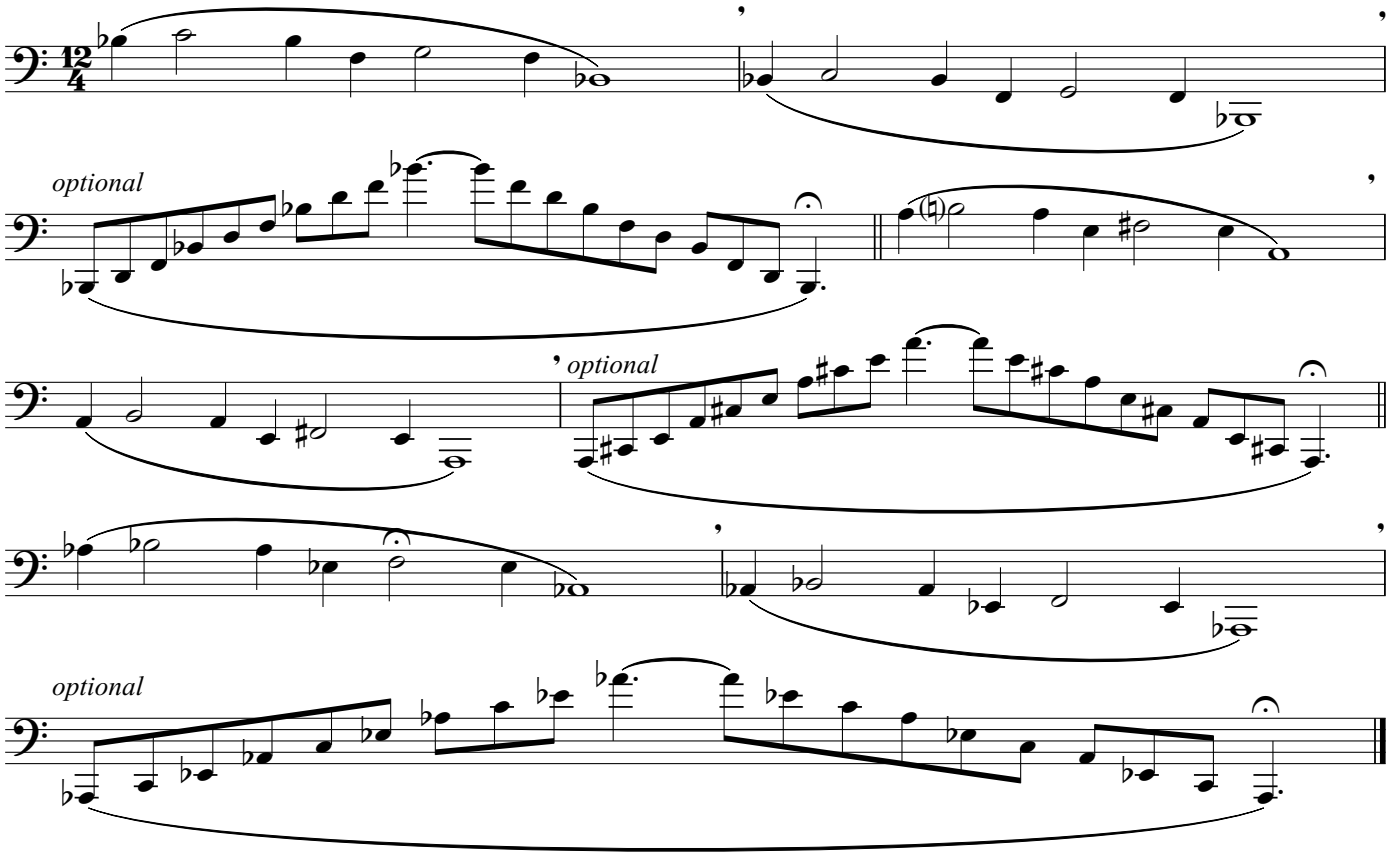
Daily Warm-Up Routine

by Brian Wendel

