



## Merrithew Music™ for Total Barre Modified for Special Populations

*Due to the potential limitations of this population, segments 3 and 7 have been purposely omitted.*

**Album title:** Total Barre Modified for Special Populations

A collection of instrumental music designed specifically for Barre, Dance and Fitness featuring an upbeat '60s & '70s vintage soul sound that you really want to move to.

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

**song title:** Modified: Warm Up

**length:** 4:08 – *approx. 90 bpm*

**description:** An '80s synth rock ballad that takes its time to build, evolve, and explore different worlds while staying within the same bright beautiful soundscape. Listen for the drum fills to guide transitions.

**start position:** facing Barre, feet hip-distance apart, legs parallel, arms long down by sides, neutral spine

**introduction:** 32-count introduction

**note:** Omit 4-count transition after the first **Middle Rows** before **Row with Rotation**

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

**song title:** Modified: Warm Up Lower Body

**length:** 2:47 – *approx. 126 bpm*

**description:** A '60s R&B soul track with rockin' bluesy Motown snare drum grooves, and a big band hopping from strong rhythms to playful melodies. Drum fills guide movement sequences.

**start position:** facing Barre with hands resting on Barre, legs parallel, neutral spine

**introduction:** 16-count introduction

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

**song title:** Modified: Workout Upper Body, Arms Front

**length:** 4:30 – *approx. 96 bpm*

**description:** Funkadelic dance music with a heavy beat. The keys, organ and horns, driven by the bass line and guitar, provide the rhythm, while the drum fills guide movement sequences.

**start position:** side facing Barre, feet hip-distance apart, parallel, neutral spine, arms long in front of body, holding Handweights, palms facing in

**introduction:** 24-count introduction

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

**song title:** Modified: Workout Upper Body, Arms Back

**length:** 2:42 – *approx. 114 bpm*

**description:** The percussion with its steel drums and bright melody mix of staccato and legato bring us to tropical islands and the Beach Boys' Kokomo! Drum fills guide movement sequences.

**start position:** facing side in a shallow squat position, feet hip-distance apart, parallel, neutral spine. Holding Handweights with long arms reaching forward below waist-level

**introduction:** 16-count introduction

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

**song title:** Modified: Workout Hip Abduction & Extension

**length:** 2:56 – *approx. 130 bpm*

**description:** Psychedelic delays come through in waves, shaking up this classically R&B music track. The Motown band lets them in, so much so that by the end, they've taken over as the low-key rhythm guitarist. The drum fills are your guide.

**start position:** facing Barre, both hands on Barre, feet hip-distance apart, parallel, neutral spine

**introduction:** 36-count introduction

**notes:** **Figure Four Stretch**, 1x both sides, **16-counts**, **Side Stretch** at the end has been removed

### Segment 8. Workout 6: Standing Abs

**song title:** Modified: Workout Standing Abs

**length:** 4:01 – *approx. 108 bpm*

**description:** An upbeat R&B Funk music track with a very easy groove. The rhythm is powerful within the melody, driving the energy within the dance sequences. The cajon and drum fills within this funky track, define movement sequences.

**start position:** facing away from Barre, with Flex-Band wrapped around Barre, neutral spine with slight hinge at ankles, or lunge position, hold ends, arms by side, elbows bent slightly behind midline, palms face in with mild-to-moderate resistance in Band

**introduction:** 16-count introduction



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

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