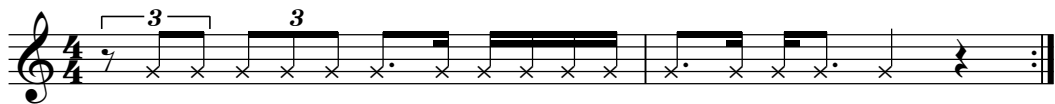


# 5 minute workout - 351 -



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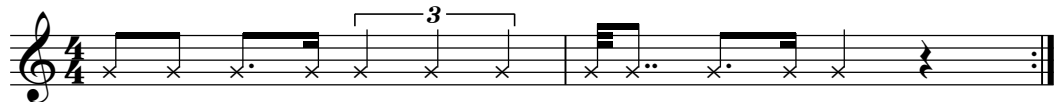
CLAP!



CLAP!



CLAP!



CLAP!



CLAP!



# 5 minute workout

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Musical staff 1: Treble clef, 12/8 time signature, key signature of one sharp (F#). The staff contains a sequence of eighth notes with fingerings 1, 2, 4, 0, 2, 3, 4. A square box is drawn above the first note.

Musical staff 2: Treble clef, 12/8 time signature, key signature of one sharp (F#). The staff contains a sequence of eighth notes with fingerings 1, 2, 4, 0, 2, 3, 4. A square box is drawn above the first note.

Musical staff 3: Treble clef, 4/4 time signature, key signature of one sharp (F#). The staff contains a sequence of eighth notes with fingerings 1, 2, 4, 0, 2, 3, 4. A square box is drawn above the first note.

Musical staff 4: Treble clef, 4/4 time signature, key signature of one sharp (F#). The staff contains a sequence of eighth notes with fingerings 1, 2, 4, 0, 2, 3, 4. A square box is drawn above the first note.

Musical staff 5: Treble clef, 12/8 time signature, key signature of one sharp (F#). The staff contains a sequence of eighth notes with fingerings 4, 2, 1, 0, 2, 3, 4. A square box is drawn above the first note.

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# 5 minute workout

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# 5 minute workout

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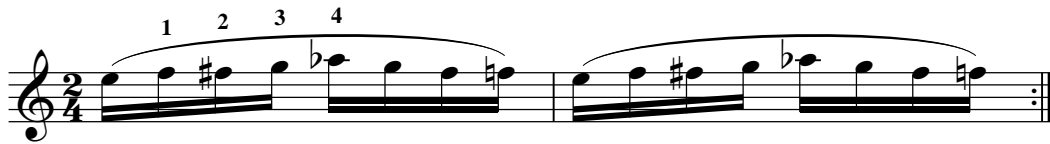


# 5 minute workout

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# 5 minute workout

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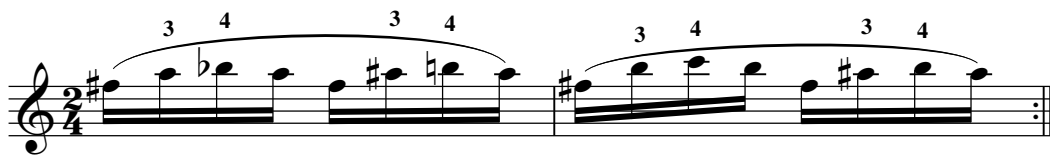
# 5 minute workout

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# 5 minute workout

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*... gradually move through bow ...*

HEEL -----> MIDDLE -----> HEEL

A musical staff in 4/4 time with a treble clef. The notation consists of two measures of eighth-note patterns. The first measure contains 16 eighth notes, and the second measure contains 16 eighth notes. Above the staff, the word 'HEEL' is positioned at the start, 'MIDDLE' at the midpoint, and 'HEEL' at the end. Dashed lines with arrows connect 'HEEL' to 'MIDDLE' and 'MIDDLE' to 'HEEL'.

*... gradually move through bow ...*

MIDDLE -----> HEEL -----> MIDDLE

A musical staff in 4/4 time with a treble clef. The notation consists of two measures of eighth-note patterns. The first measure contains 16 eighth notes, and the second measure contains 16 eighth notes. Above the staff, the word 'MIDDLE' is positioned at the start, 'HEEL' at the midpoint, and 'MIDDLE' at the end. Dashed lines with arrows connect 'MIDDLE' to 'HEEL' and 'HEEL' to 'MIDDLE'.

*... gradually move through bow ...*

TIP -----> MIDDLE -----> TIP

A musical staff in 4/4 time with a treble clef. The notation consists of two measures of eighth-note patterns. The first measure contains 16 eighth notes, and the second measure contains 16 eighth notes. Above the staff, the word 'TIP' is positioned at the start, 'MIDDLE' at the midpoint, and 'TIP' at the end. Dashed lines with arrows connect 'TIP' to 'MIDDLE' and 'MIDDLE' to 'TIP'.

