



Merrithew Music™ for Total Barre Modified for Pre- & Post-Natal

Due to the potential limitations of this population, segments 7 and 9 have been purposely omitted.

Album title: Total Barre Modified for Pre- & Post-Natal

A collection of instrumental music designed specifically for Barre, Dance and Fitness that features an upbeat mix of Latin-Western fusion, Calypso and funky pop to both excite and soothe.

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

song title: Modified for Pre- & Post-Natal: Warm Up

length: 4:09 – *approx. 84 bpm*

description: A lounge-style warm up track, with an upbeat Latin-Western fusion rhythm and synth pop melody. Music riffs using the Kora, a stringed instrument used extensively in West Africa guides transitions.

start position: Side facing Barre, arms by sides, feet hip-distance, parallel

introduction: 4 + 16-count introduction

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

song title: Modified for Pre- & Post-Natal:

Warm Up Lower Body

length: 4:12 – *approx. 132 bpm*

description: Calypso meets some skippy funk pop. The fula flute, a West African instrument, peering through in riffs, is brought into this World Pop mix, and guides movement transitions.

start position: Facing Barre, feet hip-distance apart, legs parallel, hands resting on Barre

introduction: 16-count introduction

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

song title: Modified for Pre- & Post-Natal:

Workout Lower Body

length: 3:45 – *approx. 115 bpm*

description: Psych rock with a West African influence from the Ngoni, a traditional guitar of the Mali People. The soul of this psychedelic labyrinth appears to go in many different directions, but never drops you; instead it lightly hints at itself being a romantic ballad. Listen for the drum fills to guide movement transitions.

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

introduction: 32-count introduction

Segment 4. Workout 2: Upper Body — Arms Front

song title: Modified for Pre- & Post-Natal:

Workout Upper Body, Arms Front

length: 3:59 – *approx. 138 bpm*

description: Psychedelic funk rock with a side of jazzy fresh air. This song lives at different paces smoothly, and dishes out some juicy flow. Listen for the drum fills to guide movement transitions.

start position: standing away from the Barre, feet parallel hip-distance apart, holding Toning Balls or Handweights

introduction: 16-count introduction



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

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Segment 5. Workout 3: Upper Body — Arms Back

song title: Modified for Pre- & Post-Natal:

Workout Upper Body, Arms Back

length: 5:41 – *approx. 120 bpm*

description: An easy lounge music track with an element of swinging jazz funk. There is a nice brightness throughout the track, balanced underneath by a lively organ giving it an organic timbre to follow for movement transitions.

start position: side facing Barre, holding Toning Ball in gesture hand, arm long with palm facing back, inside leg back and both knees flexed in lunge position, torso vertical in neutral position

introduction: 16-count introduction

Segment 6. Workout 4: Hip Abduction & Extension

song title: Modified for Pre- & Post-Natal:

Workout Hip Abduction & Extension

length: 4:12 – *approx. 114 bpm*

description: An ambient ballad with a driving rhythm. Beautifully solemn synthesized textures that belong in nature layer together to turn a solemn frown into an inner smile. Follow the drum fills for movement transitions.

start position: side facing Barre with Mini Stability Ball at side of thigh, arm long with palm pressing into Ball, legs parallel, hip-distance apart

introduction: 32-count introduction

Segment 8. Workout 6: Standing Abs

song title: Modified for Pre- & Post-Natal:

Workout Standing Abs

length: 5:30 – *approx. 108 bpm*

description: Some psychedelic and funky pop soul. This track is a bit dark and gritty but is brought to the surface with some bright funky hooks. Follow the drum fills to guide movement transitions.

start position: seated on Mini Stability Ball facing Barre, arms long, hands on Barre, palms down, legs in long bend, wider than hip-distance apart, spine neutral

introduction: 32-count introduction

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

song title: Modified for Pre- & Post-Natal:

Floor Work Abs, Back & Arms

length: 5:06 – *approx. 126 bpm*

description: 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: 32-count introduction

Segment 11. Floor Work 2: Cool Down & Stretching

song title: Modified for Pre- & Post-Natal: Cool Down

length: 5:12 – *approx. 60 bpm*

description: Lovely soft rock with some elements of driving synth pop and hip-hop. A dream in the clouds that can bring you right down to earth. Listen for the synthetic melody as a guide for movement transitions.

start position: horseback on the orange Mini Stability Ball, arms by sides

introduction: 16-count introduction