

# Daily Warm-Up

## Breathing

Breathe from your lips, keeping your body tension free and filling your lungs fully. Keep the air smooth as you change from inhaling to exhaling. Don't hold your breath.

Musical notation for Breathing exercise. The staff shows a sequence of rhythmic patterns in bass clef with a key signature of one flat. The patterns are: 2/4 (In: 1 2 Out: 1 2 3), 3/4 (In: 1 2 Out: 1 2 3 4), 2/4 (In: 1 2 Out: 1 2 3 4 5), 5/4 (In: 1 2 Out: 1 2 3 4 5 6), and 6/4 (In: 1 2 Out: 1 2 3 4 5 6). Each pattern consists of a series of quarter notes followed by a rest.

## Buzzing

Remember to breathe and blow! Keep your chin down and corners in while blowing air through a round opening in the center.

Musical notation for Buzzing exercise. The staff shows a sequence of notes in bass clef with a key signature of one flat. The notes are: G2, F2, E2, D2, C2, B1, A1, G1, F1, E1, D1, C1, B0, A0, G0, F0, E0, D0, C0, B-1, A-1, G-1, F-1, E-1, D-1, C-1, B-2, A-2, G-2, F-2, E-2, D-2, C-2, B-3, A-3, G-3, F-3, E-3, D-3, C-3, B-4, A-4, G-4, F-4, E-4, D-4, C-4, B-5, A-5, G-5, F-5, E-5, D-5, C-5, B-6, A-6, G-6, F-6, E-6, D-6, C-6, B-7, A-7, G-7, F-7, E-7, D-7, C-7, B-8, A-8, G-8, F-8, E-8, D-8, C-8, B-9, A-9, G-9, F-9, E-9, D-9, C-9, B-10, A-10, G-10, F-10, E-10, D-10, C-10, B-11, A-11, G-11, F-11, E-11, D-11, C-11, B-12, A-12, G-12, F-12, E-12, D-12, C-12, B-13, A-13, G-13, F-13, E-13, D-13, C-13, B-14, A-14, G-14, F-14, E-14, D-14, C-14, B-15, A-15, G-15, F-15, E-15, D-15, C-15, B-16, A-16, G-16, F-16, E-16, D-16, C-16, B-17, A-17, G-17, F-17, E-17, D-17, C-17, B-18, A-18, G-18, F-18, E-18, D-18, C-18, B-19, A-19, G-19, F-19, E-19, D-19, C-19, B-20, A-20, G-20, F-20, E-20, D-20, C-20, B-21, A-21, G-21, F-21, E-21, D-21, C-21, B-22, A-22, G-22, F-22, E-22, D-22, C-22, B-23, A-23, G-23, F-23, E-23, D-23, C-23, B-24, 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