*... gradually move through bow ...*

MIDDLE -----> TIP -----> MIDDLE

A musical staff in 4/4 time with a treble clef. The notation consists of two measures of eighth-note patterns. The first measure contains 16 eighth notes, and the second measure contains 16 eighth notes. Above the staff, the word 'MIDDLE' is positioned at the start, 'TIP' at the midpoint, and 'MIDDLE' at the end. Dashed lines with arrows connect 'MIDDLE' to 'TIP' and 'TIP' to 'MIDDLE'.

*... gradually move through bow ...*

HEEL -----> TIP -----> HEEL

A musical staff in 4/4 time with a treble clef. The notation consists of two measures of eighth-note patterns. The first measure contains 16 eighth notes, and the second measure contains 16 eighth notes. Above the staff, the word 'HEEL' is positioned at the start, 'TIP' at the midpoint, and 'HEEL' at the end. Dashed lines with arrows connect 'HEEL' to 'TIP' and 'TIP' to 'HEEL'. A sharp sign (#) is placed below the staff at the beginning of the second measure.

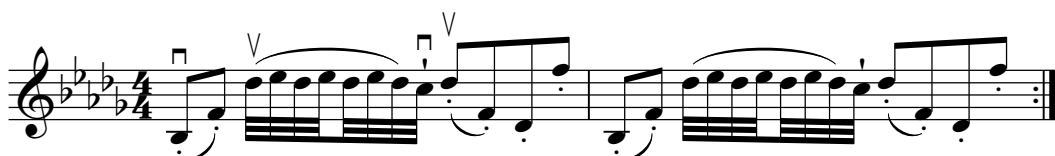
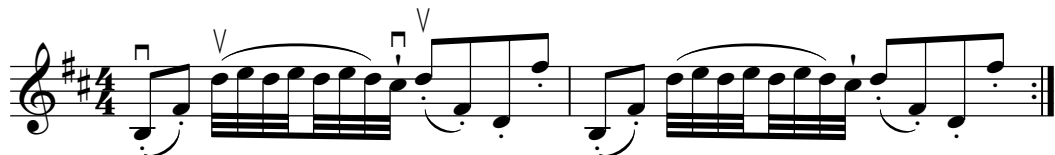
# 5 minute workout

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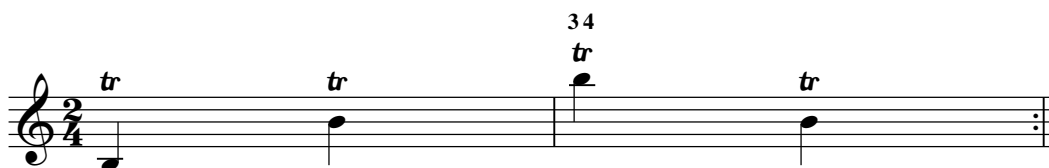
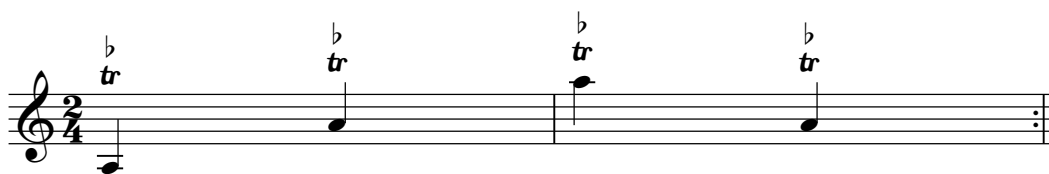
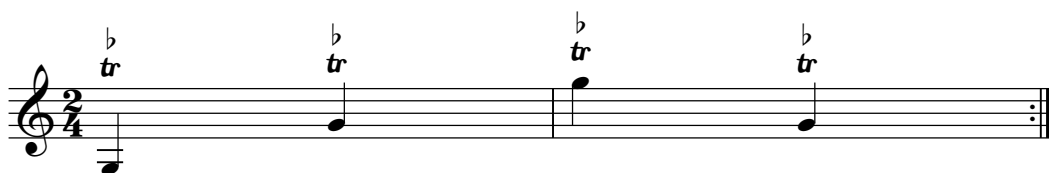
# 5 minute workout

