

## 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**