

## 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



#### View segments of this workout online: [merrithew.com/total-barre-endurance-props](https://merrithew.com/total-barre-endurance-props)

This is a privilege of participation, please do not share links with others or post on any website or through social media of any kind. Note: Please refer to the workshop notes for exact choreography and use the video links as a guide as music tracks may and can change.