

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

Music Theme: Popular Music

- 1. 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](https://www.apple.com/itunes)
- 2. 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](https://www.apple.com/itunes)
- 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](https://www.apple.com/itunes)
- 4. 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](https://www.apple.com/itunes)
- 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](https://www.apple.com/itunes)
- 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](https://www.apple.com/itunes)
- 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](https://www.apple.com/itunes)
- 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](https://www.apple.com/itunes)
- 9. 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](https://www.apple.com/itunes)
- 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](https://www.apple.com/itunes)
- 11. Floor Work 2: Cool Down & Stretching**
 Music: Hold You in My Arms
 Length: 5:12 – **approx. 60 bpm**
 Artist: Ray La Montague
 Album: Trouble
 Download: [itunes.com](https://www.apple.com/itunes)