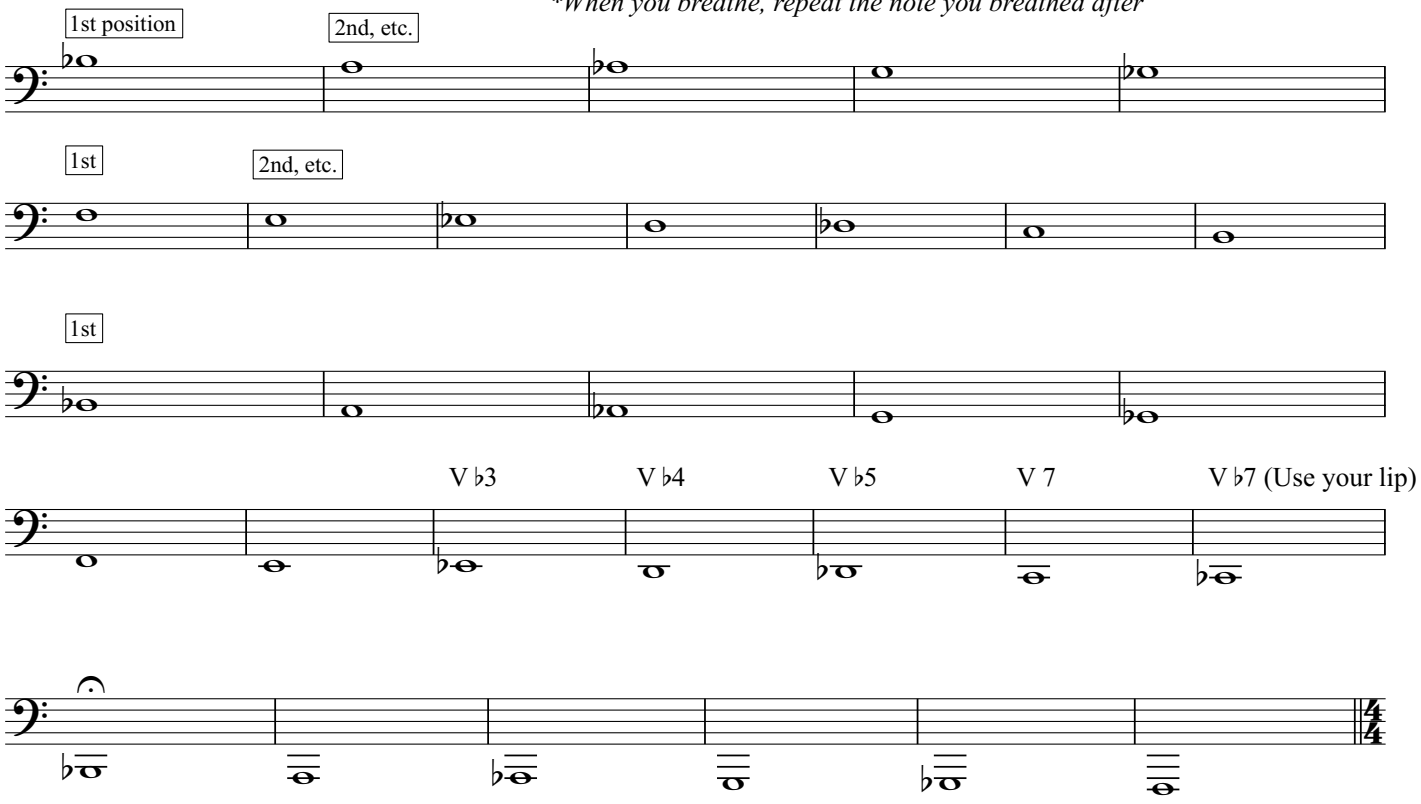
1. First notes - Buzz and Slow Lip Slurs *and optional arpeggio*

