

Merrithew Music™ for Total Barre Endurance 1

Album title: Total Barre Endurance 1

A collection of mid-paced, instrumental music designed specifically for Barre, Dance and Fitness with electronic dance music (EDM) fusion ranging from slow, grooving, synth-style melodies to upbeat tempos that make you want to dance.

Segment 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending

song title: Endurance 1: Warm Up

length: 3:12 – *approx. 108 bpm*

description: This gliding warm up track is best defined by its Brit-pop counter-rhythm, mirrored by an EDM organ, which outlines the transitions and creates changes in timbre to give movement sections clarity and individuality.

start position: facing away from Barre, feet hip-distance apart, legs parallel, neutral spine, arms reaching back, hands on Barre, palms down

introduction: 16-count introduction

Segment 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot

song title: Endurance 1: Warm Up Lower Body

length: 3:10 – *approx. 105 bpm*

description: Brit-pop and EDM are teamed up to create this energetic '80s-style music track. Let the sound of the deep rich bass, guide, motivate, and bring a spring into your step.

start position: facing Barre with hands resting on Barre, legs parallel with 7.5" Mini Stability Ball between thighs, neutral spine

introduction: 16-count introduction

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

song title: Endurance 1: Lower Body Workout

length: 3:40 – *approx. 95 bpm*

description: Slide guitars, with their twangy, strumming quality add an element of country to this track. The plucking of the EDM synth lifts the energy and guides the transitions, as the pace picks up, in this first lower body workout segment.

start position: facing Barre with hands resting on Barre, feet hip-distance apart, legs parallel, neutral spine

introduction: 8-count introduction

Segment 4. Workout 2: Upper Body — Arms Front

song title: Endurance 1: Upper Body, Arms Front

length: 3:35 – *approx. 90 bpm*

description: A bright and bubbly, upbeat synth-pop style track. Synth risers guide transitions, while the plucking guitar and dampened toms, keep you on the beat.

start position: side facing Barre, feet wider than shoulder-distance apart, laterally rotated, knees slightly flexed, neutral spine, arms long in front of body, holding Toning Balls, palms facing body

introduction: 16-count introduction

Segment 5. Workout 3: Upper Body — Arms Back

song title: Endurance 1: Upper Body, Arms Back

length: 3:47 – *approx. 114 bpm*

description: Only pop-rock because of the pace needed for this mid-workout segment. This upbeat music track lives in the world of a poppy ballad. An auxiliary drum kit, a smooth percussive synth-scape, and an active guitar line keeps the beat going, backed by a resonant piano and drum fills to guide transitions.

start position: facing Barre, feet hip-distance apart, legs parallel, neutral spine, Flex-Band wrapped around Barre, holding ends with arms long, palms facing in

introduction: 16-count introduction



View segments of this workout online: merrithew.com/total-barre-endurance1

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Segment 6. Workout 4: Hip Abduction & Extension

song title: Endurance 1: Workout Hip Abduction & Extension

length: 3:47 – *approx. 113 bpm*

description: We step into the world of old contrabass backed funk, with its rich textured strings and active play on syncopation. Follow the bouncy staccato and stand up acoustic bass to keep you on the beat.

start position: side facing Barre, feet hip-distance apart, legs parallel, inside hand on Barre, outside hand on shoulder or hip

introduction: *8-count introduction*

Segment 7. Workout 5: Cardio Legs

song title: Endurance 1: Cardio Legs

length: 3:22 – *approx. 117 bpm*

description: A synth-pop style music track, incorporating a skipping bass line, with a punchy treble and surf guitar to keep you on the move. Listen closely to the solid beat from the sub-bass frequencies coming from underneath, to stay on top of the moves.

start position: side facing Barre, inside hand on Barre, outside hand on hip, shoulder or reaching to side, both legs in slight lateral rotation, outside leg in long lunge back, inside knee flexed, torso upright

introduction: *starts after vocals and 4-count drum fill*

Segment 8. Workout 6: Standing Abs

song title: Endurance 1: Standing Abs

length: 4:59 – *approx. 101 bpm*

description: This soulful synth ballad is unique within our archive. A feeling of lightness and well-being are experienced from the sound of the bongos in double time, with their eloquent fills, and how they double melodically to mark transitions.

start position: facing Barre, squat position with Flex-Band wrapped around Barre, holding ends, arms slightly forward of midline with mild-to-moderate resistance in Band

introduction: *16-count introduction*

Segment 9. Workout 7: Calf, Quad & Adductor

song title: Endurance 1: Calf, Quad & Adductor

length: 4:37 – *approx. 86 bpm*

description: Inspired by Latin rock, enjoy grooving to this light-hearted melody, combined with the piano and psychedelic funk guitar. Listen to the solid rock organ for transitions.

start position: facing Barre, both hands on Barre, legs laterally rotated, first position, heels lifted in relevé, 7.5" Mini Stability Ball between heels, so Ball touches floor when heels are lowered

introduction: *32-count introduction*

Segment 10. Floor Work 1: Abs, Back & Arms

song title: Endurance 1: Floor Work Abs, Back & Arms

length: 4:37 – *approx. 86 bpm*

description: We start to cool down now with this R&B piano ballad, featuring a solo piano playing the rhythm to follow, and a happy solo guitar getting in with the orchestra. This reminiscent melody draws you in, keeping you in the moment to the end.

start position: plank position facing Barre, hands on Barre, arms long, spine neutral on diagonal, legs parallel, adducted or hip-distance apart

introduction: *16-count introduction*

Segment 11. Floor Work 2: Cool Down & Stretching

song title: Endurance 1: Cool Down

length: 4:56 – *approx. 66 bpm*

description: This final psychedelic-synth jazz track, has a surreal cool down beat. The double bass, pop rock drums and auxiliary percussion balance the tempo, encouraging the body and mind to relax and cool down.

start position: supine incline with 12" Mini Stability Ball at mid-to-upper back, feet hip-distance apart, hands behind head, elbows wide

introduction: *zero-count introduction*