

Merrithew Music™ for Total Barre Endurance with Props

Album title: Total Barre Endurance with Props

A collection of instrumental music designed specifically for Barre, Dance and Fitness that features an eclectic selection of calming, neo-soul and classic R&B beats, alongside upbeat pop and psychedelic rock tunes, that push and pull your movements.

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

song title: Endurance with Props: Warm Up
length: 3:55 – *approx. 90 bpm*

description: Using a flowing Hip-hop beat machine with an R&B counter rhythm on the drum kit, this synth pop track is steeped in the influences of the genre with an interesting easy listening warm up feel. Listen to the keyboard type sound playing notes in reverse as a guide for transitions.

start position: standing, pelvis and spine neutral, side facing Stability Barre, feet hip-distance apart in slight lateral rotation with inside leg slightly forward of outside leg (off-set stance), outside arm reaching overhead, palm forward

introduction: 16-count introduction

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

song title: Endurance with Props: Warm Up Lower Body (Hip, Knee, Ankle & Foot)
length: 3:37 – *approx. 105 bpm*

description: Let the pulsing beat of this dreamy synth pop track in combination with a smooth R&B motor, nipping on your heels, keep you on your toes and in sync with each section of this lower body warm up.

start position: standing, pelvis and spine neutral, side facing the Barre, feet parallel, hip-distance apart, outside hand resting on hip or long by side

introduction: 16-count introduction

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

part 1

song title: Endurance with Props: Workout Lower Body (Hip, Knee, Ankle & Foot)
length: 5:05 – *approx. 128 bpm*

description: A grungy & soulful synth pop track with a heavy beat and a bright cascading melody. The mix of arpeggiation and sustain gives an active beat to follow, in this first lower body workout.

start position: standing, facing Barre, pelvis and spine neutral, legs parallel, hip-distance apart, Ankle Tubing around ankles

introduction: 32-count introduction

Segment 4. Workout 2: Upper Body — Arms Front

song title: Endurance with Props: Upper Body, Arms Front
length: 3:31 – *approx. 125 bpm*

description: Progressive rock, synth pop with a touch of funk! Swinging synth lines and a groovin' '60s kit, backed by a skipping beat machine, drive the movements, and keep you on the beat and energized to the end.

start position: standing, facing Barre, pelvis and spine neutral, feet hip-distance apart, parallel, Flex-Band tied to Barre, holding ends of Band in each hand, arms reaching forward at chest level

introduction: 32-count introduction

Segment 5. Workout 3: Upper Body — Arms Back

song title: Endurance with Props: Upper Body, Arms Back
length: 3:10 – *approx. 114 bpm*

description: Feel the heartbeat of this moody Eastern psychedelic funk track. Let the lively strings and percussion; along with a funky lead electric guitar, honing in on the phrygian scale, take you there! Within Western culture the phrygian scale is known as more of a melancholic scale, however in its home land it is a happy, uplifting one.

start position: standing away from the Barre, facing side, holding Flex-Band with hands shoulder-distance apart, legs in long back lunge, neutral spine on a forward diagonal, in line with back leg, same elbow as leg flexed, forearm resting on thigh, opposite arm long by side

introduction: 8-count introduction

Segment 6. Workout 4: Hip Abduction & Extension part 1

song title: Endurance with Props: Workout Hip Abduction & Extension, Part 1
length: 3:50 – *approx. 102 bpm*

description: When you think lounge you may not think pace, but let this rhythm-forward Lounge pop fusion music track, guide and drive you through this workout segment.

start position: side facing Barre, pelvis and spine neutral, legs parallel, hip-distance apart with outside hand on hip or reaching wide to side

introduction: 16-count introduction



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

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part 2

song title: Endurance with Props:
Workout Hip Abduction & Extension, Part 2
length: 3:34 – *approx. 102 bpm*

description: Some funky synth pop that lives out in the country, drives the rhythm that keeps this mid-workout track moving; but has some legato in the melody to help work on elongation and flow, that live within the movements of this workout.

start position: standing, facing Barre, pelvis and spine neutral, squat stance with one leg reaching back in arabesque position, toes lightly touching the floor

introduction: *36-count introduction*

Segment 7. Workout 5: Cardio Legs

side 1

song title: Endurance with Props: Cardio Legs, Side 1
length: 3:50 – *approx. 185 bpm*

description: The smooth tones of synth pop set the pallet for this Indie progressive rock feel-good track. It also has a hopping feel to suit the energy for **Cardio Legs**.

start position: side facing Barre, legs in a long back lunge position (outside leg back) slightly laterally rotated, spine neutral, inside hand holding Barre, outside arm reaching wide to side

introduction: *32-count introduction*

side 2

song title: Endurance with Props: Cardio Legs, Side 2
length: 3:49 – *approx. 185 bpm*

description: This Latin fusion track is backed by descarga; we dip into a salsa, which is not traditional of a descarga, but the call and response created between the two ideas is typical of salsa, so that's something to follow.

start position: other side facing Barre, legs in a long back lunge position (outside leg back) slightly laterally rotated, spine neutral, inside hand holding Barre, outside arm reaching wide to side

introduction: *drum fill plus 32-count introduction*

Segment 8. Workout 6: Standing Abs

song title: Endurance with Props: Standing Abs
length: 3:30 – *approx. 108 bpm*

description: A lively neo soul beat with a jamming rotation of auxiliary percussion keeps movement sequences on track and gives a swinging feeling to this electric country track.

start position: standing, facing away from Barre, pelvis and spine neutral, feet hip-distance apart, arms long by sides holding Flex-Band, with palms facing forward, light tension in Band

introduction: *16-count introduction*

Segment 9. Workout 7: Calf, Quad & Adductor

song title: Endurance with Props: Calf, Quad Adductor
length: 3:08 – *approx. 90 bpm*

description: A fun mix of progressive rock and funk with some popping R&B rhythms. Listen for the regular changes in percussive timbre to guide movement sequences.

start position: standing, facing Barre, pelvis and spine neutral, feet hip-distance apart, small Mini Stability Ball between thighs

introduction: *drum fill plus 16-count introduction*

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

part 1

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

length: 3:59 – *approx. 126 bpm*

description: This track brings a '50s influence with a synthetic twist. Incredibly rhythmic forward, keep in sync by listening to the old-school lead guitar, using bass line techniques to create the melody.

start position: kneeling position facing Barre, pelvis and spine neutral, holding Flex-Band (tied to Barre) with light tension, arms in a low V by sides

introduction: *16-count introduction*

part 2

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

length: 3:35 – *approx. 110 bpm*

description: This lounge synth pop is a bright and warm track to check into where you are, as you begin to see the end to the workout. You'll have more energy than you thought.

start position: facing Barre, pelvis and spine neutral, Flex-Band tied to Barre, hold ends of Band with light to moderate tension, arms reaching overhead

introduction: *16-count introduction*

Segment 11. Floor Work 2: Cool Down & Stretching

song title: Endurance with Props: Cool Down
length: 4:53 – *approx. 118 bpm*

description: A playful synth pop rock track with grooving neo-soul rhythms. A simple melody that consistently evolves and a rotating door of interestingly timbred auxiliary percussion keeps this cool down fresh, thoughtful and a perfect end to this workout.

start position: supine on Mat, with Flex-Band around one foot, ankle plantar-flexed, bottom leg long or flexed, holding ends of Band

introduction: *32-count introduction*