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# 5 minute workout

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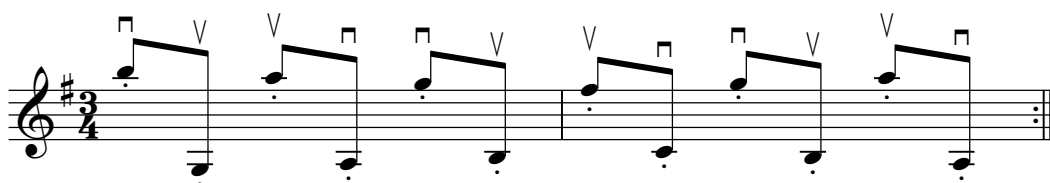
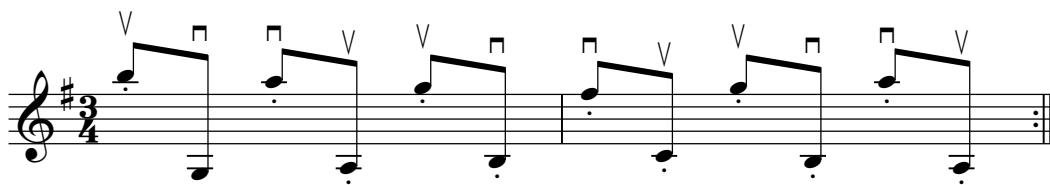
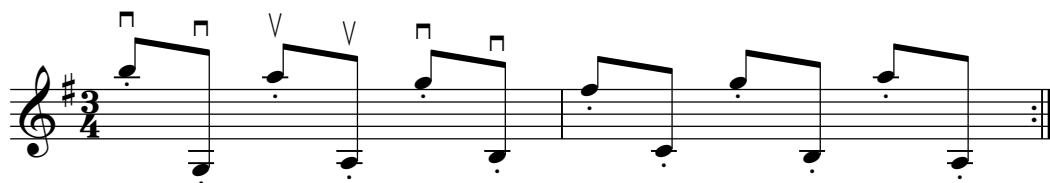
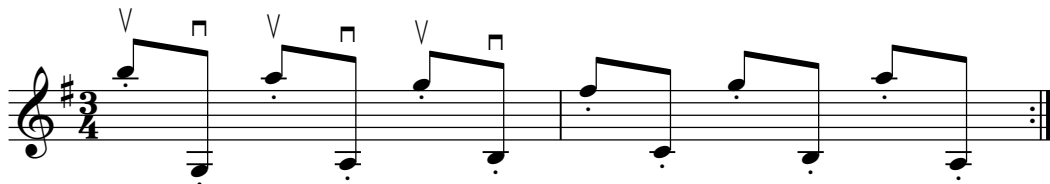
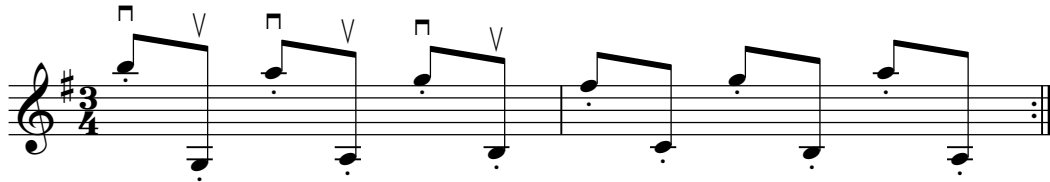


# 5 minute workout

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# 5 minute workout

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A musical staff in 4/4 time, starting with a treble clef and a key signature of one flat. The first measure contains a half note followed by eight eighth notes, all beamed together. The second measure contains a half note followed by eight eighth notes, also beamed together. A square box above the first measure and a 'V' above the second measure indicate bowing directions. Slurs are placed under each eighth note with a small 'v' underneath.

A musical staff in 4/4 time, starting with a treble clef and a key signature of one flat. The first measure contains a half note followed by eight eighth notes, all beamed together. The second measure contains a half note followed by eight eighth notes, also beamed together. A square box above the first measure and a 'V' above the second measure indicate bowing directions. Slurs are placed under each eighth note with a small 'v' underneath.

A musical staff in 4/4 time, starting with a treble clef and a key signature of one flat. The first measure contains a half note followed by eight eighth notes, all beamed together. The second measure contains a half note followed by eight eighth notes, also beamed together. A square box above the first measure and a 'V' above the second measure indicate bowing directions. Slurs are placed over each eighth note with a small 'v' underneath.

A musical staff in 4/4 time, starting with a treble clef and a key signature of one flat. The first measure contains a half note followed by eight eighth notes, all beamed together. The second measure contains a half note followed by eight eighth notes, also beamed together. A square box above the first measure and a 'V' above the second measure indicate bowing directions. Slurs are placed over each eighth note with a small 'v' underneath.

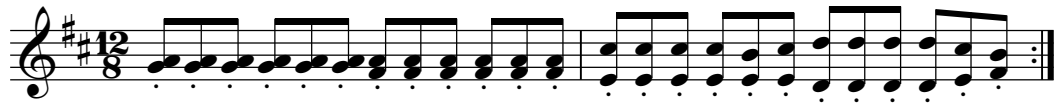
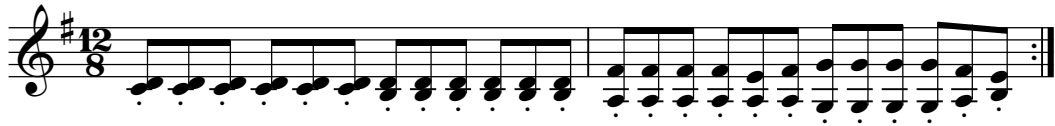
A musical staff in 4/4 time, starting with a treble clef and a key signature of two flats. The first measure contains a half note followed by eight eighth notes, all beamed together. The second measure contains a half note followed by eight eighth notes, also beamed together. A square box above the first measure and a 'V' above the second measure indicate bowing directions. Slurs are placed under each eighth note with a small 'v' underneath.

