

Music Suggestions for Total Barre™ — Endurance 1

Music Theme: Popular Music

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
Music: Me & U
Length: 3:12 – *approx. 108 bpm*
Artist: Cassie
Album: Cassie
Download: itunes.com
Notes: *16-count introduction*
- 2.* **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
Music: Bad for Me
Length: 3:04 – *approx. 108 bpm*
Artist: Megan & Liz
Album: Bad for Me
Download: itunes.com
Notes: *16-count introduction*
- OR
- * Music: Somebody
Length: 3:10 – *approx. 108 bpm*
Artist: Natalie La Rose
Download: itunes.com
Notes: *16-count introduction*
24-count transition to [Adductor Release](#)
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
Music: My Oh My
Length: 3:40 – *approx. 102 bpm*
Artist: Tristan Prettyman
Album: My Oh My
Download: itunes.com
Notes: *8-count introduction*
4. **Workout 2: Upper Body — Arms Front**
Music: Beautiful Soul
Length: 3:35 – *approx. 96 bpm*
Artist: Jesse McCartney
Album: Beautiful Soul
Download: itunes.com
Notes: *16-count introduction*
5. **Workout 3: Upper Body — Arms Back**
Music: It's Time
Length: 4:00 – *approx. 114 bpm*
Artist: Imagine Dragons
Album: Night Visions
Download: itunes.com
Notes: *16-count introduction*
6. **Workout 4: Hip Abduction & Extension**
Music: Dance & Shout
Length: 3:47 – *approx. 120 bpm*
Artist: Shaggy & PeeWee
Album: Hot Shot
Download: itunes.com
Notes: *8-count introduction*
7. **Workout 5: Cardio Legs**
Music: Waka Waka
Length: 3:22 – *approx. 132 bpm*
Artist: Shakira (with Freshlyground)
Album: Sale el Sol
Download: itunes.com
Notes: *zero-count introduction*
8. **Workout 6: Standing Abs**
Music: Wings of Forgiveness
Length: 4:59 – *approx. 108 bpm*
Artist: India Arie
Album: Testimony: Vol. 1 Life & Relationship
Download: itunes.com
Notes: *16-count introduction*
9. **Workout 7: Calf, Quad & Adductor**
Music: Smooth
Length: 4:56 – *approx. 120 bpm*
Artist: Santana (and Rob Thomas)
Album: Supernatural
Download: itunes.com
Notes: *32-count introduction*
10. **Floor Work 1: Abs, Back & Arms**
Music: Empire State of Mind (clean version)
Length: 4:37 – *approx. 90 bpm*
Artist: Jay Z (featuring Alicia Keys)
Album: The Blueprint 3
Download: itunes.com
Notes: *16-count introduction*
11. **Floor Work 2: Cool Down & Stretching**
Music: You Are Not Alone
Length: 4:56 – *approx. 66 bpm*
Artist: Michael Jackson
Album: (single)
Download: itunes.com
Notes: *zero-count introduction*

* Choreography adjusted for currently available music tracks. Revised March 2017.