

This is a sheet for a first, basic warmup. At first you may find these to be a bit of a strain. Just do as much as you can and rest if you get tired.... over time you will get stronger! Very quickly we will modify this routine to make it more challenging. On part #1 you may find it less of a strain to play only one attack instead of three. Play very freely, meticulously, and slowly. The numbers above each line are the fingerings... start to memorize these as soon as you can.

1.

Use the fingerings indicated for each measure. Play slow & easy! Optionally, play the slur back up.

2.

Play each note L-O-N-G and easy! Try to control the attack, sustain, and cutoff of each note.

3.

Keep going up in half steps if you need an extended warm up but remember: don't over do it!!
Your warm up should get you ready to play, NOT over tire your chops before you've even started!!