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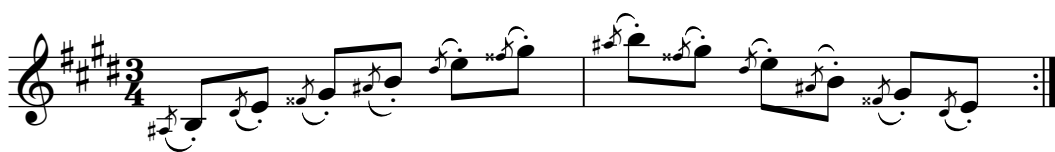
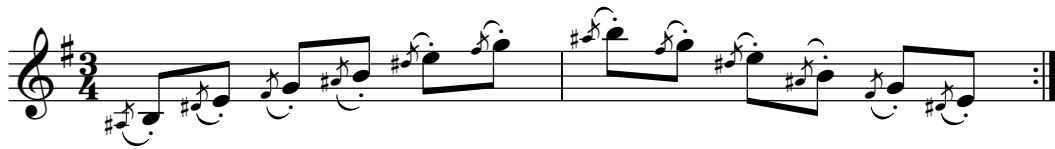
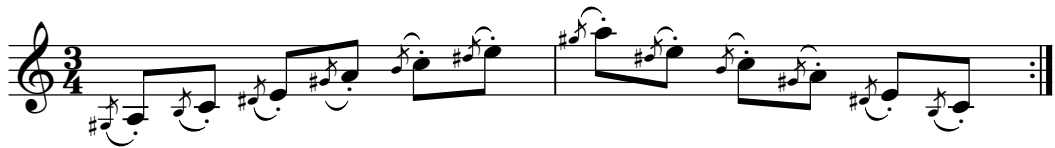
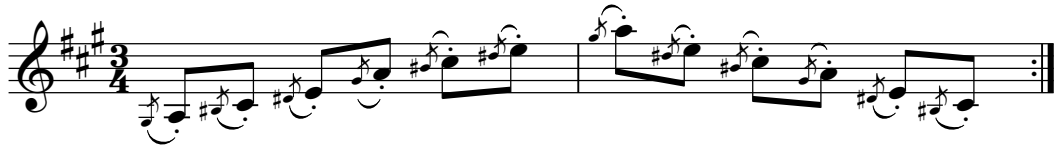


# 5 minute workout

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# 5 minute workout

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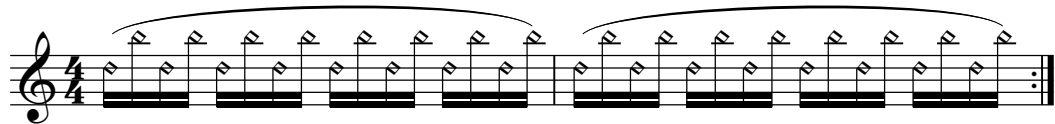
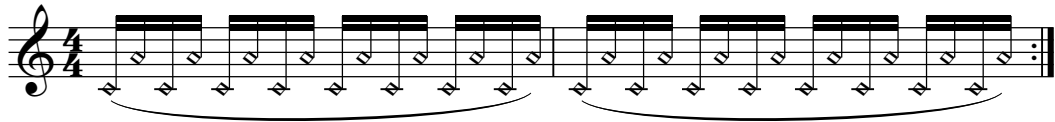


# 5 minute workout

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# 5 minute workout

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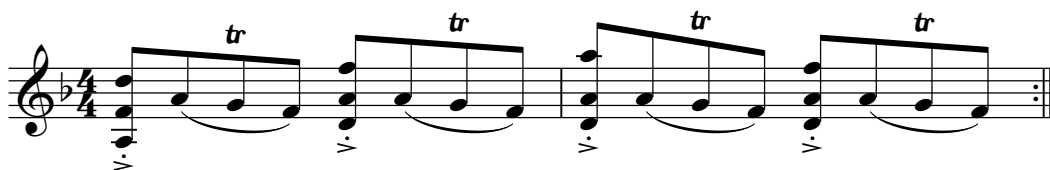
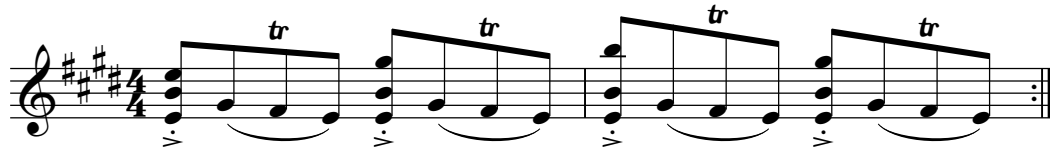


# 5 minute workout

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# 5 minute workout

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# 5 minute workout

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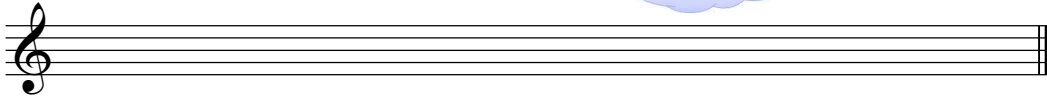
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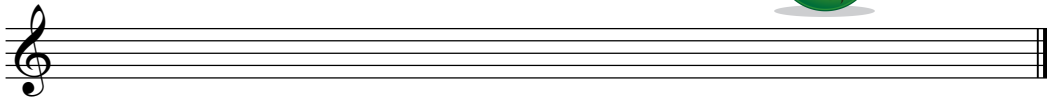
# 5 minute workout

