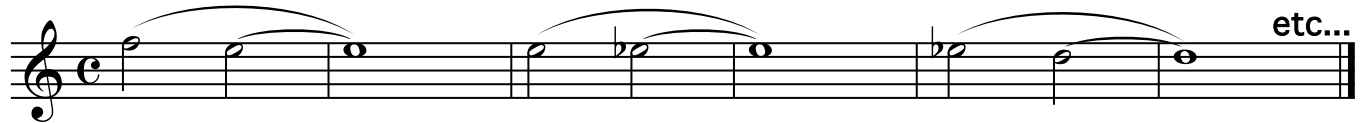


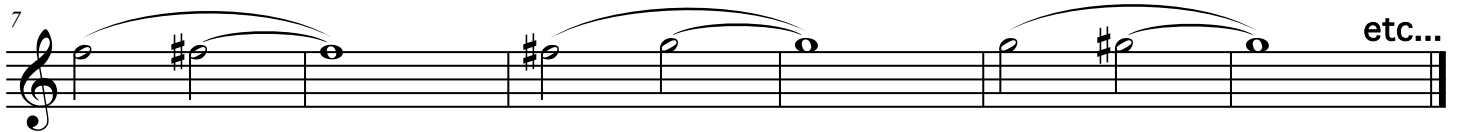
# Warm-ups: Longtones Exercises

Compiled by Monica Shriver

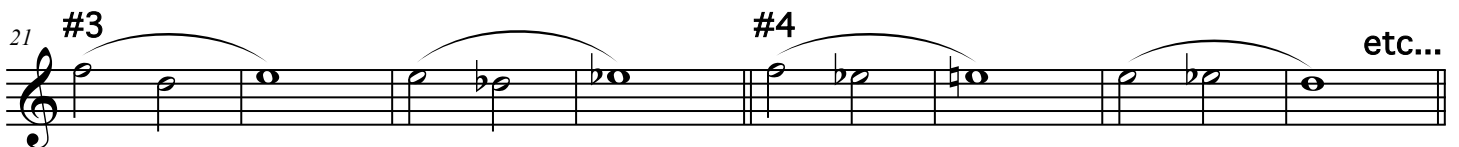
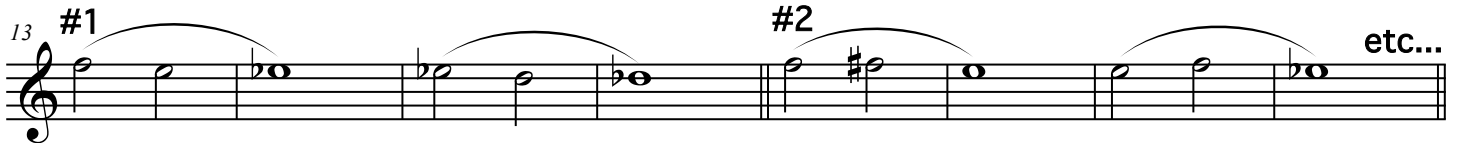
## Chromatic Longtones (down)



## Chromatic Longtones (up)



## Chromatic Longtone Variations



## Octaves up ascending chromatic - 2 ideas

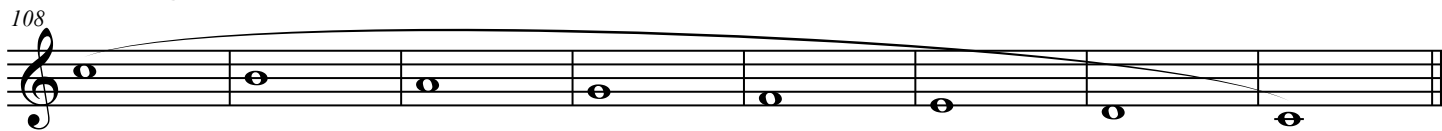


## Octaves down desending chromatic

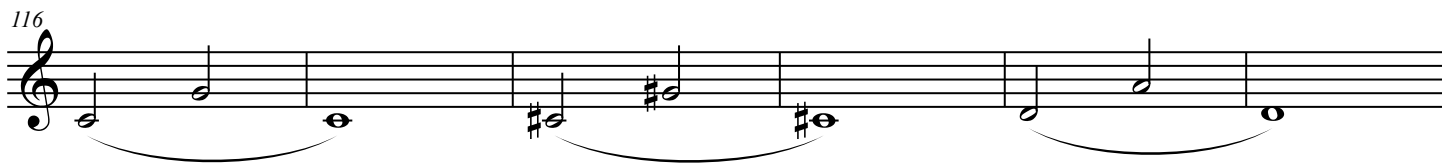




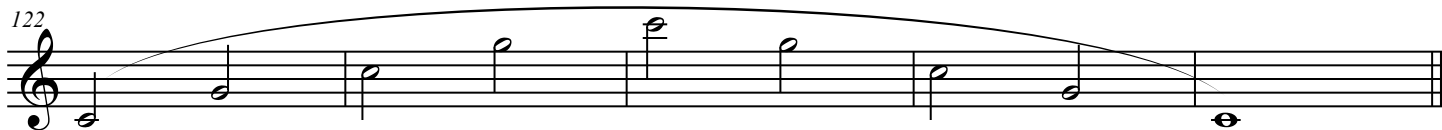
### Descending Major Scale (or any scale!)



### Roots and 5ths - up (or down) Chromatic



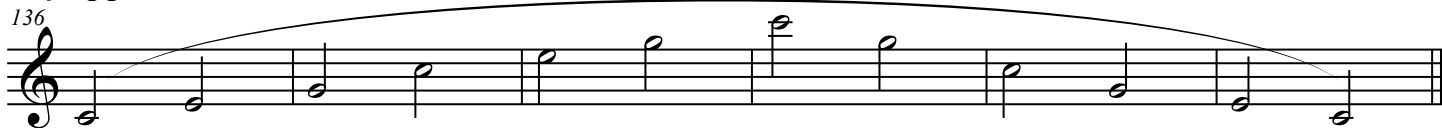
### Roots and 5ths - Full range (play in all keys!)



### Arpeggios (1, 3, 5) Descending (or ascending!)



### Arpeggios (1, 3, 5)



### Try Minor Arpeggios (1, b3, 5) too!

**\*\*Always play as slow as you possibly can. (Use a metronome to help at first, but the main purpose is not to keep time.**

**Your goals: well-supported sound, evenness of tone and fingers (no blurps), increased lung capacity and endurance, not to mention getting your mind into "practice mode"!**

**Make sure to practice your longtones using the full range of your instrument.**

**These are just examples of possible longtone exercises. Use your imagination and keep it interesting. Make sure to start in different places on your horn and in different keys. Mix it up. Variety is the spice of life...**