

Alternate Music Suggestion for One-Hour Total Barre™ Class — Foundation Course, Level 1

Music Theme: *Feel Good Mix*

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
 Music: Uptown Funk (featuring Bruno Mars)
 Length: 4:30 – *approx. 120 bpm*
 Artist: Mark Ronson
 Album: Uptown Funk (feat. Bruno Mars) – Single
 Download: itunes.com
 Notes: *32-count introduction*
16-count transition between sides. Use extra music at the end to introduce movements in Segment 2
2. **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Take Back the Night
 Length: 5:53 – *approx. 114 bpm*
 Artist: Justin Timberlake
 Album: The 20/20 Experience – 2 of 2 (deluxe version)
 Download: itunes.com
 Notes: *10-count introduction*
 Repeat first position pliés with half the number of reps
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
 Music: Here Comes the Hot Stepper
 Length: 4:11 – *approx. 108 bpm*
 Artist: Ini Kamoze
 Album: Ten Dollar DJ: '90s Dance Party
 Download: itunes.com
 Notes: *8-count introduction*
 First exercise, start with 8x hip rotation instead of 4
4. **Workout 2: Upper Body — Arms Front**
 Music: Vogue
 Length: 5:17 – *approx. 120 bpm*
 Artist: Madonna
 Album: Celebration (Deluxe Version)
 Download: itunes.com
 Notes: *32-count introduction*
5. **Workout 3: Upper Body — Arms Back**
 Music: Pop
 Length: 2:56 – *approx. 126 bpm*
 Artist: *NSYNC
 Album: *NYSNC: Greatest Hits
 Download: itunes.com
 Notes: *8-count introduction*
6. **Workout 4: Hip Abduction & Extension Series**
 Music: Return of the Mack
 Length: 7:26 – *approx. 102 bpm*
 Artist: Mark Morrison
 Album: Return of the Mack (single)
 Download: itunes.com
 Notes: *16-count introduction*
7. **Workout 5: Cardio Legs**
 Music: Workin' Day and Night
 Length: 5:12 – *approx. 128 bpm*
 Artist: Michael Jackson
 Album: Off the Wall
 Download: itunes.com
 Notes: *16-count introduction*
8. **Workout 6: Standing Abs**
 Music: Le Freak
 Length: 5:28 – *approx. 96 bpm*
 Artist: Chic
 Album: C'est Chic
 Download: itunes.com
 Notes: *16-count introduction*
9. **Workout 7: Calf, Quad & Adductor / Abductor**
 Music: When Doves Cry
 Length: 4:02 – *approx. 132 bpm*
 Artist: The Be Good Tanyas
 Album: Hello Love
 Download: itunes.com
 Notes: *16-count introduction*
10. **Floor Work 1: Abs, Back & Arms**
 Music: Inner City Blues (Make Me Wanna Holler)
 Length: 5:38 – *approx. 96 bpm*
 Artist: Marvin Gaye
 Album: What's Going On
 Download: itunes.com
 Notes: *32-count introduction*
16-count introduction instead of 32 to prone
11. **Floor Work 2: Cool Down & Stretching**
 Music: Lessons for the Lover
 Length: 5:07 – *approx. 66 bpm*
 Artist: Usher
 Album: Looking 4 Myself (deluxe version)
 Download: itunes.com
 Notes: *16-count introduction*



View segments of this workout online: merrithew.com/total-barre-foundation

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