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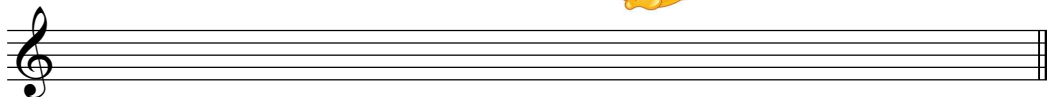
**IMPROVISATION! ... INNOCENT ...**



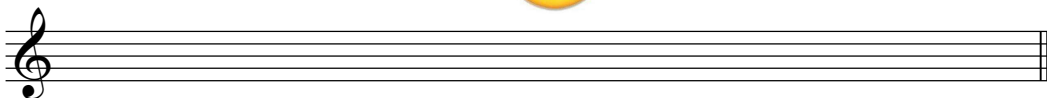
**IMPROVISATION! ... CHEEKY ...**



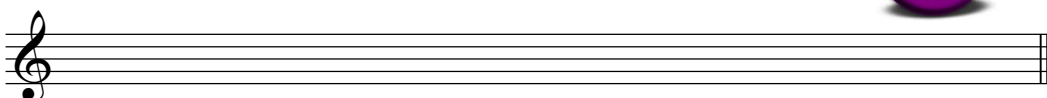
**IMPROVISATION! ... SCARY ...**



**IMPROVISATION! ... REGAL ...**



**IMPROVISATION! ... DESOLATE ...**

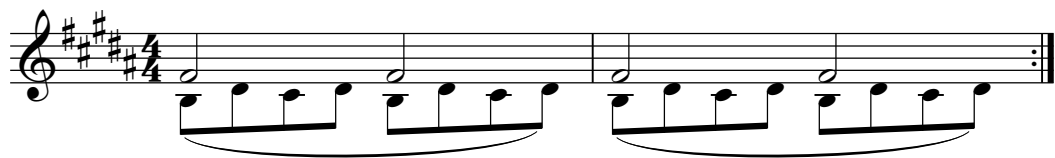


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# 5 minute workout

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# 5 minute workout

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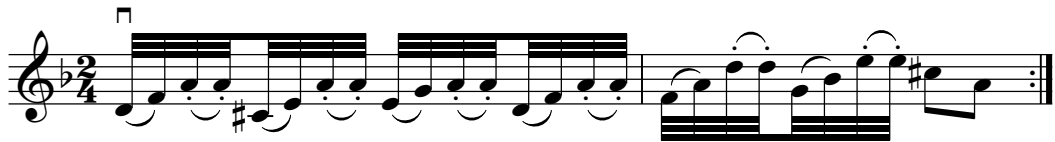


# 5 minute workout

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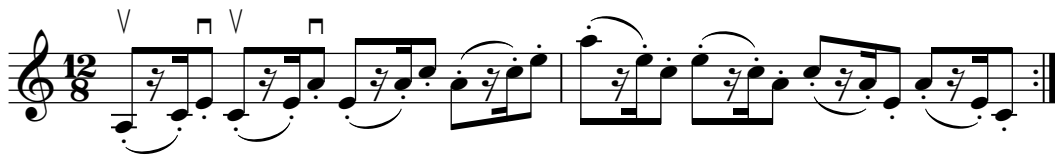
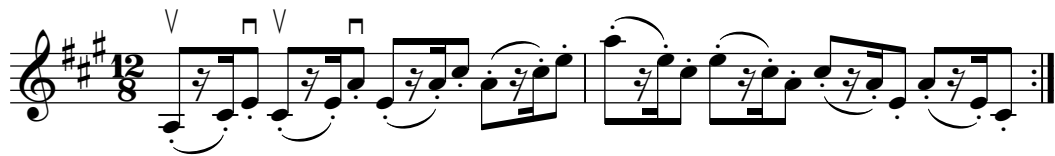


# 5 minute workout

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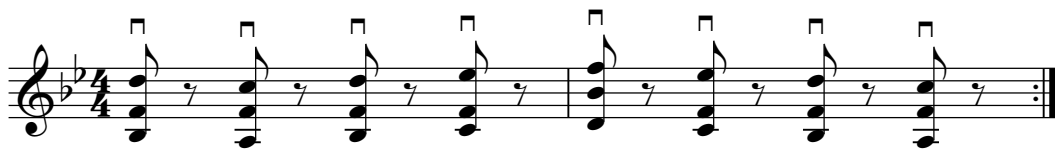
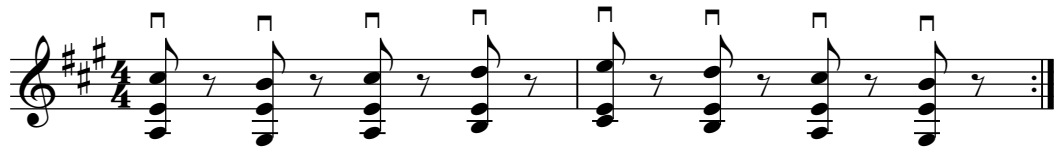
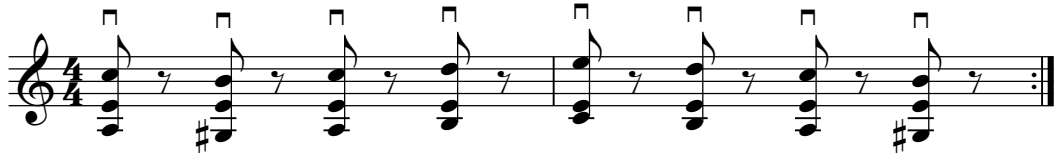


