

Merrithew Music™ for Total Barre Amplified with Props

Album title: Total Barre Amplified with Props

A collection of music designed specifically for Barre, Dance and Fitness that features mashup fusions of roaring '20s flair, scat jazz, funk rock and modern country rock to flow with you.

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

song title: Amplified with Props: Warm Up

length: 3:36 – *approx. 50 bpm*

description: Breathe and let this progressive rock track, switching between guitars and drum fills, move and guide you through this rhythmic warm up track.

start position: facing away from the Barre, neutral standing with legs parallel, feet hip-distance apart, arms by sides

introduction: 16-count introduction

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

song title: Amplified with Props: Warm Up Lower Body

length: 3:37 – *approx. 105 bpm*

description: Strumming guitars set the pace and guidance through this light upbeat modern country rock music track.

start position: neutral standing, facing the Barre, legs laterally rotated, hip-distance or slightly wider, knees flexed with one foot on Rotational Disk

introduction: 16-count introduction

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

part 1

song title: Amplified with Props: Workout Lower Body, Part 1

length: 3:28 – *approx. 126 bpm*

description: Stepping up the intensity, let this '90s synth pop beat, with a psychedelic mellow drive you through this lower body workout track.

start position: neutral standing, facing the Barre. One foot on the Big Blue Stability Cushion, other leg reaching back in slight hip extension, foot off the floor

introduction: 16-count introduction

part 2

song title: Amplified with Props: Workout Lower Body, Part 2

length: 2:21 – *approx. 122 bpm*

description: A '90s synth pop feel but now with a progressive rock guitar element, continues to step up the intensity, and drive you through this lower body segment to the end.

start position: neutral standing, facing the Barre. One foot on the Big Blue Stability Cushion, other leg reaching back in slight hip extension, foot off the floor

introduction: 32-count introduction

Segment 4. Workout 2: Upper Body — Arms Front

song title: Amplified with Props: Workout Upper Body, Arms Front

length: 4:45 – *approx. 125 bpm*

description: This funk-style music track is more than just the funky people of this genre, it layers in some synth pop and reminiscent reggae rhythms on the cajon drum. Let the guitars be your guide.

start position: neutral, standing away from the Barre, arms by sides holding Toning Balls with Flex-Band Loop around ankles, legs parallel, wider than hip-distance apart, knees flexed

introduction: 32-count introduction

Segment 5. Workout 3: Upper Body — Arms Back

song title: Amplified with Props: Workout Upper Body, Arms Back

length: 4:12 – *approx. 124 bpm*

description: Synth pop, with a skipping psych and romantic progressive rock guitars, drive the beat keeping a consistent and constant rhythm to move to.

start position: working off the Barre, neutral spine on a slight forward diagonal, lunge position with ball of back foot on Big Blue Stability Cushion, arms long by sides holding Toning Balls

introduction: 32-count introduction



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

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Segment 6. Workout 4: Hip Abduction & Extension

song title: Amplified with Props:

Workout Hip Abduction & Extension

length: 4:46 – *approx. 120 bpm*

description: An easy synth rock track that peers into the world of the psychedelic guitar. The beat is strong, you won't get lost, while the melody may just take you far away.

start position: side facing the Barre, legs parallel, hip-distance apart, one hand on the Barre, other hand on hip with Flex-Band Loop around thighs above knee joint

introduction: *16-count introduction*

Segment 7. Workout 5: Cardio Legs

song title: Amplified with Props: Workout Cardio Legs

length: 5:54 – *approx. 128 bpm*

description: Swinging scat jazz, with a modern twist, brings life to this instrumental upbeat music track, designed to raise the heartbeat. Listen for the trumpets that bring attention to transitions.

start position: facing the Barre, wide second position, legs straight with Flex-Band Loop around thighs, just above knee joints

introduction: *32-count introduction*

Segment 8. Workout 6: Standing Abs

song title: Amplified with Props: Workout Standing Abs

length: 3:11 – *approx. 100 bpm*

description: A synth pop track! Follow the classic West African auxiliary percussion beat as you move through this eclectic mashup fusion.

start position: facing the Barre, neutral spine, both hands on the Barre, one foot on Rotational Disk with knee in flexion, other knee flexed forward

introduction: *16-count introduction*

Segment 9. Workout 7: Calf, Quad & Adductor

song title: Amplified with Props: Workout Calf, Quad, Adductor

length: 7:11 – *approx. 109 bpm*

description: Some moody Eastern-inspired Pop, with fitting funk-psych fusion guitars and synths set the tone and keep the pace upbeat.

start position: facing the Barre with both hands on the Barre. One foot on Rotational Disk, opposite leg reaching back with toes lightly touching floor

introduction: *16-count introduction*

note: same music for parts 1 & 2

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

part 1

song title: Amplified with Props:

Floor Work Abs, Back & Arms , Part 1

length: 3:11 – *approx. 118 bpm*

description: A flair of classic Latin pop rock with a little bit of an electric edge, starts to slow down the pace here. The guitar keeps the beat.

start position: side-lying with rib cage on the Big Blue Stability Cushion. Bottom hip on the floor. Both knees bent. Top arm holding Toning Ball and reaching overhead, bottom arm straight, hand facing down on floor. Spine in lateral flexion

introduction: *16-count introduction*

part 2

song title: Amplified with Props:

Floor Work Abs, Back & Arms , Part 2

length: 3:37 – *approx. 111 bpm*

description: Psychedelic synth pop and a guitar, wanting to join the club, layered themselves up to slow down the energy of this track and start to cool things down.

start position: kneeling on the Big Blue Stability Cushion, legs adducted, hands on floor, modified push up position

introduction: *16-count introduction*

Segment 11. Floor Work 2: Cool Down & Stretching

song title: Amplified with Props: Cool Down

length: 4:40 – *approx. 110 bpm*

description: A classic synth pop track that shows the genre's influence. Both guitar and electronic performance work together to guide the pace of this cool down.

start position: lying supine, with head, shoulders, and upper thoracic on Stability Cushion, hands behind head, hips and pelvis on floor. Knees flexed, feet hip-distance apart

introduction: *16-count introduction*