

## Music Suggestions for Total Barre™ — Creating Great Choreography to Music

### *Music Theme: Popular Dance Tunes*

- 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**  
 Music: I Can't Feel My Face  
 Length: 3:40 – *approx. 114 bpm*  
 Artist: Walk off the Earth  
 Album: Walk off the Earth  
 Download: [itunes.com](https://itunes.com)
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**  
 Music: Love Yourself  
 Length: 3:54 – *approx. 110 bpm*  
 Artist: Justin Bieber  
 Album: Purpose (deluxe version)  
 Download: [itunes.com](https://itunes.com)
- 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot**  
 Music: I Don't Like It I Love It  
 Length: 4:27 – *approx. 138 bpm*  
 Artist: Flo Rida (feat. Robin Thicke & Verdine White)  
 Album: Single  
 Download: [itunes.com](https://itunes.com)
- 4. Workout 2: Upper Body — Arms Front**  
 Music: Don't Tell Me  
 Length: 4:10 – *approx. 108 bpm*  
 Artist: Madonna  
 Album: Celebration (deluxe version)  
 Download: [itunes.com](https://itunes.com)
- 5. Workout 3: Upper Body — Arms Back**  
 Music: All I Want is You  
 Length: 4:56 – *approx. 108 bpm*  
 Artist: Miguel, (feat. J. Cole)  
 Album: All I Want is You  
 Download: [itunes.com](https://itunes.com)
- 6. Workout 4: Hip Abduction & Extension Series**  
 Music: Time of My Life  
 Length: 3:49 – *approx. 132 bpm*  
 Artist: Pitbull & Ne-Yo  
 Album: Globalization  
 Download: [itunes.com](https://itunes.com)

Music: I Like It  
 Length: 3:52 – *approx. 132 bpm*  
 Artist: Enrique Iglesias (feat. Pitbull)  
 Album: Euphoria (deluxe version)  
 Download: [itunes.com](https://itunes.com)
- 7. Workout 5: Cardio Legs**  
 Music: I'm Coming Out  
 Length: 6:00 – *approx. 114 bpm*  
 Artist: Diana Ross  
 Album: Original CHIC Mix Diana (deluxe version)  
 Download: [itunes.com](https://itunes.com)
- 8. Workout 6: Standing Abs**  
 Music: Take Back the Night  
 Length: 5:53 – *approx. 114 bpm*  
 Artist: Justin Timberlake  
 Album: The 20/20 Experience (deluxe version)  
 Download: [itunes.com](https://itunes.com)
- 9. Workout 7: Calf, Quad & Adductor / Abductor**  
 Music: Lay it All on Me  
 Length: 4:02 – *approx. 132 bpm*  
 Artist: Rudimental, featuring Ed Sheeran  
 Album: We the Generation  
 Download: [itunes.com](https://itunes.com)
- 10. Floor Work 1: Abs, Back & Arms**  
 Music: Supermassive Black Hole  
 Length: 3:32 – *approx. 126 bpm*  
 Artist: Muse  
 Album: Single (deluxe version)  
 Download: [itunes.com](https://itunes.com)
- 11. Floor Work 2: Cool Down & Stretching**  
 Music: When We Were Young  
 Length: 4:51 – *approx. 80 bpm*  
 Artist: Adele  
 Album: 25  
 Download: [itunes.com](https://itunes.com)