# 5 minute workout

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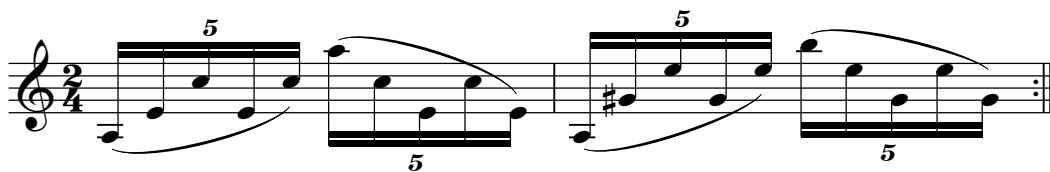
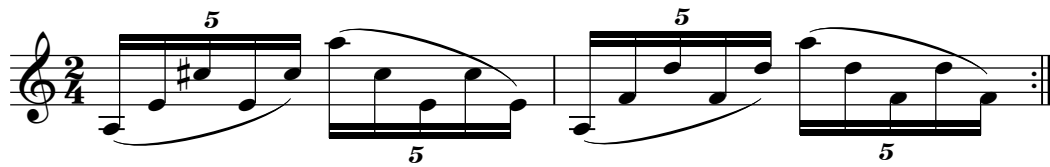
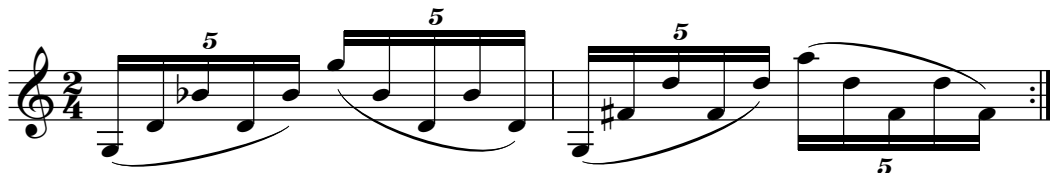


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# 5 minute workout

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# 5 minute workout

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# 5 minute workout

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Musical notation for the first exercise in 2/4 time. The first measure is on a treble clef staff with a 4 on the bottom line, containing a quarter note G4 (finger 0) and a quarter note A4 (finger 3), both under a slur. The second measure is on a bass clef staff with a 4 on the bottom line, containing a quarter note G3 (finger 3) and a quarter note F3 (finger 3), both under a slur. The piece ends with a double bar line.

Musical notation for the second exercise in 2/4 time. The first measure is on a treble clef staff with a 4 on the bottom line, containing a quarter note G4 (finger 0) and a quarter note A4 (finger 3), both under a slur. The second measure is on a bass clef staff with a 4 on the bottom line, containing a quarter note G3 (finger 3) and a quarter note F3 (finger 3), both under a slur. The piece ends with a double bar line.

Musical notation for the third exercise in 2/4 time. The first measure is on a treble clef staff with a 4 on the bottom line, containing a quarter note G4 (finger 0), a quarter note A4 (finger 3), and a quarter note B4 (finger 3), all under a slur. The second measure is on a bass clef staff with a 4 on the bottom line, containing a quarter note G3 (finger 3), a quarter note F3 (finger 3), and a quarter note E3 (finger 3), all under a slur. The piece ends with a double bar line.

Musical notation for the fourth exercise in 2/4 time. The first measure is on a treble clef staff with a 4 on the bottom line, containing a quarter note G4 (finger 1), a quarter note A4 (finger 2), a quarter note B4 (finger 2), and a quarter note C5 (finger 3), all under a slur. The second measure is on a bass clef staff with a 4 on the bottom line, containing a quarter note G3 (finger 3), a quarter note F3 (finger 3), a quarter note E3 (finger 3), and a quarter note D3 (finger 3), all under a slur. The piece ends with a double bar line.

