

Music Suggestions for Total Barre[®] — Modified for Pre- & Post-Natal

Music Theme: Popular Music

- Warm Up 1: Spinal Mobility Flexion, Extension, Rotation & Side Bending Music: Go it Alone Length: 4:09 – *approx. 84 bpm* Artist: Beck Album: Guero Download: *itunes.com*
- Warm Up 2: Lower Body Hip, Knee, Ankle & Foot Music: Hide Away Length: 4:12 – *approx. 132 bpm* Artist: Kiesza Album: Sound of a Woman Download: *itunes.com*

3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot

Music: Heavy Cloud No Rain Length: 3:45 – *approx. 115 bpm* Artist: Sting Album: Ten Summoner's Tales Download: *itunes.com*

 Workout 2: Upper Body — Arms Front Music: I Found You Length: 3:59 – *approx. 138 bpm* Artist: The Wanted Album: I Found You (Single) Download; *itunes.com*

5. Workout 3: Upper Body — Arms Back

Music: Miami 82 (CHI2014 Edit) [Kygo Remix] Length: 5:41 – *approx. 120 bpm* Artist: Syn Cole Album: Chilled House Ibiza 2014, Ministry of Sound Download: *itunes.com*

6. Workout 4: Hip Abduction & Extension Music: I Wish

Length: 4:12 – *approx. 114 bpm* Artist: Stevie Wonder Album: Songs in the Key of Life Download: *itunes.com*

7. Workout 5: Cardio Legs

Music: Pay No Mind (feat. Passion Pit) Length: 4:10 – *approx. 120 bpm* Artist: Madeon Album: Adventure (Deluxe) Download: *itunes.com*

8. Workout 6: Standing Abs

Music: Burn So Deep (feat. April) Length: 5:30 – *approx. 108 bpm* Artist: Kings of Tomorrow Album: Burn So Deep (Single) Download: *itunes.com*

Workout 7: Calf, Quad & Adductor Music: What Do You Mean

Length: 3:25 – *approx. 130 bpm* Artist: Justin Bieber Album: Purpose (Deluxe) Download: *itunes.com*

10. Floor Work 1: Abs, Back & Arms

Music: She's a Super Lady Length: 5:06 – *approx. 126 bpm* Artist: Luther Vandross Album: Never Too Much Download: *itunes.com*

11. Floor Work 2: Cool Down & Stretching

Music: Hold You in My Arms Length: 5:12 – *approx. 60 bpm* Artist: Ray La Montangue Album: Trouble Download: *itunes.com*

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