

WARM-UP — LONG TONES — SLOWLY

REST AS LONG AS YOU PLAY — INCREASE AIR ON EACH TONE — LISTEN TO YOURSELF

NO TONGUE

CONTINUE WARM UP WITH LIP FLEXIBILITIES!

*Lip Flex.*

CONTINUE WARM UP WITH HIGHER NOTE EX. ETC.

CONT. WARM UP WITH SCALES AND TONGUEING EX.

Remember to Rest after each exercise. VERY IMPORTANT.