

Pop Sculpt

Yoga Sculpt · 17 songs · 55 minutes · Checked by ear, 9 Oct

app.arcbeat.yoga/playlists/pop-sculpt · a mapped playlist, prepared with Arcbeat



The map online



Play it on Spotify

BLOCK	SONG	SHAPE	THE BIG ONE	WRAP	NOTES
Arrival	BIRDS OF A FEATHER Billie Eilish · 105 BPM		—	3:07	
Sun A	Please Please Please Sabrina Carpenter · 107 BPM		0:53 (12)	2:58	
Sun B	Espresso Sabrina Carpenter · 104 BPM		1:04 (12 from 0:09) ● Sync this one also 2:04 (25)	2:51	
Vinyasa	Good Luck, Babe! Chappell Roan · 117 BPM		0:37 (9)	3:30	
Sun B with weights	Abracadabra Lady Gaga · 126 BPM		1:01 (14 from 0:07) ● Sync this one also 1:18 (18, on the 5), 2:19 (34, on the 5), 2:36 (39)	3:38	
Lower body, right	Sports car Tate McRae · 107 BPM		1:31 (20) soft	2:42	
Lower body, left	Training Season Dua Lipa · 123 BPM		0:47 (10 from 0:08) ● Sync this one also 0:45 (9, on the 5) soft, 1:57 (28), 2:56 (43)	3:28	
Upper body 1	yes, and? Ariana Grande · 119 BPM · 8x8 to set up		2:57 (36 from 0:32) ● Sync this one	3:30	
Upper body 2	Midnight Sun Zara Larsson · 151 BPM		2:10 (37 from 0:12) soft	3:02	
Cardio	APT. ROSÉ & Bruno Mars · 149 BPM		1:24 (24 from 0:06) ● Sync this one also 0:45 (12), 1:42 (30) soft	2:47	
Core	360 Charli xcx · 120 BPM		0:40 (8 from 0:08) soft	2:08	
Glutes, right	Diet Pepsi Addison Rae · 150 BPM		2:14 (40 from 0:06) soft	2:42	
Glutes, left	Gabriela KATSEYE · 146 BPM · 10x8 to set up		2:32 (36 from 0:34) soft	3:12	
Tabata	Gnarly KATSEYE · 135 BPM		1:46 (28 from 0:05, on the 5) ● Sync this one also 0:37 (9), 0:46 (11, on the 5), 1:16 (20), 1:38 (26)	2:14	
Core again	Just Keep Watching Tate McRae · 130 BPM		1:59 (30 from 0:08) soft	2:22	
Stretch	Die With A Smile Lady Gaga & Bruno Mars · 53 BPM in 6/8		—	4:03	
Savasana	To Be Sun Ludovico Einaudi · free time		—	4:35	

The big one, in bold: where the song breaks hardest; in brackets, its eight-count from the beat. "On the 5": halfway through. Soft: it swells rather than hits. 6/8 or free time: the time only. In grey: no big one, where its build-up lands ("full level": no break, where the song comes up to it). Shape: breaks as dots, loud stretches shaded. Sync this one: turn it up and land the hardest work on it.

Share your songs for mapping: DM their Spotify links to @arcbeat.yoga on Instagram, and they come back mapped within 48 hours.

Where every song breaks, on one page.

One song per block, in class order. Play the playlist on Spotify from the QR code on the front, then teach from the page.

The big one	1:04 on Espresso is where the song hits hardest. Build to it, and land the hardest work there: the deepest squat, the last fast set, the held pose.
(12 from 0:09)	Its eight-count. Count from where the beat comes in, at 0:09; the big one arrives on eight 12. "On the 5" means halfway through that eight. It still holds if you trim the start.
● Sync this one	The few songs worth turning up. Every other block can just run on the beat.
also 2:04 (25)	On a song to sync, its other breaks: more moments to hit.
1:31 (20) soft	In grey: no big one by ear. The time is where a build-up on it lands: its last break, or, marked full level, where the song comes up to full level. A dash means a quiet block.
Soft	The music swells back rather than hits: ease in, don't slam.
Wrap 2:51	Start bringing the block down here, before the outro runs out.
The shape	The line is the music, the dots its breaks, the shaded stretches where it runs loud.
Notes	The blank column is yours: pencil the move you'll land on each big one.

One favour

Teach a block from it, or the whole class, and tell me whether the hit landed where the page says.

A message to [@arcbeat.yoga](https://www.instagram.com/arcbeat.yoga) on Instagram is perfect, even one line. What you changed helps too.

Want your next playlist mapped like this? Share your songs the same way.

Thanks, Christophe

Toward a flow state in class

Play the playlist. The body keeps time without being asked, and hard work on the beat feels lighter.

Teach from the map. The room already knows what's coming; the pleasure is in the waiting, the reward when the big one lands.

● **Sync this one.** The burnout lands on the big one, so the effort feels chosen, not imposed. The quiet before it is where your cue carries furthest.

The gains are modest; nobody has tested this in a yoga class. The studies, in plain words: **arcbeat.yoga/science**