

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, consisting of a single staff with a bass clef and a key signature of one flat. The piece is divided into six measures, each with a different time signature: 2/4, 3/4, 2/4, 4/4, 2/4, and 5/4. Each measure contains a series of quarter notes. Below the staff, the following instructions are written: In: 1 2 Out: 1 2 3 In: 1 2 Out: 1 2 3 4 In: 1 2 Out: 1 2 3 4 5 In: 1 2 Out: 1 2 3 4 5 6

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, consisting of a single staff with a bass clef and a key signature of one flat. The piece is in 4/4 time and contains a series of notes with a wavy line underneath, indicating a buzzing sound. 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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