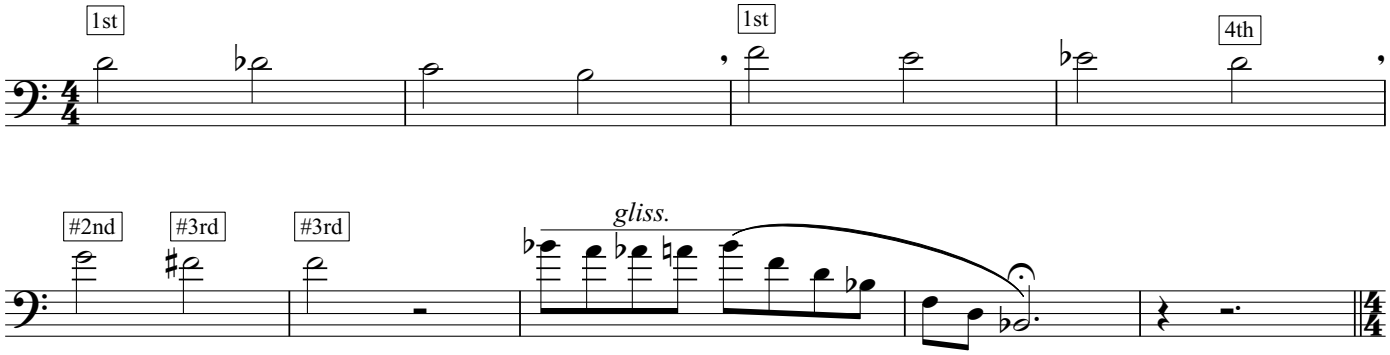
(Begin the day by buzzing in for 1st and 2nd positions first)



