

# 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 quide 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

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| Segment 9. Workout 7: Calf, Quad & Adductor   |  |
|---|--|
| song title: Modified: Workout Calf, Quad, Adductor  |  |
| length: 2:34 — αpprox. 121 bpm  |  |
| description: A swinging psychedelic island funk track from the  |  |
| world of reggae syncopation, with a slight feel of surfing and the<br>Beach Boys. Drum fills bring clarity to each movement sequence.       |  |
| start position: facing Barre, both hands on Barre, first position,  |  |
| legs laterally rotated, neutral spine   |  |
| introduction: 32-count introduction   |  |
| Segment 10. Floor Work 1: Abs, Back & Arms  |  |
| song title: Modified: Floor Work Abs, Back & Arms   |  |
| length: 4:05 - approx. 94 bpm   |  |
| <b>description:</b> A psychedelic synth ballad with a captivating legato melody and breath-like quality. Drum fills cue movement sequences. |  |
| start position: side facing Barre, holding Flex-Band with outside   |  |
| hand, or two hands (outside palm up, inside palm down), elbow by waist, palm up, neutral spine  |  |
| introduction: 16-count introduction   |  |
| Segment 11. Floor Work 2: Cool Down & Stretching  |  |
| song title: Modified: Cool Down<br>length: 3:50 – approx. 73 bpm  |  |
| <b>description:</b> This is a slow dance to a rock song. It may grow  |  |
| in intensity and make you feel like you should be doing more.   |  |
| Give into it, and it's your favourite slow dance. Drum fills guide  |  |
| movement sequences.   |  |
| <b>start position:</b> facing Barre, hands pressing Mini Stability Ball against chest, elbows dropped                                       |  |
| introduction: 16-count introduction   |  |
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