

# 1st Baritone in Bb *Myrtle Wavez Brass Warm Up Sequence*

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante ♩=88

Musical staff 1: Stair Master exercise, measures 1-8. Bass clef, 4/4 time. Notes: G2, G2, G2, G2, G2, G2, G2, G2. Dynamics: mp, mp, mp, mp. Includes crescendo and decrescendo hairpins.

12

Musical staff 2: Stair Master exercise, measures 9-16. Bass clef, 4/4 time. Notes: G2, G2, G2, G2, G2, G2, G2, G2. Dynamics: mp, mp, mp, mp. Includes crescendo and decrescendo hairpins.

21

Elliptical - IN 3, OUT 6

Musical staff 3: Elliptical exercise, measures 21-32. Bass clef, 3/4 time. Notes: G2, G2, G2, G2, G2, G2, G2, G2. Dynamics: ff, ff, ff, ff. Includes crescendo and decrescendo hairpins.

33

Musical staff 4: Elliptical exercise, measures 33-40. Bass clef, 3/4 time. Notes: G2, G2, G2, G2, G2, G2, G2, G2. Dynamics: ff, ff, ff. Includes crescendo and decrescendo hairpins.

44

Rower - IN 2, OUT 4

Musical staff 5: Rower exercise, measures 44-47. Bass clef, 2/4 time. Notes: G2, G2, G2, G2. Dynamics: ff, ff, ff. Includes crescendo and decrescendo hairpins.

45

mf < >      mf < >      mf < >      mf < >      mf < >      mf < >

### LONG TONEZ 1

63

Andante ♩ = 88

mf < >      mf      < f      mf      < f      mf      <

75

= f      mf      < f      mf      < f      mf      < f      mf

### LONG TONEZ 2

86

< f      mf      < f      mf      < f      mf      <

97

: f      mf      < f      mf      < f      mf      < f

107

mf      < f      mf      < f      mf      < f

1st Baritone in Bb

116 **LONG TONEZ 3**

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

127

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

138 **LONG TONEZ 4**

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

149

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

158

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

FLEXI

166 **Moderato** ♩=100

*mf* *mf* *mf*

V.S.

1st Baritone in Bb

174

*mf* *mf*

182

*mf* *mf* *mf*

**FLEXIBILITY 2**

HOLD 2, IN 2

191

*f* *mp* *f* *mf* *mf*

200

*mf* *mf* *mf*

208

*mf* *mf*

**FLEXIBILITY 3**

HOLD 3, IN 1

IN 3

216

*mf* *mp* *ff* *mp* *f*

1st Baritone in Bb

225 **f** **f** **f**

233 **f** **f** **f**

241 **mf** **mf**

248 **mf** **mf** **mf**

**FLEXIBILITY 4**

256 ♩ = 88      ♩ = 100

6

1st Baritone in Bb

259

*mf* *mf* *mf* *mf*

This system contains measures 259 through 266. It features four measures of music, each with a melodic line of eighth notes beamed in pairs and a bass line of eighth notes. The first two measures of each pair are beamed together with a slur. The dynamics are marked *mf* at the beginning of each measure, with hairpins indicating crescendos and decrescendos.

267

*mf* *mf* *mf* *mf*

This system contains measures 267 through 274. It features four measures of music, each with a melodic line of eighth notes beamed in pairs and a bass line of eighth notes. The first two measures of each pair are beamed together with a slur. The dynamics are marked *mf* at the beginning of each measure, with hairpins indicating crescendos and decrescendos.

275

*mf* *mf* *mf* *mf*

This system contains measures 275 through 282. It features four measures of music, each with a melodic line of eighth notes beamed in pairs and a bass line of eighth notes. The first two measures of each pair are beamed together with a slur. The dynamics are marked *mf* at the beginning of each measure, with hairpins indicating crescendos and decrescendos.

283

*mf* *mf* *mf* *mf*

This system contains measures 283 through 291. It features four measures of music. The first two measures have melodic lines of eighth notes beamed in pairs and bass lines of eighth notes. The last two measures feature a melodic line of half notes with slurs and a bass line of half notes. The dynamics are marked *mf* at the beginning of each measure, with hairpins indicating crescendos and decrescendos.

292

*mf* *mf* *mf*

This system contains measures 292 through 300. It features four measures of music. The first two measures have melodic lines of half notes with slurs and a bass line of half notes. The last two measures have melodic lines of half notes with slurs and a bass line of quarter notes. The dynamics are marked *mf* at the beginning of each measure, with hairpins indicating crescendos and decrescendos.