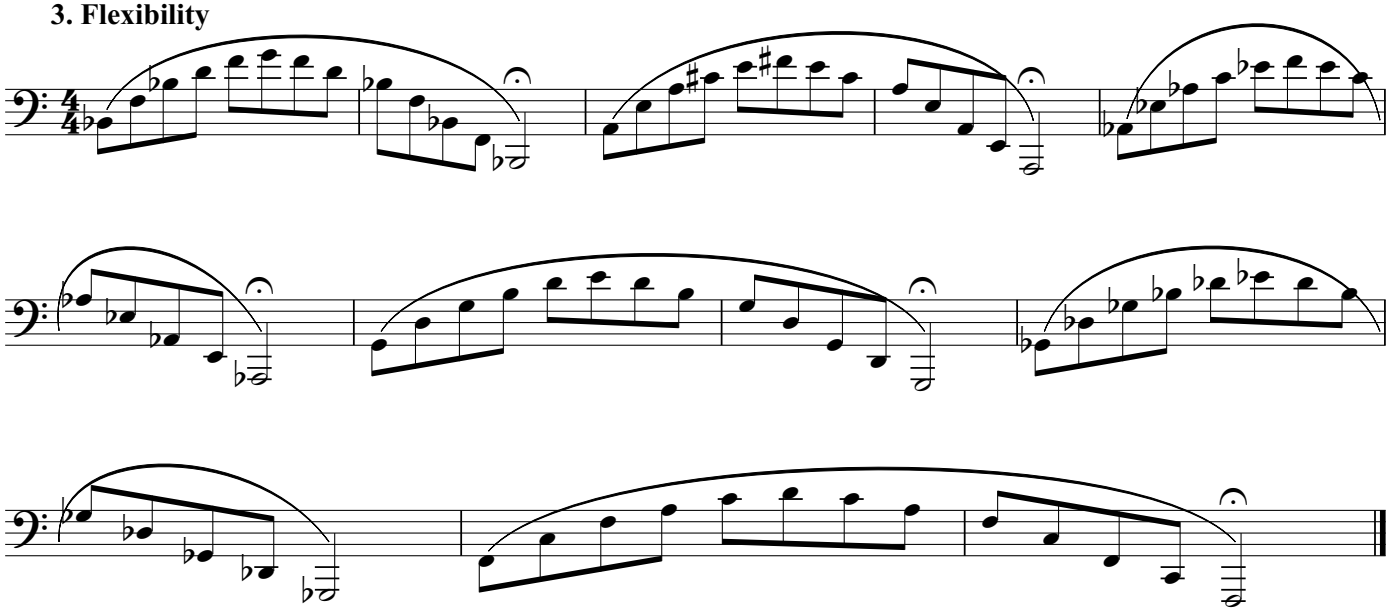
2. Long Tones - Beautiful sound ♩ = 60

**When you breathe, repeat the note you breathed after*

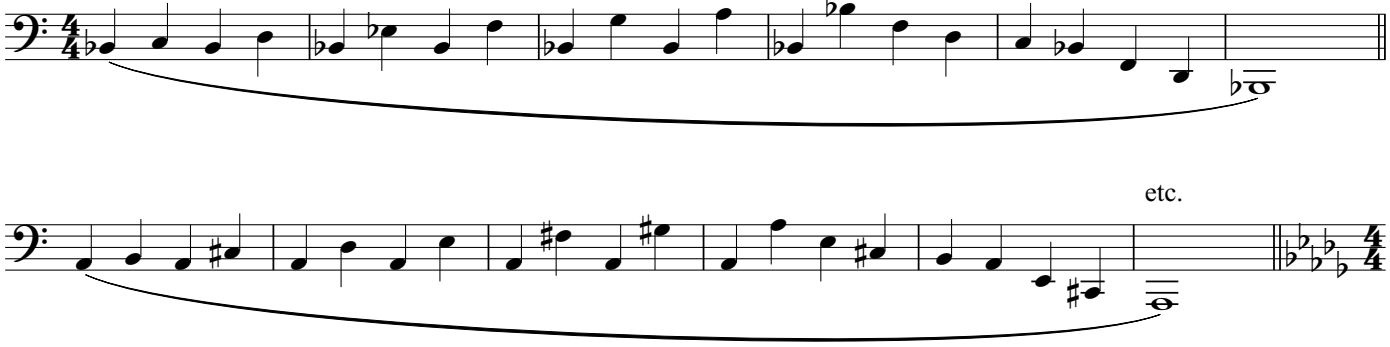




