

WARM UP ROUTINE

TROMBONE

1) SLOWLY

1----- 2----- 3----- 4----- 5----- 6----- 7-----

2) MEDIUM, COMFORTABLE TEMPO

8 1----- 2----- 3----- 4-----

12 5----- 6----- 7-----

3)

15 1----- 2-----

19 3----- 4-----

23 5----- 6-----

27 7-----

4)


29 1----- 2-----

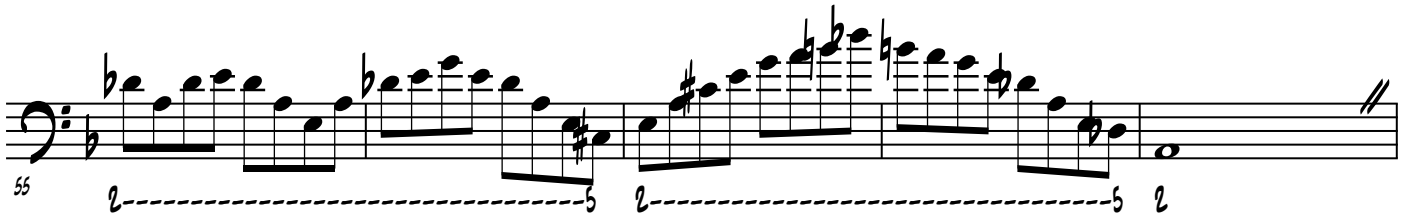
WARM UP ROUTINE

35 

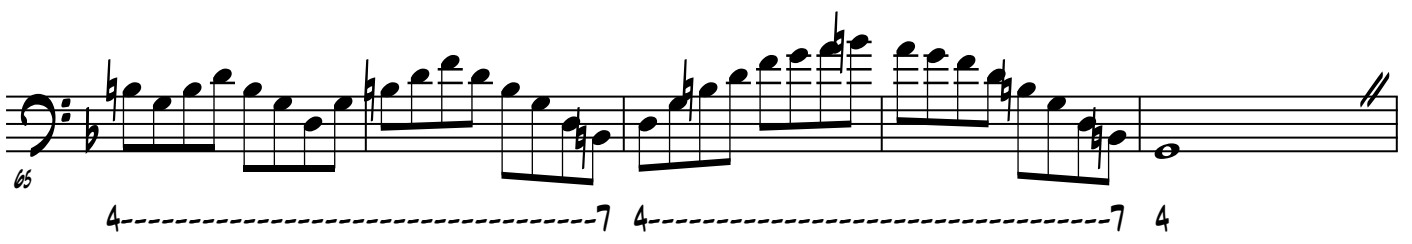
41 

47 

5) 50 

55 

60 

65 

70
5-----1 5-----1 5

75
6-----2 6-----2 6

80
7-----3 7-----3 7

TAKE A SHORT BREAK
BEFORE GOING ON

NOT TOO FAST - BREATHE THROUGH YOUR NOSE AND DON'T TAKE YOUR LIPS OFF THE MOUTHPIECE.
TRY TO KEEP THE SAME EMOUCHURE FOR THE WHOLE EXERCISE. THIS IS GOOD FOR INCREASING RANGE.

6) 85

93

101

109

117

125

133

141

BEFORE GOING ON YOU CAN START AGAIN AT THE F ABOVE MIDDLE C. SOMETIMES YOU CAN PLAY HIGHER THE 2ND TIME.

PEDAL TONES HELP TO REFRESH YOUR LIPS, SO IT'S GOOD TO PLAY THIS ONE FREQUENTLY IN BETWEEN OTHER WARM-UPS

149

157

165

TAKE A SHORT BREAK BEFORE GOING ON

173

8) **TONGUING** **SINGLE TONGUE** **DOUBLE TONGUE**

Musical staff starting at measure 177. It contains four measures of quarter notes, followed by two measures of eighth notes, and then two measures of sixteenth notes. The first two measures are labeled 'TONGUING' and the last two are labeled 'DOUBLE TONGUE'.

177

TRIPLE TONGUE

Musical staff starting at measure 181. It contains eight measures of eighth notes, followed by a whole note. The first seven measures are labeled 'TRIPLE TONGUE'.

181

SINGLE TONGUE **DOUBLE TONGUE**

Musical staff starting at measure 183. It contains four measures of quarter notes, two measures of eighth notes, and two measures of sixteenth notes. The last two measures are labeled 'DOUBLE TONGUE'.

183

TRIPLE TONGUE

Musical staff starting at measure 187. It contains eight measures of eighth notes, followed by a whole note. The first seven measures are labeled 'TRIPLE TONGUE'.

187

SINGLE TONGUE **DOUBLE TONGUE**

Musical staff starting at measure 189. It contains four measures of quarter notes, two measures of eighth notes, and two measures of sixteenth notes. The last two measures are labeled 'DOUBLE TONGUE'.

189

TRIPLE TONGUE

Musical staff starting at measure 193. It contains eight measures of eighth notes, followed by a whole note. The first seven measures are labeled 'TRIPLE TONGUE'.

193

SINGLE TONGUE **DOUBLE TONGUE**

Musical staff starting at measure 195. It contains four measures of quarter notes, two measures of eighth notes, and two measures of sixteenth notes. The last two measures are labeled 'DOUBLE TONGUE'.

195

TRIPLE TONGUE

Musical staff starting at measure 199. It contains eight measures of eighth notes, followed by a whole note. The first seven measures are labeled 'TRIPLE TONGUE'.

199

SINGLE TONGUE **DOUBLE TONGUE**

Musical staff starting at measure 201. It contains four measures of quarter notes, two measures of eighth notes, and two measures of sixteenth notes. The last two measures are labeled 'DOUBLE TONGUE'.

201


TRIPLE TONGUE

5 5 5 5 5 5 5 5



205

9)



207

1-----



213

2-----



219

3-----



225

4-----



231

5-----



237

6-----



243

7-----

PLAY EACH LINE TWICE, ONCE WITH NO TONGUE AND ONCE WITH TONGUE, EVERY TIME SEPARATING THE 8THS (BY AIR OR TONGUE)

10)



249

The image displays five staves of musical notation for a warm-up routine. Each staff begins with a bass clef and a key signature of one flat (B-flat). The notation consists of eighth and sixteenth notes, often beamed together in groups. The first staff is labeled with the number 256. The second staff is labeled with 257. The third staff is labeled with 261. The fourth staff is labeled with 265. The fifth staff is labeled with 269. The music features various rhythmic patterns, including eighth-note runs, sixteenth-note runs, and groups of notes with accidentals (flats).

THIS WARM UP ROUTINE WAS MADE FROM VARIOUS WARM-UPS I'VE HEARD OVER THE YEARS, I DON'T TAKE CREDIT FOR THE CREATION OF THESE EXERCISES