

Music Suggestions for Total Barre® — Modified for Special Populations

Due to the potential limitations of this population, segments 3 and 7 have been purposely omitted.

Music Theme: '60s & '70s

- 1. Warm Up 1: Spinal Mobility —**
Flexion, Extension, Rotation & Side Bending
Music: One Heartbeat
Length: 4:08 – **approx. 90 bpm**
Artist: Smokey Robinson
Album: The Ultimate Collection: Smokey Robinson
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **32-count introduction**
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
Music: Dancing in the Street
Length: 2:40 – **approx. 126 bpm**
Artist: Martha Reeves & The Vandellas
Album: Classic Doo Wop Girl Groups, Vol 3
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
- 4. Workout 2: Upper Body — Arms Front**
Music: Soul Makossa
Length: 4:24 – **approx. 96 bpm**
Artist: Manu Dibango
Album: Manu Dibango: Anthology
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **24-count introduction**
- 5. Workout 3: Upper Body — Arms Back**
Music: Under the Boardwalk
Length: 2:42 – **approx. 114 bpm**
Artist: The Drifters
Album: Under the Boardwalk
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
- 6. Workout 4: Hip Abduction & Extension**
Music: Shotgun
Length: 2:56 – **approx. 130 bpm**
Artist: Junior Walker & The All Stars
Album: Motown 1's
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **36-count introduction**
- 8. Workout 6: Standing Abs**
Music: Mustang Sally
Length: 4:01 – **approx. 108 bpm**
Artist: The Commitments
Album: The Commitments
(Original Motion Picture Soundtrack)
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
- 9. Workout 7: Calf, Quad & Adductor**
Music: Ain't Too Proud to Beg
Length: 2:34 – **approx. 121 bpm**
Artist: The Temptations
Album: Anthology Series: The Best of The Temptations
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **32-count introduction**
- 10. Floor Work 1: Abs, Back & Arms**
Music: Human Nature
Length: 4:05 – **approx. 94 bpm**
Artist: Michael Jackson
Album: Thriller
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
- 11. Floor Work 2: Cool Down & Stretching**
Music: Let it Be
Length: 3:50 – **approx. 73 bpm**
Artist: The Beatles
Album: #1 The Beatles
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**