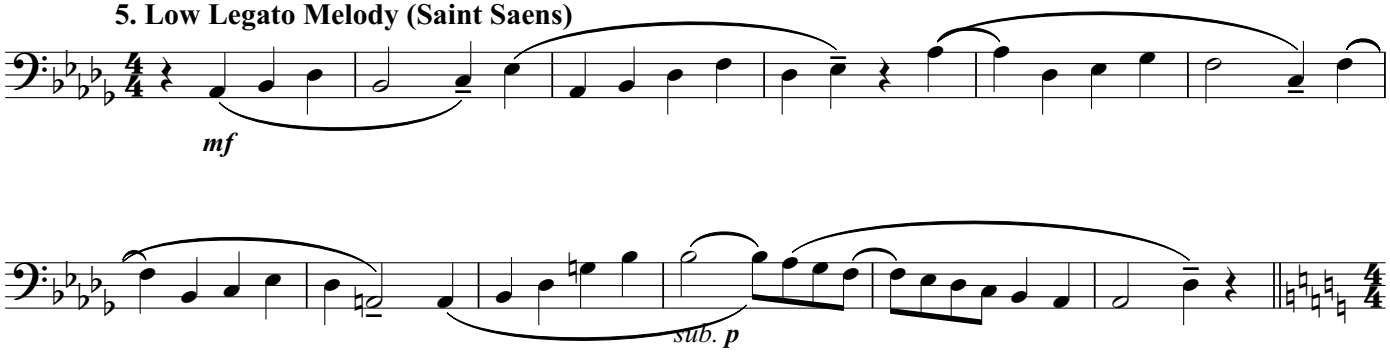
3. Flexibility



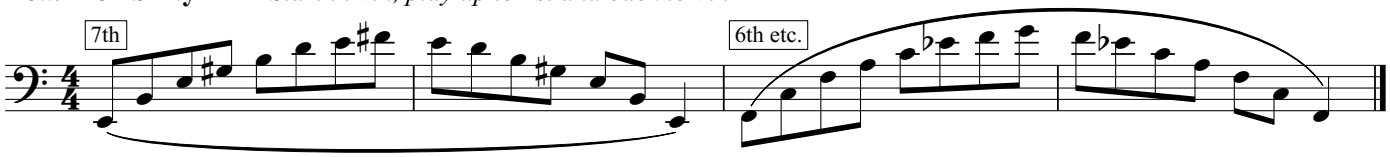
4. Slow Flexibility



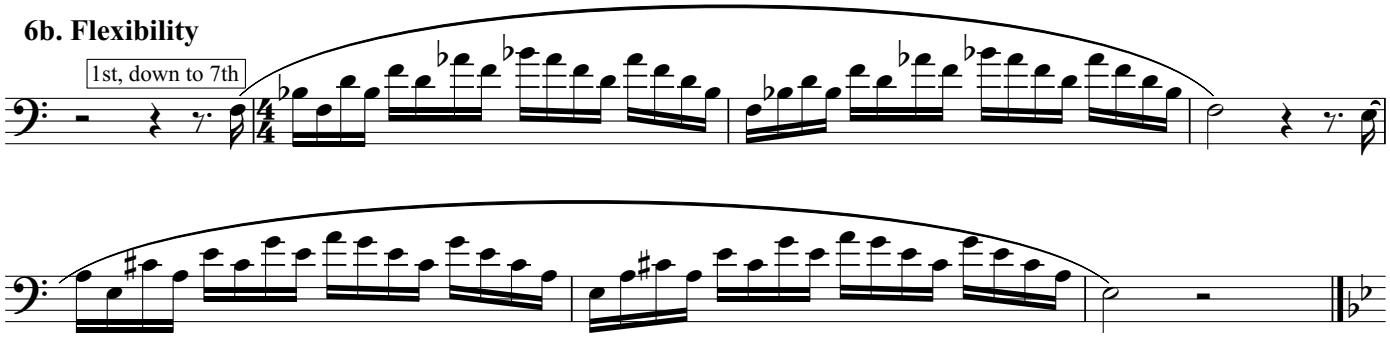
