Warm Up Routine
Inspired by Paul Compton

Evan Beachy

\( \text{\textit{j = 60}} \)
Opt. gliss

As fast as technique permits

Etc.
TuKu

Keep exercise slow to strengthen "Ku"

Repeat 3x

Increase Tempo as exercise becomes easier

Repeat 3x

j = 100 Keep exercise slow to strengthen "Ku"

TuKu
$\text{\textit{\text{\text{major scales}}}}$

\text{\textit{Repeat with faster tempo until failure}}

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Natural Minor Scales
Melodic Minor Scales
Harmonic Minor Scales