

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

2.* 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.