5. Low Legato Melody (Saint Saens)



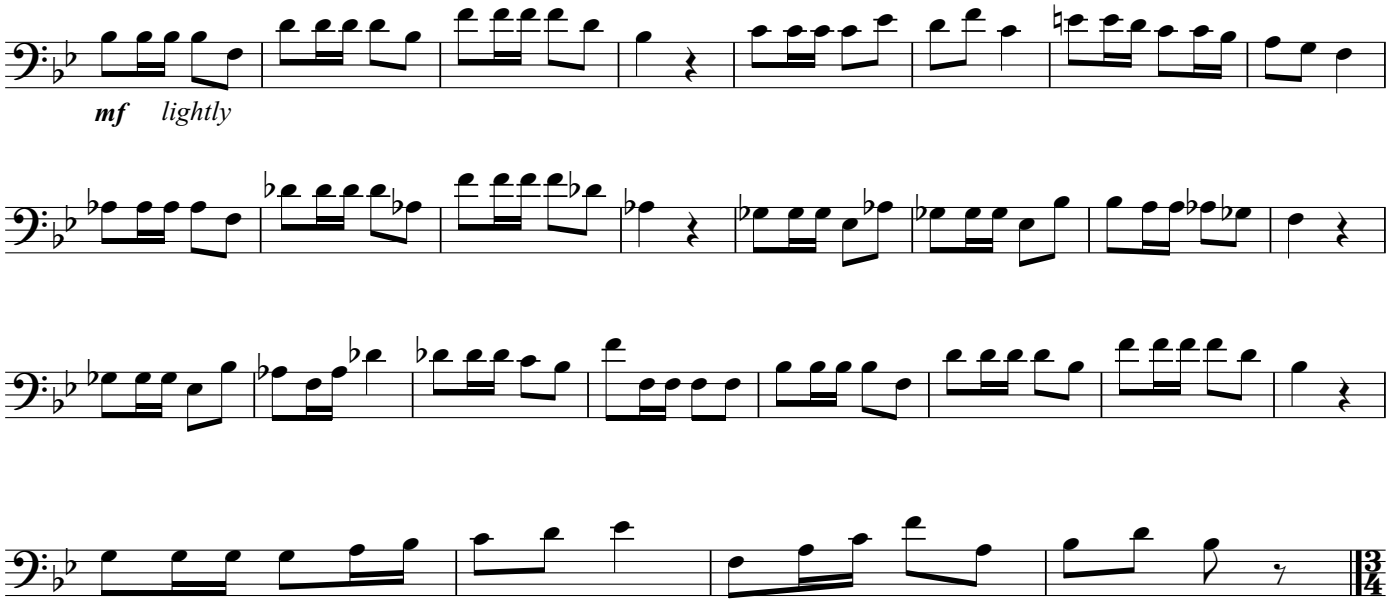
6a. Flexibility *Start in 7th, play up to 1st and back to 7th*