# 2nd Baritone in Bb *Myrtle Wavez Brass Warm Up Sequence*

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante ♩=88

1

*mp* *mp* *mp* *mp*

12

*mp* *mp* *mp* *mp*

21

Elliptical - IN 3, OUT 6

*ff* *ff* *ff* *ff*

33

*ff* *ff* *ff* *ff*

44

Rower - IN 2, OUT 4

*ff*

45

Musical staff for measures 45-62. The staff is in bass clef with a key signature of two flats. It contains six measures of music, each starting with a *mf* dynamic and a crescendo/decrescendo hairpin. The notes are: G2, F2, E2, D2 (measures 45-46); G2, F2, E2, D2 (measures 47-48); G2, F2, E2, D2 (measures 49-50); G2, F2, E2, D2 (measures 51-52); G2, F2, E2, D2 (measures 53-54); G2, F2, E2, D2 (measures 55-56).

### LONG TONEZ 1

63

Andante ♩ = 88

Musical staff for measures 63-74. The staff is in bass clef with a key signature of two flats. It contains two measures of music, each starting with a *mf* dynamic and a crescendo/decrescendo hairpin. The notes are: G2, F2, E2, D2 (measures 63-64); G2, F2, E2, D2 (measures 65-66); G2, F2, E2, D2 (measures 67-68); G2, F2, E2, D2 (measures 69-70); G2, F2, E2, D2 (measures 71-72); G2, F2, E2, D2 (measures 73-74).

75

Musical staff for measures 75-85. The staff is in bass clef with a key signature of two flats. It contains six measures of music, each starting with a *f* dynamic and a crescendo/decrescendo hairpin. The notes are: G2, F2, E2, D2 (measures 75-76); G2, F2, E2, D2 (measures 77-78); G2, F2, E2, D2 (measures 79-80); G2, F2, E2, D2 (measures 81-82); G2, F2, E2, D2 (measures 83-84); G2, F2, E2, D2 (measures 85-86).

### LONG TONEZ 2

86

Musical staff for measures 86-96. The staff is in bass clef with a key signature of two flats. It contains six measures of music, each starting with a *f* dynamic and a crescendo/decrescendo hairpin. The notes are: G2, F2, E2, D2 (measures 86-87); G2, F2, E2, D2 (measures 88-89); G2, F2, E2, D2 (measures 90-91); G2, F2, E2, D2 (measures 92-93); G2, F2, E2, D2 (measures 94-95); G2, F2, E2, D2 (measures 96-97).

97

Musical staff for measures 97-106. The staff is in bass clef with a key signature of two flats. It contains six measures of music, each starting with a *f* dynamic and a crescendo/decrescendo hairpin. The notes are: G2, F2, E2, D2 (measures 97-98); G2, F2, E2, D2 (measures 99-100); G2, F2, E2, D2 (measures 101-102); G2, F2, E2, D2 (measures 103-104); G2, F2, E2, D2 (measures 105-106); G2, F2, E2, D2 (measures 107-108).

107

Musical staff for measures 107-116. The staff is in bass clef with a key signature of two flats. It contains six measures of music, each starting with a *f* dynamic and a crescendo/decrescendo hairpin. The notes are: G2, F2, E2, D2 (measures 107-108); G2, F2, E2, D2 (measures 109-110); G2, F2, E2, D2 (measures 111-112); G2, F2, E2, D2 (measures 113-114); G2, F2, E2, D2 (measures 115-116); G2, F2, E2, D2 (measures 117-118).



2nd Baritone in Bb

116 **LONG TONEZ 3**

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

127

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

138 **LONG TONEZ 4**

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

149

*mp* *ff* *mp* *ff* *mp* *ff*

158

*mp* *ff* *mp* *ff* *mp*

FLEXI

166 **Moderato** ♩=100

*mf* *mf* *mf*

V.S.

2nd Baritone in Bb

174

*mf* *mf*

182

*mf* *mf* *mf*

**FLEXIBILITY 2**

191

*f* *mp* *f* *mf* *mf*

200

*mf* *mf* *mf*

208

*mf* *mf*

**FLEXIBILITY 3**

216

*mf* *mp* *ff* *mp* *f*

HOLD 3, IN 1 IN 3

2nd Baritone in Bb

225

*f* *f* *f*

233

*f* *f* *f*

241

*mf* *mf*

248

*mf* *mf* *mf*

**FLEXIBILITY 4**

256 ♩ = 88

♩ = 100

*mf*

6

2nd Baritone in Bb

259

*mf* *mf* *mf* *mf*

This system contains measures 259 through 266. It features four measures of music, each with a melodic line of eighth notes beamed together and a bass line of eighth notes. The first and third measures have a *mf* dynamic marking. The second and fourth measures have a *mf* dynamic marking and are connected to the previous measure by a double-headed wedge-shaped hairpin.

267

*mf* *mf* *mf* *mf*

This system contains measures 267 through 274. It features four measures of music, each with a melodic line of eighth notes beamed together and a bass line of eighth notes. The first and third measures have a *mf* dynamic marking. The second and fourth measures have a *mf* dynamic marking and are connected to the previous measure by a double-headed wedge-shaped hairpin.

