

Music Suggestions for One-Hour Total Barre® Class — Foundation Course, Level 1

Music Theme: New Age Tribal

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
Music: Porcelain
Length: 4:01 – **approx. 102 bpm**
Artist: Moby
Album: Play & Play: B Sides
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **8-count introduction**
- 2.★ **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
Music: Time 2 Get Funky (Mischa Daniels Remix)
Length: 6:35 – **approx. 128 bpm**
Artist: Marnix & Mustafa
Album: Latin House
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **32-count introduction**
all pulses, **2 counts**
time to repeat choreography from **Plié First Position** through **Slow Train** twice.
On second rep, **Slow Train** 2x instead of 4x
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
Music: Anoma
Length: 4:07 – **approx. 108 bpm**
Artist: OOM
Album: Beats & Pieces
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **zero-count introduction**
4. **Workout 2: Upper Body — Arms Front**
5. **Workout 3: Upper Body — Arms Back**
Music: Mahatma
Length: 8:13 – **approx. 105 bpm**
Artist: D.S. Project
Album: Yoga Drums
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**,
24-count transition to Segment 5
- 6.★ **Workout 4: Hip Abduction & Extension**
Music: Music & Wine (Teksoul Dub)
Length: 7:10 – **approx. 132 bpm**
Artist: Blue Six
Album: Beautiful Tomorrow
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **32-count introduction**
Figure Four Stretch – **24-counts** each leg between sides,
16-count transition to other side,
after **Figure Four Stretch** on the second side,
repeat **Side Stretch** 2x each side, **32-counts** per side,
repeat **Cat Stretch** 4x, slow **16-counts** each
- 7.★ **Workout 5: Cardio Legs**
Music: El Vibe Latino (Silverius Club Mix)
Length: 5:53 – **approx. 132 bpm**
Artist: Silverius
Album: Latin House
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **32-count introduction**
16-count transition between sides,
time to repeat the choreography exactly the same on both sides and finish with
Side Stretch 16-counts each side,
Glute Stretch 16-counts each side
- 8.★ **Workout 6: Standing Abs**
Music: Jai Ho
Length: 5:19 – **approx. 132 bpm**
Artist: A.R. Rahman
Album: Slumdog Millionaire
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
32-count transition after second set of **Triangle** and **Rotation** to **Pull Down Center**
9. **Workout 7: Calf, Quad & Adductor**
Music: Fatou Yo
Length: 3:56 – **approx. 120 bpm**
Artist: Touré Kunda
Album: Sila Beto
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
- 10.★ **Floor Work 1: Abs, Back & Arms**
Music: Caravan of Love
Length: 5:41 – **approx. 96 bpm**
Artist: The Isley Brothers
Album: The Ultimate Isley Brothers
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
16-count transition from **Rotation** and **Rotated Pulses** to **Push Ups**
- 11.★ **Floor Work 2: Cool Down & Stretching**
Music: Fast Car
Length: 4:57 – **approx. 96 bpm**
Artist: Tracy Chapman
Album: Tracy Chapman
Download: [itunes.com](https://www.apple.com/itunes)
Notes: **16-count introduction**
repeat **Spine Stretch, Flexion & Extension** 4x each

★ Choreography adjusted for current music tracks. Revised March 2017.



View segments of this workout online: [merrithew.com/total-barre-foundation](https://www.merrithew.com/total-barre-foundation)

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