

Music Suggestions for Total Barre® — Endurance with Props

Music Theme: Pop Mix

- 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**
 Music: *Gold*
 Length: 3:46 — **approx. 90 bpm**
 Artist: *Kiiara*
 Album: *Low Kii Savage – EP*
 Notes: 16-count introduction
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**
 Music: *Pony*
 Length: 5:19 — **approx. 78 bpm**
 Artist: *Ginuwine*
 Album: *Greatest Hits*
 Notes: 32-count introduction
- 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot**
 Music: *I Gotta Feeling*
 Length: 4:49 — **approx. 128 bpm**
 Artist: *Black Eyed Peas*
 Album: *The End*
 Notes: 32-count introduction
- 4. Workout 2: Upper Body — Arms Front**
 Music: *What do You Mean*
 Length: 3:25 — **approx. 125 bpm**
 Artist: *Justin Bieber*
 Album: *Purpose (deluxe version)*
 Notes: 32-count introduction
- 5. Workout 3: Upper Body — Arms Back**
 Music: *Watch Me (Whip/Nae Nae)*
 Length: 3:05 — **approx. 80 bpm**
 Artist: *Silento*
 Album: *Single*
 Notes: 16-count introduction
- 6. Workout 4: Hip Abduction & Extension**
 PART 1: Music: *Shape of You*
 Length: 3:54 — **approx. 102 bpm**
 Artist: *Ed Sheeran*
 Album: *Deluxe Version*
 Notes: 16-count introduction

PART 2: Music: *No*
 Length: 3:34 — **approx. 102 bpm**
 Artist: *Megan Trainor*
 Album: *You (deluxe version)*
 Notes: 4-count introduction
- 7. Workout 5: Cardio Legs**
 SIDE 1: Music: *Despacito*
 Length: 3:49 — **approx. 180 bpm**
 Artist: *Fonsi & Daddy Yankee (feat. Justin Bieber)*
 Album: *Single*
 Notes: 32-count introduction (after guitar solo)

SIDE 2: Music: *Untouched*
 Length: 4:15 — **approx. 185 bpm**
 Artist: *The Veronicas*
 Album: *Hook Me Up*
 Notes: 64-count introduction
- 8. Workout 6: Standing Abs**
 Music: *Attention*
 Length: 3:31 — **approx. 108 bpm**
 Artist: *Charlie Puth*
 Album: *Voicenotes*
 Notes: 16-count introduction
- 9. Workout 7: Calf, Quad & Adductor**
 Music: *Slow Hands*
 Length: 3:08 — **approx. 90 bpm**
 Artist: *Niall Horan*
 Album: *Single*
 Notes: 16-count introduction
- 10. Floor Work 1: Abs, Back & Arms**
 PART 1: Music: *Sing*
 Length: 3:55 — **approx. 126 bpm**
 Artist: *Ed Sheeran*
 Album: *x (deluxe version)*
 Notes: 16-count introduction

PART 2: Music: *The Cure*
 Length: 3:32 — **approx. 110 bpm**
 Artist: *Lady Gaga*
 Album: *Single*
 Notes: 16-count introduction
- 11. Floor Work 2: Cool Down & Stretching**
 Music: *What About us*
 Length: 4:29 — **approx. 118 bpm**
 Artist: *Pink*
 Album: *Beautiful Trauma*
 Notes: 32-count introduction