back**
 Music: I'm Going to Shenzhen
 Length: 4:41 – *approx. 132 bpm*
 Artist: Orquesta la Palabra
 Album: Breakthrough
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *32-count introduction*
6. **Workout 4: Hip Abduction & Extension Series**
 Music: Who is He and What is He to You (album version)
 Length: 4:49 – *approx. 102 bpm*
 Artist: Me'Shell Ndegeocello
 Album: Peace Beyond Passion
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *16-count introduction*
7. **Workout 5: Cardio Legs**
 Music: Adouma
 Length: 4:15 – *approx. 132 bpm*
 Artist: Santana
 Album: Shaman
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *48-count introduction*
8. **Workout 6: Standing Abs**
 Music: Inner Ninja
 Length: 3:23 – *approx. 120 bpm*
 Artist: Classified (featuring David Myles)
 Album: Classified
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *16-count introduction*
9. **Workout 7: Calf, Quad & Adductor / Abductor**
 Music: Go Zen
 Length: 4:37 – *approx. 120 bpm*
 Artist: Soulfood
 Album: Zen Lounge
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *32-count introduction*
10. **Floor Work 1: Abs, Back & Arms**
 Music: Island Groove
 Length: 5:44 – *approx. 110 bpm*
 Artist: Mickey Hart
 Album: Planet Drum
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *16-count introduction*

 Music: Stiff Jazz
 Length: 5:50 – *approx. 110 bpm*
 Artist: dZihan & Kamien
 Album: Gran Reserva
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *32-count introduction*
11. **Floor Work 2: Cool Down & Stretching**
 Music: So Good for Me
 Length: 4:06 – *approx. 90 bpm*
 Artist: Victor Davies
 Album: Hear the Sound (Disc 1)
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: *16-count introduction*