

## Merrithew Music™ for Total Barre Endurance 2

**Album title:** Total Barre Endurance 2

A collection of instrumental music designed specifically for Barre, Dance and Fitness that features country rock and psychedelic lounge with a layer of funk and Latin to keep you dancing.

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

**song title:** Endurance 2: Warm Up

**length:** 4:47 – *approx. 65 bpm*

**description:** This psychedelic lounge warm up track, features jazz guitars with an up-tempo, poppy sounding melody. The pop rock drums with an ornate auxiliary percussion and electronic dance music (EDM) sounds provide the rhythm. Listen for the drum-kit to guide transitions.

**start position:** standing, legs parallel, hip-distance apart, neutral spine, hands placed on end of vertical Foam Roller™ centered in front of feet

**introduction:** 8-count introduction

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

**song title:** Endurance 2: Warm Up Lower Body

**length:** 3:48 – *approx. 108 bpm*

**description:** This track is defined by indie-synth pop rock drumming. The 'not planned' feeling of the genre, and the going back and forth between two extremes, define transitions throughout.

**start position:** facing Barre, legs parallel, hip-distance apart, neutral spine, one hand on Barre, other arm reaching forward

**introduction:** 16-count introduction

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

**song title:** Endurance 2: Workout Lower Body

**length:** 4:35 – *approx. 126 bpm*

**description:** This classic garage-rock core track features full Latin percussion, set on auxiliary guitars with Santana-like wah and distortion pedals, that guide you through this energetic fusion of the genre.

**start position:** side facing Barre, second position, one hand on Barre, other arm reaching out to side, holding Toning Ball™, palm up

**introduction:** 32-count introduction

### Segment 4. Workout 2: Upper Body — Arms Front

**song title:** Endurance 2: Upper Body, Arms Front

**length:** 3:42 – *approx. 90 bpm*

**description:** This smooth and soulful synth pop track is driven by an electric beat in combination with the snare drum. Transitions are heard as the melody strives to be above the snare, but sometimes needs to gather momentum from below.

**start position:** feet wider than shoulder-distance apart, laterally rotated, knees slightly flexed, neutral spine, arms long by sides holding Toning Balls

**introduction:** zero-count introduction

### Segment 5. Workout 3: Upper Body — Arms Back

**song title:** Endurance 2: Upper Body, Arms Back

**length:** 4:41 – *approx. 114 bpm*

**description:** This surfing country rock music track is textured with bright keys and Latin percussion providing musical transitions. There is a relaxed speed that lends itself to an easy listening mid-workout feel, while a percussive drive keeps you moving.

**start position:** straight leg lunge, right leg back, neutral spine angled forward, long line from back heel to head, holding Toning Balls, arms long by sides, palms facing back

**introduction:** 32-count introduction

### Segment 6. Workout 4: Hip Abduction & Extension

**song title:** Endurance 2: Workout Hip Abduction & Extension

**length:** 4:15 – *approx. 102 bpm*

**description:** This pop track with drums and psychedelic funk guitar jamming over synth loops, cut through the mix, but make room for the sequenced puzzle of sounds behind them. The synths center around loops, which are constantly manipulated, providing a constant beat to move to.

**start position:** facing Barre, hands on Barre, 12" Mini Stability Ball™ behind right leg, right knee flexed, neutral spine, hips square, thighs parallel, standing leg may be straight or slightly flexed

**introduction:** 16-count introduction



View segments of this workout online: [merrithew.com/total-barre-endurance2](https://merrithew.com/total-barre-endurance2)

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### Segment 7. Workout 5: Cardio Legs

**song title:** Endurance 2: Cardio Legs

**length:** 4:15 – *approx. 132 bpm*

**description:** This easy listening, modern Latin-rock fusion with over-driven cajons (a box-shaped percussion instrument), punchy horns softened with reverb, duelling guitars and electronic risers, create the first build, and keep you moving until the end.

**start position:** side facing Barre, first position, legs adducted and laterally rotated, one hand on Barre, outside arm reaching to side holding Toning Ball

**introduction:** *48-count introduction*

### Segment 8. Workout 6: Standing Abs

**song title:** Endurance 2: Standing Abs

**length:** 3:23 – *approx. 120 bpm*

**description:** This surf rock melody has a stadium psychedelic edge, yet keeps its easy beach flow with the bongo drums. The EDM bass cuts through the low frequencies, bringing a bright clear sound to enhance transitions.

**start position:** facing away from Barre, arms by sides, hips and knees slightly flexed, legs parallel with feet slightly wider than hip-distance apart, Flex-Band wrapped around Barre, holding ends with underhand grip, palms facing forward

**introduction:** *16-count introduction*

### Segment 9. Workout 7: Calf, Quad & Adductor

**song title:** Endurance 2: Workout Calf, Quad Adductor

**length:** 4:37 – *approx. 110 bpm*

**description:** A swinging '50s track with a duel between two guitars. Follow the beat of the snare drum that becomes a snap, then a clap, keeping the count and fueling the transitions.

**start position:** side facing Barre, inside hand on Barre, legs parallel and abducted hip-distance apart in Ankle Tubing, begin in squat position, outside hand at shoulder or hip

**introduction:** *drum fill plus 32-count introduction*

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

#### part 1

**song title:** Endurance 2: Floor Work Abs, Back & Arms, part 1

**length:** 3:59 – *approx. 110 bpm*

**description:** We pay homage to Carlos Santana with a back bone of playful salsa piano and a solid double bass. Driving through the transitions is a high-pitched timbale, with two guitars playing a call and response, to guide and follow.

**start position:** kneeling, mid-forearm on Foam Roller, knees and feet abducted, hip-distance apart, pelvis and spine neutral

**introduction:** *16-count introduction*

#### part 2

**song title:** Endurance 2: Floor Work Abs, Back & Arms, part 2

**length:** 5:50 – *approx. 110 bpm*

**description:** This melodic combination of Electro-funk and synth-pop, highlights a bongo drum line, powering through the mix to keep the beat and cool down the mood.

**start position:** supine with head toward Barre either underneath or slightly forward of Barre, Flex-Band wrapped around Barre twice (to prevent sliding). Hold Flex-Band® with mild-to-moderate tension, elbows flexed by sides, spine in neutral or imprint, legs tabletop

**introduction:** *32-count introduction*

### Segment 11. Floor Work 2: Cool Down & Stretching

**song title:** Endurance 2: Cool Down

**length:** 4:06 – *approx. 90 bpm*

**description:** Cool down, with this solid reggae grounding set of bongos, and a yacht rock guitar that longs for the simple life on the beach.

**start position:** side-lying with bottom arm supporting head, top elbow bent with hand on 7.5" Mini Stability Ball at chest level, legs straight in line with body, top leg laterally rotated, ankle plantar flexed, spine neutral

**introduction:** *16-count introduction*