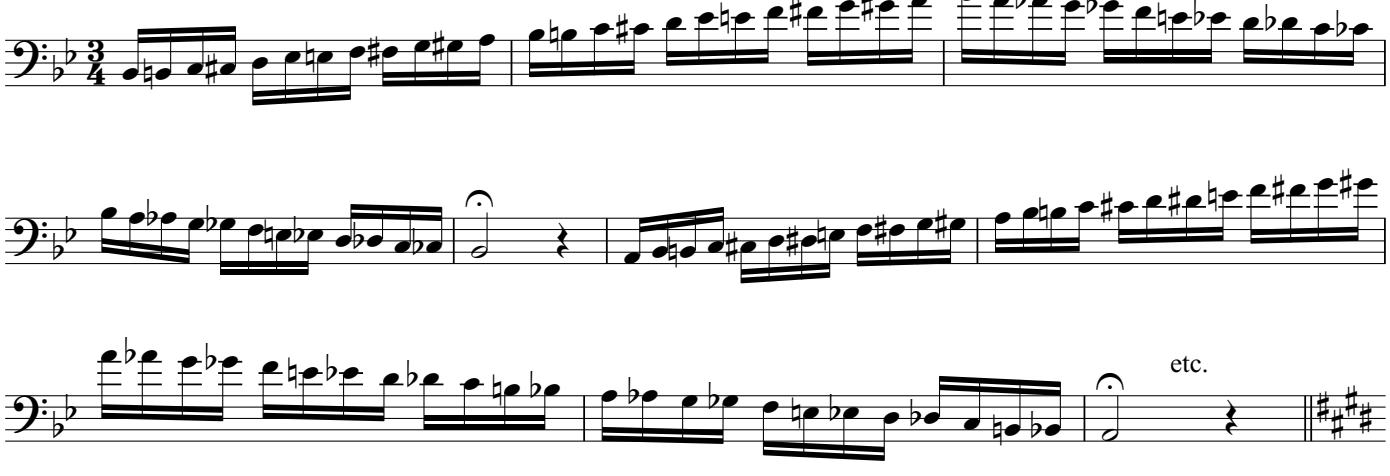
6b. Flexibility



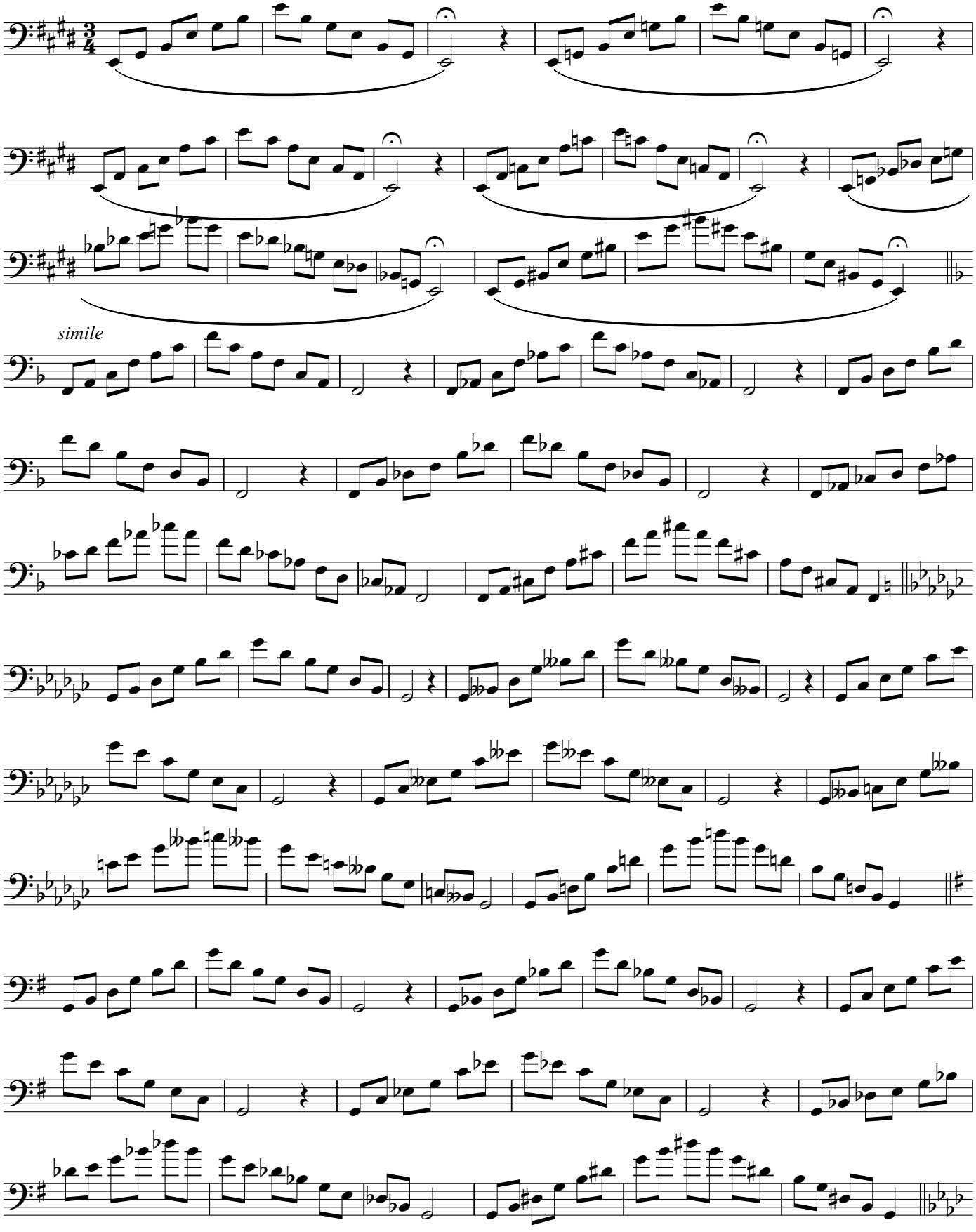
7a. Articulation - Simple Arban Exercise