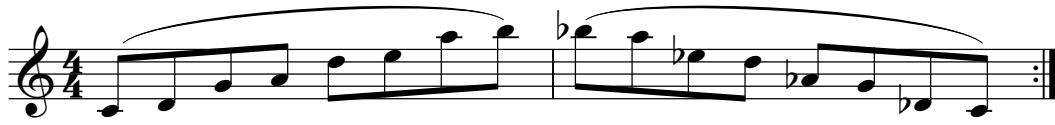
Musical notation for the fifth exercise in 2/4 time. The first measure is on a treble clef staff with a 4 on the bottom line, containing a quarter note G4 (finger 0), a quarter note F4 (finger 1), a quarter note E4 (finger 1), and a quarter note D4 (finger 2), all under a slur. The second measure is on a bass clef staff with a 4 on the bottom line, containing a quarter note G3 (finger 3), a quarter note F3 (finger 3), a quarter note E3 (finger 3), and a quarter note D3 (finger 3), all under a slur. The piece ends with a double bar line.

# 5 minute workout

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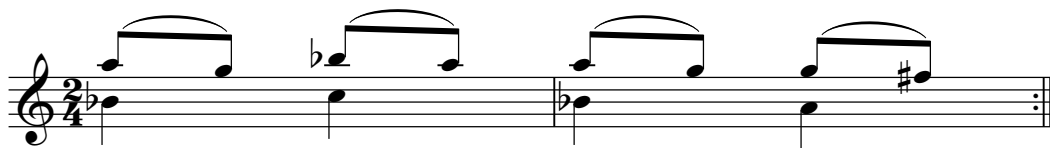
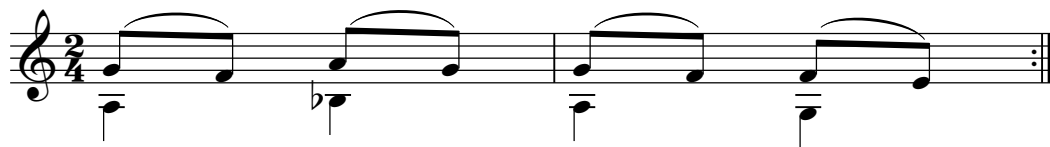
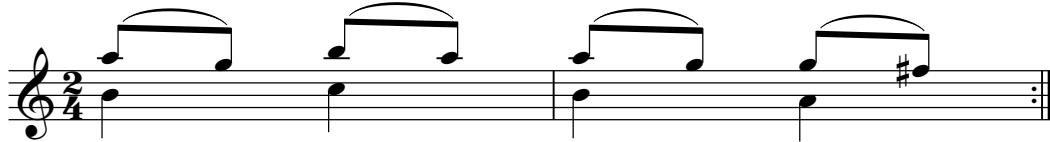


# 5 minute workout

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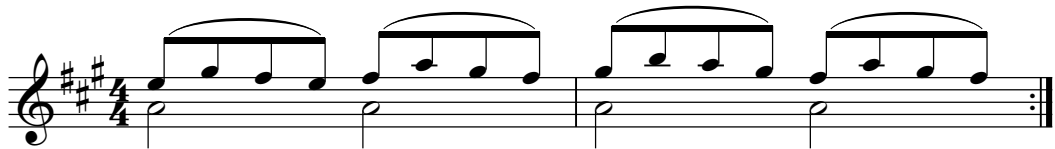


# 5 minute workout

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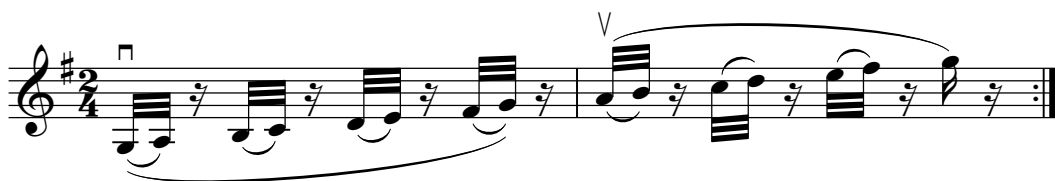


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# 5 minute workout

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# 5 minute workout

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pizz.

Musical notation for the first exercise. It is written on a single treble clef staff in 4/4 time. The piece is marked 'pizz.' (pizzicato). The melody consists of eighth notes, and the bass line consists of quarter notes. The key signature has one flat (B-flat). The piece ends with a double bar line and repeat dots.

pizz.

Musical notation for the second exercise. It is written on a single treble clef staff in 4/4 time. The piece is marked 'pizz.' (pizzicato). The melody consists of eighth notes, and the bass line consists of quarter notes. The key signature has one flat (B-flat). The piece ends with a double bar line and repeat dots.

pizz.

Musical notation for the third exercise. It is written on a single treble clef staff in 4/4 time. The piece is marked 'pizz.' (pizzicato). The melody consists of eighth notes, and the bass line consists of quarter notes. The key signature has one flat (B-flat). The piece ends with a double bar line and repeat dots.

pizz.

Musical notation for the fourth exercise. It is written on a single treble clef staff in 4/4 time. The piece is marked 'pizz.' (pizzicato). The melody consists of eighth notes, and the bass line consists of quarter notes. The key signature has one flat (B-flat). The piece ends with a double bar line and repeat dots.

pizz.

