

Music Suggestions for Total Barre™ — Modified for Pre- & Post-Natal

Music Theme: Popular Music

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
Music: Go it Alone
Length: 4:09 – *approx. 84 bpm*
Artist: Beck
Album: Guero
Download: [itunes.com](https://www.apple.com/itunes)
2. **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
Music: Hide Away
Length: 4:12 – *approx. 132 bpm*
Artist: Kiesza
Album: Sound of a Woman
Download: [itunes.com](https://www.apple.com/itunes)
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
Music: Heavy Cloud No Rain
Length: 3:45 – *approx. 115 bpm*
Artist: Sting
Album: Ten Summoner's Tales
Download: [itunes.com](https://www.apple.com/itunes)
4. **Workout 2: Upper Body — Arms Front**
Music: I Found You
Length: 3:59 – *approx. 138 bpm*
Artist: The Wanted
Album: I Found You (Single)
Download: [itunes.com](https://www.apple.com/itunes)
5. **Workout 3: Upper Body — Arms Back**
Music: Miami 82 (CHI2014 Edit) [Kygo Remix]
Length: 5:41 – *approx. 120 bpm*
Artist: Syn Cole
Album: Chilled House Ibiza 2014, Ministry of Sound
Download: [itunes.com](https://www.apple.com/itunes)
6. **Workout 4: Hip Abduction & Extension**
Music: I Wish
Length: 4:12 – *approx. 114 bpm*
Artist: Stevie Wonder
Album: Songs in the Key of Life
Download: [itunes.com](https://www.apple.com/itunes)
7. **Workout 5: Cardio Legs**
Music: Pay No Mind (feat. Passion Pit)
Length: 4:10 – *approx. 120 bpm*
Artist: Madeon
Album: Adventure (Deluxe)
Download: [itunes.com](https://www.apple.com/itunes)
8. **Workout 6: Standing Abs**
Music: Burn So Deep (feat. April)
Length: 5:30 – *approx. 108 bpm*
Artist: Kings of Tomorrow
Album: Burn So Deep (Single)
Download: [itunes.com](https://www.apple.com/itunes)
9. **Workout 7: Calf, Quad & Adductor**
Music: What Do You Mean
Length: 3:25 – *approx. 130 bpm*
Artist: Justin Bieber
Album: Purpose (Deluxe)
Download: [itunes.com](https://www.apple.com/itunes)
10. **Floor Work 1: Abs, Back & Arms**
Music: She's a Super Lady
Length: 5:06 – *approx. 126 bpm*
Artist: Luther Vandross
Album: Never Too Much
Download: [itunes.com](https://www.apple.com/itunes)
11. **Floor Work 2: Cool Down & Stretching**
Music: Hold You in My Arms
Length: 5:12 – *approx. 60 bpm*
Artist: Ray La Montague
Album: Trouble
Download: [itunes.com](https://www.apple.com/itunes)