

Music Suggestions for One-Hour Total Barre™ Class — Foundation Course, Level 1

Music Theme: New Age Tribal

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
 Music: Porcelain
 Length: 4:01 – **approx. 102 bpm**
 Artist: Moby
 Album: Play & Play: B Sides
 Download: [itunes.com](#)
 Notes: **8-count introduction**
- 2★ **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Time 2 Get Funky (Mischa Daniels Remix)
 Length: 6:35 – **approx. 128 bpm**
 Artist: Marnix & Mustafa
 Album: Latin House
 Download: [itunes.com](#)
 Notes: **32-count introduction**
 all pulses, **2 counts**
 time to repeat choreography from
Plié First Position through **Slow Train** twice.
 On second rep, **Slow Train** 2x instead of 4x
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Anoma
 Length: 4:07 – **approx. 108 bpm**
 Artist: OOM
 Album: Beats & Pieces
 Download: [itunes.com](#)
 Notes: **zero-count introduction**
4. **Workout 2: Upper Body — Arms Front**
5. **Workout 3: Upper Body — Arms Back**
 Music: Mahatma
 Length: 8:13 – **approx. 105 bpm**
 Artist: D.S. Project
 Album: Yoga Drums
 Download: [itunes.com](#)
 Notes: **16-count introduction**,
24-count transition to Segment 5
- 6★ **Workout 4: Hip Abduction & Extension Series**
 Music: Music & Wine (Teksoul Dub)
 Length: 7:10 – **approx. 132 bpm**
 Artist: Blue Six
 Album: Beautiful Tomorrow
 Download: [itunes.com](#)
 Notes: **32-count introduction**
Figure Four Stretch – **24-counts** each leg between sides,
16-count transition to other side,
 after **Figure Four Stretch** on the second side,
 repeat **Side Stretch** 2x each side, **32-counts** per side,
 repeat **Cat Stretch** 4x, slow **16-counts** each
- 7★ **Workout 5: Cardio Legs**
 Music: El Vibe Latino (Silverius Club Mix)
 Length: 5:53 – **approx. 132 bpm**
 Artist: Silverius
 Album: Latin House
 Download: [itunes.com](#)
 Notes: **32-count introduction**
16-count transition between sides,
 time to repeat the choreography exactly
 the same on both sides and finish with
Side Stretch 16-counts each side,
Glute Stretch 16-counts each side
- 8★ **Workout 6: Standing Abs**
 Music: Jai Ho
 Length: 5:19 – **approx. 132 bpm**
 Artist: A.R. Rahman
 Album: Slumdog Millionaire
 Download: [itunes.com](#)
 Notes: **16-count introduction**
32-count transition after second set of
Triangle and **Rotation** to **Pull Down Center**
9. **Workout 7: Calf, Quad & Adductor**
 Music: Fatou Yo
 Length: 3:56 – **approx. 120 bpm**
 Artist: Touré Kunda
 Album: Sila Beto
 Download: [itunes.com](#)
 Notes: **16-count introduction**
- 10★ **Floor Work 1: Abs, Back & Arms**
 Music: Caravan of Love
 Length: 5:41 – **approx. 96 bpm**
 Artist: The Isley Brothers
 Album: The Ultimate Isley Brothers
 Download: [itunes.com](#)
 Notes: **16-count introduction**
16-count transition from **Rotation** and
Rotated Pulses to **Push Ups**
- 11★ **Floor Work 2: Cool Down & Stretching**
 Music: Fast Car
 Length: 4:57 – **approx. 96 bpm**
 Artist: Tracy Chapman
 Album: Tracy Chapman
 Download: [itunes.com](#)
 Notes: **16-count introduction**
 repeat **Spine Stretch, Flexion & Extension** 4x each

* Choreography adjusted for current music tracks. Revised March 2017.



View segments of this workout online: merrithew.com/total-barre-foundation

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