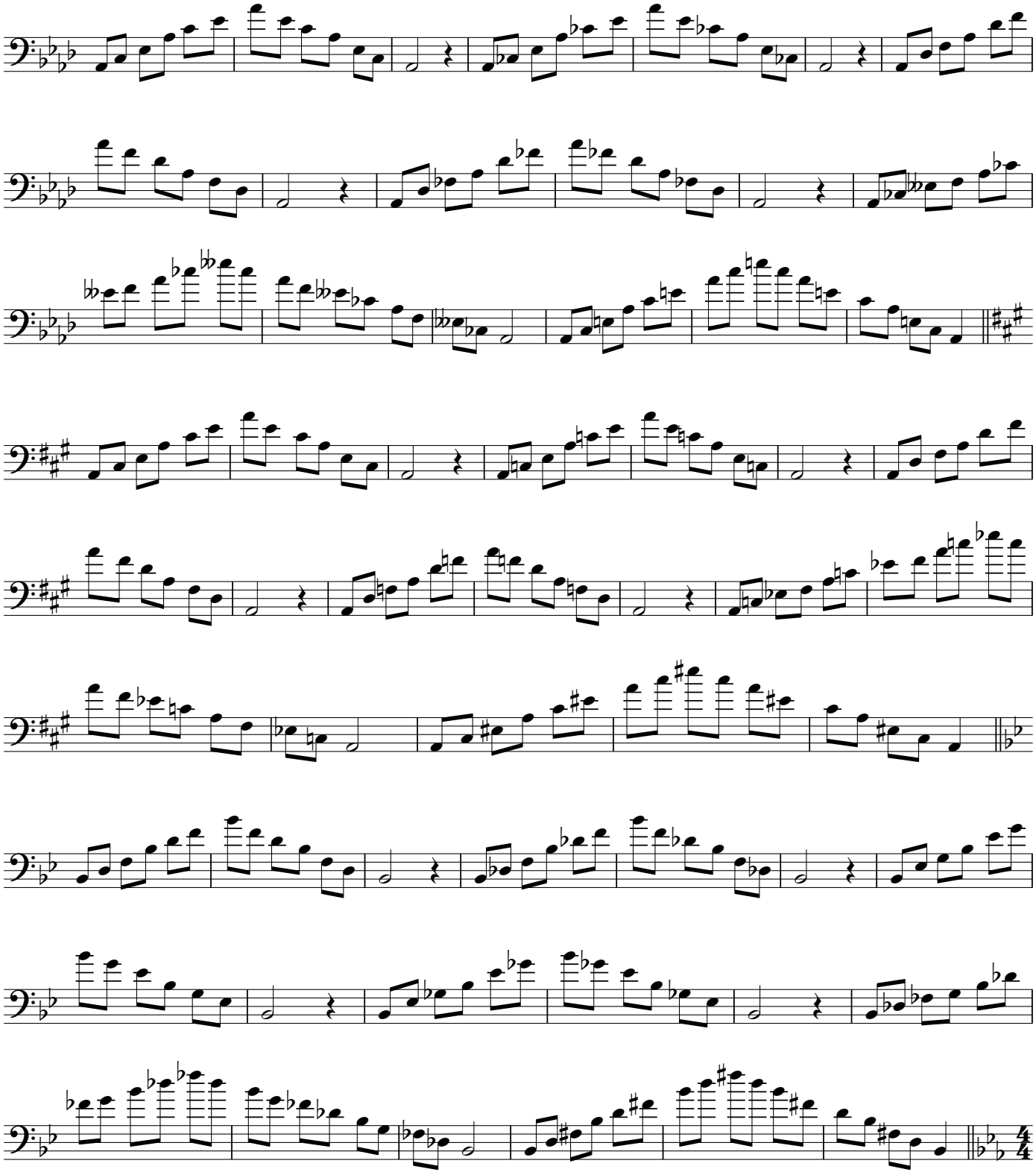


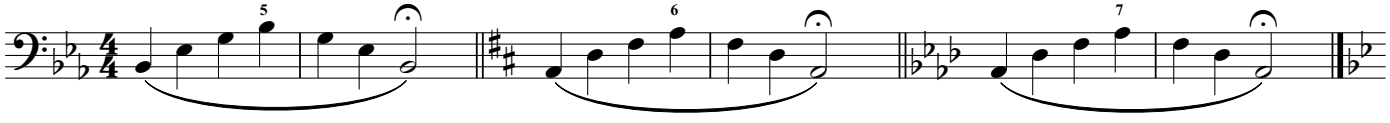
7b. Articulation - Chromatic Scales ♩ = 100+ *Work up your single tongue, and vary the style of articulation*



8. Arpeggios - Building Range Add notes going higher, only when it feels very comfortable.





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