



TEN-MINUTE WARM-UP

A quick and dirty warm-up routine for horn players on the go

This strategic warm-up got me through nearly a decade of touring with shows that demanded rock solid chops without a lot of access to practice time to build or take care of them. When playing through the TEN-MINUTE WARM-UP, pay close attention to the fundamentals. Take a deep and relaxed breath, articulate with a clear and light attack, connect notes with strong but smooth slurs, and strive for a full sound on each note. ENJOY!

1) MID TO LOW REGISTER FOUNDATION

SUGGESTED TEMPO RANGE: 50-80 bpm

Continue lowering the second note by a half step each time until you reach an octave.

Repeat the same pattern starting on C

Same pattern starting on pedal C until you reach pedal F

2) MID TO LOW REGISTER FLEXIBILITY

Play the overtone series exercise below on the open (0) fingering. For the note outside of the overtone scale, as designated by an asterisk, please use your preferred fingering. Repeat this exercise starting a half step lower each time until you have used each of the following fingerings: 0, 2, 1, 12, 13, and 123.

SUGGESTED TEMPO RANGE: 60-90 bpm

3) WAKE UP THE UPPER REGISTER, ARTICULATIONS & CONNECT THE DOTS

Repeat the following exercise starting up a half step each repetition until you reach the top end of your range.

SUGGESTED TEMPO RANGE: 55-80 bpm