

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](https://www.apple.com/itunes/lookup?term=Uptown+Funk+(feat.+Bruno+Mars)+Single&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Take+Back+the+Night&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Here+Comes+the+Hot+Stepper&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Vogue&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Pop&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Return+of+the+Mack+(single)&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Workin'+Day+and+Night&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Le+Freak&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=When+Doves+Cry&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Inner+City+Blues+(Make+Me+Wanna+Holler)&resultType=album&view=album)
 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](https://www.apple.com/itunes/lookup?term=Lessons+for+the+Lover&resultType=album&view=album)
 Notes: **16-count introduction**