

Music Suggestions for Total Barre™ — Modified for Special Populations

Due to the potential limitations of this population, segments 3 and 7 have been purposely omitted.

Music Theme: '60s & '70s

- 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
 Music: One Heartbeat
 Length: 4:08 – *approx. 90 bpm*
 Artist: Smokey Robinson
 Album: The Ultimate Collection: Smokey Robinson
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **32-count introduction**
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Dancing in the Street
 Length: 2:40 – *approx. 126 bpm*
 Artist: Martha Reeves & The Vandellas
 Album: Classic Doo Wop Girl Groups, Vol 3
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **16-count introduction**
- 4. Workout 2: Upper Body — Arms Front**
 Music: Soul Makossa
 Length: 4:24 – *approx. 96 bpm*
 Artist: Manu Dibango
 Album: Manu Dibango: Anthology
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **24-count introduction**
- 5. Workout 3: Upper Body — Arms Back**
 Music: Under the Boardwalk
 Length: 2:42 – *approx. 114 bpm*
 Artist: The Drifters
 Album: Under the Boardwalk
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **16-count introduction**
- 6. Workout 4: Hip Abduction & Extension**
 Music: Shotgun
 Length: 2:56 – *approx. 130 bpm*
 Artist: Junior Walker & The All Stars
 Album: Motown 1's
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **36-count introduction**
- 8. Workout 6: Standing Abs**
 Music: Mustang Sally
 Length: 4:01 – *approx. 108 bpm*
 Artist: The Commitments
 Album: The Commitments (Original Motion Picture Soundtrack)
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **16-count introduction**
- 9. Workout 7: Calf, Quad & Adductor**
 Music: Ain't Too Proud to Beg
 Length: 2:34 – *approx. 121 bpm*
 Artist: The Temptations
 Album: Anthology Series: The Best of The Temptations
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **32-count introduction**
- 10. Floor Work 1: Abs, Back & Arms**
 Music: Human Nature
 Length: 4:05 – *approx. 94 bpm*
 Artist: Michael Jackson
 Album: Thriller
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **16-count introduction**
- 11. Floor Work 2: Cool Down & Stretching**
 Music: Let it Be
 Length: 3:50 – *approx. 73 bpm*
 Artist: The Beatles
 Album: #1 The Beatles
 Download: [itunes.com](https://www.apple.com/itunes)
 Notes: **16-count introduction**