

## Music Suggestions for Total Barre® — Amplified

### **Music Theme: Popular Music**

- 1. Warm Up 1: Spinal Mobility —**  
Flexion, Extension, Rotation & Side Bending  
Music: The Way (featuring Mac Miller)  
Length: 3:47 – **approx. 90 bpm**  
Artist: Ariana Grande  
Album: Yours Truly  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **8-count introduction**
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**  
Music: Fine China  
Length: 3:34 – **approx. 106 bpm**  
Artist: Chris Brown  
Album: Fine China – Single  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**
- 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot**  
Music: Get Lucky (featuring Pharrell Williams)  
Length: 6:10 – **approx. 120 bpm**  
Artist: Daft Punk  
Album: Random Access Memories  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **32-count introduction**
- 4. Workout 2: Upper Body — Arms Front**  
Music: Fighter  
Length: 4:06 – **approx. 95 bpm**  
Artist: Christina Aguilera  
Album: Stripped  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**
- 5. Workout 3: Upper Body — Arms Back**  
Music: Best Day of My Life  
Length: 3:14 – **approx. 108 bpm**  
Artist: American Authors  
Album: Oh, What a Life  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**
- 6. Workout 4: Hip Abduction & Extension**  
Music: Happy  
Length: 3:53 – **approx. 120 bpm**  
Artist: Pharrell Williams  
Album: Girl  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **20-count introduction**
- 7. Workout 5: Cardio Legs**  
Music: Foo Foo  
Length: 6:28 – **approx. 132 bpm**  
Artist: Santana  
Album: Shaman  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **32-count introduction**
- 8. Workout 6: Standing Abs**  
Music: Let the Groove Get In  
Length: 7:11 – **approx. 126 bpm**  
Artist: Justin Timberlake  
Album: The 20/20 Experience (deluxe version)  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **32-count introduction**
- 9. Workout 7: Calf, Quad & Adductor**  
Music: Red Hands  
Length: 3:01 – **approx. 108 bpm**  
Artist: Walk off the Earth  
Album: R.E.V.O.  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**
- 10. Floor Work 1: Abs, Back & Arms**  
Music: Dark Horse  
Length: 3:35 – **approx. 72 bpm**  
Artist: Katy Perry  
Album: Prism (deluxe version)  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**
- 11. Floor Work 2: Cool Down & Stretching**  
Music: I Adore You  
Length: 4:38 – **approx. 60 bpm**  
Artist: Miley Cyrus  
Album: Bangerz (deluxe version)  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**