

## Music Suggestions for Total Barre® — Amplified with Props

### Music Theme: Popular Music

- 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**  
 Music: *Stitches*  
 Length: 3:26 — **Approx: 150 bpm**  
 Artist: Shawn Mendes  
 Album: *Handwritten (revisited)*  
 Download: [itunes.com](https://www.apple.com/itunes)
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**  
 Music: *Havana* (featuring Young Thug)  
 Length: 3:37 — **Approx: 105 bpm**  
 Artist: Camila Cabello  
 Album: *Camila*  
 Download: [itunes.com](https://www.apple.com/itunes)
- 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot**  
 Music: *Breathe* (featuring Ina Wroldsen)  
 Length: 3:28 — **approx. 126 bpm**  
 Artist: Jax Jones  
 Album: *Breathe* — single  
 Download: [itunes.com](https://www.apple.com/itunes)

Music: *More Than Friends* (featuring Kelli Leigh)  
 Length: 2:21 — **approx. 122 bpm**  
 Artist: James Hype  
 Album: *More Than Friends* — single  
 Download: [itunes.com](https://www.apple.com/itunes)
- 4. Workout 2: Upper Body — Arms Front**  
 Music: *Burn Break Crash* (Madison Mars Extended Remix)  
 Length: 4:45 — **approx. 126 bpm**  
 Artist: Aanyasa, Snakehips, Madison Mars  
 Album: *Burn Break Crash* — single  
 Download: [itunes.com](https://www.apple.com/itunes)
- 5. Workout 3: Upper Body — Arms Back**  
 Music: *A Sky Full of Stars*  
 Length: 4:28 — **approx. 124 bpm**  
 Artist: Coldplay  
 Album: *Ghost Stories*  
 Download: [itunes.com](https://www.apple.com/itunes)
- 6. Workout 4: Hip Abduction & Extension**  
 Music: *100% Pure Love*  
 Length: 4:38 — **approx. 120 bpm**  
 Artist: Crystal Waters  
 Album: *The millennium Collection*  
 Download: [itunes.com](https://www.apple.com/itunes)
- 7. Workout 5: CardioLegs**  
 Music: *It Won't Stop* (featuring Chris Brown)  
 Length: 4:54 — **approx. 128 bpm**  
 Artist: Sevyn Streeter  
 Album: *It Won't Stop* — single (remix)  
 Download: [itunes.com](https://www.apple.com/itunes)
- 8. Workout 6: Standing Abs**  
 Music: *Barcelona*  
 Length: 3:11 — **approx. 100 bpm**  
 Artist: Ed Sheeran  
 Album: ÷ (pronounced 'divide') (deluxe version)  
 Download: [itunes.com](https://www.apple.com/itunes)
- 9. Workout 7: Calf, Quad & Adductor**  
 Music: *Bend*  
 Length: 3:31 — **approx. 109 bpm**  
 Artist: Ria Mae  
 Album: *Bend* — single  
 Download: [itunes.com](https://www.apple.com/itunes)

Music: *Something About You*  
 Length: 3:45 — **approx. 115 bpm**  
 Artist: Hayden James  
 Album: *Something About You* — single  
 Download: [itunes.com](https://www.apple.com/itunes)
- 10. Floor Work 1: Abs, Back & Arms**  
 Music: *Your Song*  
 Length: 3:01 — **approx. 118 bpm**  
 Artist: Rita Ora  
 Album: *Your Song* — single  
 Download: [itunes.com](https://www.apple.com/itunes)

Music: *Chasing Highs*  
 Length: 3:16 — **approx. 111 bpm**  
 Artist: Alma  
 Album: *Chasing Highs* — single  
 Download: [itunes.com](https://www.apple.com/itunes)
- 11. Floor Work 2: Cool Down & Stretching**  
 Music: *I Miss You* (featuring Julia Michaels)  
 Length: 3:26 — **approx. 104 bpm**  
 Artist: Clean Bandit, Julia Michaels  
 Album: *I Miss You* — single  
 Download: [itunes.com](https://www.apple.com/itunes)