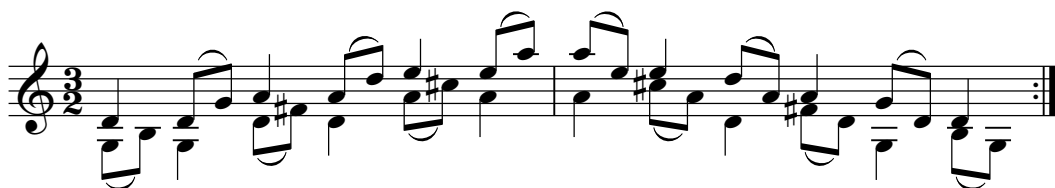
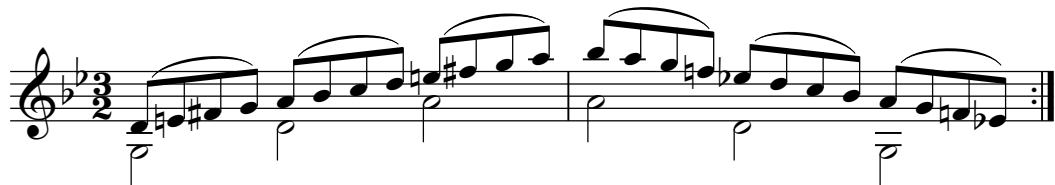
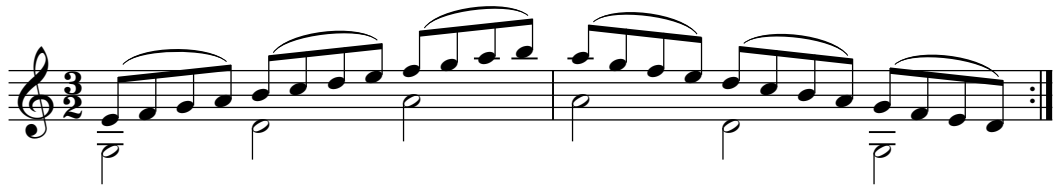
Musical notation for the fifth exercise. It is written on a single treble clef staff in 4/4 time. The piece is marked 'pizz.' (pizzicato). The melody consists of eighth notes, and the bass line consists of quarter notes. The key signature has one flat (B-flat). The piece ends with a double bar line and repeat dots.

# 5 minute workout

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# 5 minute workout

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# 5 minute workout

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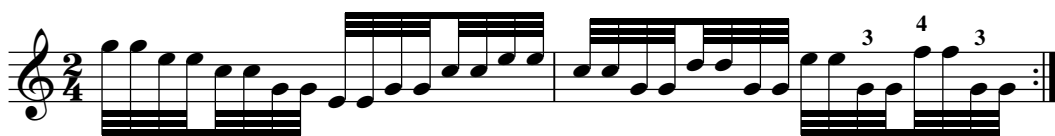
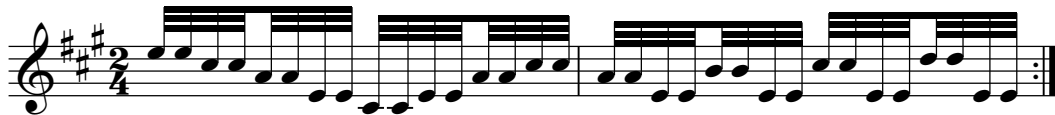


# 5 minute workout

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# 5 minute workout

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First musical staff in 6/4 time, key of D major. It features a whole note with a fermata on the first beat, followed by a half note on the second beat, and a quarter note on the third beat. The notes are D4, E4, F#4, G4, A4, B4, C5, and D5. Fingerings are indicated as 3, 3, 2, 2, 1, 1, 1, 1. A '4' is written above the first note. The staff ends with a repeat sign.

Second musical staff in 6/4 time, key of D major. It features a whole note with a fermata on the first beat, followed by a half note on the second beat, and a quarter note on the third beat. The notes are D4, E4, F#4, G4, A4, B4, C5, and D5. Fingerings are indicated as 3, 3, 2, 2, 1, 1, 1, 1. A '4' is written above the first note. The staff ends with a repeat sign.

Third musical staff in 6/4 time, key of D major. It features a whole note with a fermata on the first beat, followed by a half note on the second beat, and a quarter note on the third beat. The notes are D4, E4, F#4, G4, A4, B4, C5, and D5. Fingerings are indicated as 1, 1, 2, 2, 3, 3. A '4' is written above the first note. The staff ends with a repeat sign.

Fourth musical staff in 6/4 time, key of D major. It features a whole note with a fermata on the first beat, followed by a half note on the second beat, and a quarter note on the third beat. The notes are D4, E4, F#4, G4, A4, B4, C5, and D5. Fingerings are indicated as 3, 1, 3, 1, 3, 1, 2, 0. A '4' is written above the first note. The staff ends with a repeat sign.

Fifth musical staff in 6/4 time, key of D major. It features a whole note with a fermata on the first beat, followed by a half note on the second beat, and a quarter note on the third beat. The notes are D4, E4, F#4, G4, A4, B4, C5, and D5. Fingerings are indicated as 1, 3, 1, 3, 1, 3, 0, 2. A '4' is written above the first note. The staff ends with a repeat sign.

# 5 minute workout

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