

## MUSIC GUIDELINES

### **Warm-up: ENERGY**

Your music should include upbeat songs that aren't very familiar and don't have many words so clients can focus on warming up their bodies instead of singing along (think remixes and EDM). All warm-up songs should have a strong, consistent beat. BPM is generally between 128-132. A good place to start is to search "Power Workout Music" for inspiration.

1-3 songs, postures can overlap songs.

### **Legs: POWER**

This music should make you want to work hard and have a strong beat to follow. It should have the same tempo for at least 2 of the songs if doing right and left side for leg posture. These songs are usually popular, top-chart songs (think hip hop, pop). BPM is generally between 128-155 (use discretion: some songs are higher BPM but you can move to the slow beat; if you know you are teaching a LRM in power posture use the slower beat of the song for control).

3 songs, 1 song per posture, 3-4 minutes each

### **Combo: FIRE**

Your music should reflect the peak intensity of the postures taught in this section. These songs are usually EDM, hip-hop or pop music remixes. Postures with weights and leg movements should have similar BPM of warm up (128-132) There is more freedom with your TRX postures, something you can move easily to. Search a song you like + remix to start for inspiration.

3-4 songs; postures can overlap songs

### **Glutes: CONTROL**

Your music should have a strong beat to follow but have a slower tempo than leg work. It should have the same tempo for at least 2 songs (right and left side). These songs are usually popular songs from the radio (rap and hip hop or pop songs with strong, powerful beats). BPM is generally 100-120's.

3 songs, 1 song per posture, 3-4 minutes each

### **Core: CONNECT**

The music is mellow with a slower tempo, but can still have a strong beat to start. Slower EDM is ok at the beginning, during core blast. Throughout core work your songs should transition closer to "yoga flow" style beats / feels as we move into that section. BPM can vary.

2-3 songs, postures can overlap songs.

### **Yoga: BREATHE**

The music should be soothing and non-distracting so our members can focus on breathing and stretching their bodies. There shouldn't be a distinguishable beat. BPM varies. 2-3 songs

## Music Selection Guidelines

- **Keep music clean:** Avoid explicit songs (no curse words). We want to maintain a positive, uplifting environment that supports the mind-body-spirit connection we promote in class.
- **Stay aligned with company values:** Choose music that reflects who *you* are as an instructor and aligns with the *True40* brand—positive, professional, and welcoming.
- **Match beats for two-sided postures:** Use [songbpm.com](http://songbpm.com) to check the beats per minute (BPM) of your tracks. This ensures both sides of a posture have a consistent rhythm and feel. There is also a Mix feature in Spotify that displays the bpm of your songs for a quick check (do not keep this feature turned on, it will shorten your songs in the playlist.)
- Practice your program with the full song, paying attention to its tempo. Be aware that the tempo might change in different sections, and you don't want to be caught off guard while teaching.

## Playlist Structure

- **New song = new posture (Legs + Glutes section):** Each new posture in this section should start with a new song. You can skip ahead in a track or restart (or add to the queue) a song to make this work.
- **New section = new song:** Start a fresh song at the beginning of each class section (e.g., arms, legs, glutes). *Exception:* When transitioning from **core into yoga**, you may continue the same song, but your **last core song should be slower** to help bridge the vibe.
- **Section transitions should feel distinct:** Each section should have a different musical “vibe” to signal a shift in energy and focus. See suggested themes above.

## Playlist Variety & Quality

- **Limit repeat artists:** Avoid using the same artist more than twice in one playlist.
- **Mix genres:** Include a variety of music styles to appeal to a diverse group of clients.
- **Update regularly:** Create a new playlist each month. This builds a library you can reuse and rotate, and you can also tap into existing *True40*-themed playlists.

## Playlist Approval Process

- **Playlist changes must be approved:** It's helpful to change your playlist progressively. As you begin to change up your postures, you can start to change up your playlist sections. Please get these changes approved by your studio leadership (changes must be approved for each section) until we feel you understand the section's feeling and vibe.
- You can look up the SONG BANKS under *true40studio*'s Spotify account for examples to get you started! These are also linked on the portal in each section's page for easy access.