275

*mf* *mf* *mf* *mf*

This system contains measures 275 through 282. It features four measures of music, each with a melodic line of eighth notes beamed together and a bass line of eighth notes. The first and third measures have a *mf* dynamic marking. The second and fourth measures have a *mf* dynamic marking and are connected to the previous measure by a double-headed wedge-shaped hairpin.

283

*mf* *mf* *mf* *mf*

This system contains measures 283 through 291. It features four measures of music. The first and second measures have a melodic line of eighth notes beamed together and a bass line of eighth notes. The third and fourth measures have a melodic line of quarter notes and a bass line of quarter notes. The first and second measures have a *mf* dynamic marking. The third and fourth measures have a *mf* dynamic marking and are connected to the previous measure by a double-headed wedge-shaped hairpin.

292

*mf* *mf* *mf*

This system contains measures 292 through 299. It features four measures of music. The first and second measures have a melodic line of quarter notes and a bass line of quarter notes. The third and fourth measures have a melodic line of quarter notes and a bass line of quarter notes. The first and second measures have a *mf* dynamic marking. The third and fourth measures have a *mf* dynamic marking and are connected to the previous measure by a double-headed wedge-shaped hairpin.

# Euphonium in Bb *Myrtle Wavez Brass Warm Up Sequence*

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante ♩=88

1  
*mp* *mp* *mp* *mp*

12

*mp* *mp* *mp* *mp*

21

Elliptical - IN 3, OUT 6

*ff* *ff* *ff* *ff*

33

*ff* *ff* *ff*

44 Rower - IN 2, OUT 4

*ff* *ff* *ff*

Euphonium in Bb

45

mf < >      mf < >      mf < >      mf < >      mf < >      mf < >

LONG TONEZ 1

63

Andante ♩ = 88

mf < >      mf      mf < f      mf < f      mf < f

75

= f      mf      mf < f      mf < f      mf < f      mf

LONG TONEZ 2

86

< f      mf      mf < f      mf < f      mf < f      mf

97

: f      mf      mf < f      mf      mf < f      mf      mf < f

107

mf      mf < f      mf      mf < f      mf      mf < f

Euphonium in Bb

116 **LONG TONEZ 3**

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

127

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

138 **LONG TONEZ 4**

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

149

*mp* *ff* *mp* *ff* *mp* *ff*

158

*mp* *ff* *mp* *ff* *mp*

166 **Moderato** ♩=100

*mf* *mf* *mf*

FLEXI

V.S.

Euphonium in Bb

174

*mf* *mf*

182

*mf* *mf* *mf*

**FLEXIBILITY 2**

191

*f* *mp* *f* *mf* *mf*

200

*mf* *mf* *mf*

208

*mf* *mf*

**FLEXIBILITY 3**

216

*mf* *mp* *ff* *mp* *f*

HOLD 3, IN 1 IN 3



Euphonium in Bb

225

*f* *f* *f*

233

*f* *f* *f*

241

*mf* *mf*

248

*mf* *mf* *mf*

256 ♩ = 88

**FLEXIBILITY 4**

♩ = 100

Four quarter notes on a single pitch, followed by a double bar line and a final quarter note on the same pitch.

6

Euphonium in Bb

259

mf

mf

mf

mf

Detailed description: This system contains measures 259 to 266. It features four measures of music, each with a melodic line of eighth notes beamed in pairs and a bass line of eighth notes. The first two measures have a dynamic marking of *mf* and are connected by a hairpin crescendo. The last two measures also have a dynamic marking of *mf* and are connected by a hairpin decrescendo. The key signature has one flat (Bb).

267

mf

mf

mf

mf

Detailed description: This system contains measures 267 to 274. It features four measures of music, each with a melodic line of eighth notes beamed in pairs and a bass line of eighth notes. The first two measures have a dynamic marking of *mf* and are connected by a hairpin crescendo. The last two measures also have a dynamic marking of *mf* and are connected by a hairpin decrescendo. The key signature has one flat (Bb).

275

mf

mf

mf

mf

Detailed description: This system contains measures 275 to 282. It features four measures of music, each with a melodic line of eighth notes beamed in pairs and a bass line of eighth notes. The first two measures have a dynamic marking of *mf* and are connected by a hairpin crescendo. The last two measures also have a dynamic marking of *mf* and are connected by a hairpin decrescendo. The key signature has one flat (Bb).

283

mf

mf

mf

mf

Detailed description: This system contains measures 283 to 291. It features four measures of music. The first two measures have a dynamic marking of *mf* and are connected by a hairpin crescendo. The last two measures also have a dynamic marking of *mf* and are connected by a hairpin decrescendo. The key signature has one flat (Bb).

292

mf

mf

mf

Detailed description: This system contains measures 292 to 299. It features four measures of music. The first two measures have a dynamic marking of *mf* and are connected by a hairpin crescendo. The last two measures also have a dynamic marking of *mf* and are connected by a hairpin decrescendo. The key signature has one flat (Bb).