



1st 1st 4th

#2nd #3rd #3rd gliss.

### 3. Flexibility

### 4. Slow Flexibility

etc.

### 5. Low Legato Melody (Saint Saens)

*mf*

*sub. p*



### 8. Arpeggios - Building Range

Add notes going higher, only when it feels very comfortable.

*simile*

The image displays ten staves of bass clef musical notation. Each staff contains a sequence of notes and rests, often grouped by slurs. The notation includes various rhythmic values such as eighth and quarter notes. The key signature and time signature are not constant across all staves, with some staves ending in a 4/4 time signature.

### 9. Final slow slurs, OR something that you feel weak on

*I like to finish the warm-up with something I feel weak on, to add a final reminder before my day begins*

The image shows a single bass clef musical staff with three measures. Each measure contains a half note with a slur underneath it. The first measure is in B-flat major (two flats) and 4/4 time, with notes G<sub>2</sub>, A<sub>2</sub>, B<sub>2</sub>, and C<sub>3</sub>. The second measure is in D major (two sharps) and 4/4 time, with notes D<sub>2</sub>, E<sub>2</sub>, F<sub>2</sub>, and G<sub>2</sub>. The third measure is in B-flat major (two flats) and 4/4 time, with notes G<sub>2</sub>, A<sub>2</sub>, B<sub>2</sub>, and C<sub>3</sub>. The staff ends with a double bar line and a key signature change to B-flat major.