

5 minute workout

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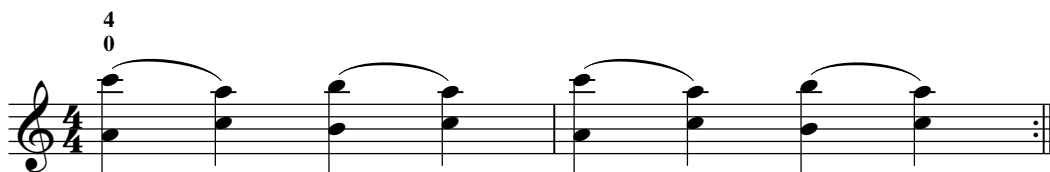
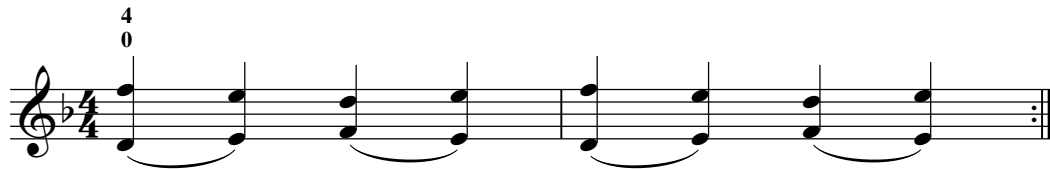
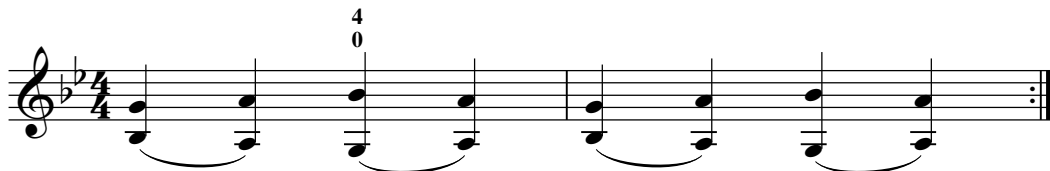
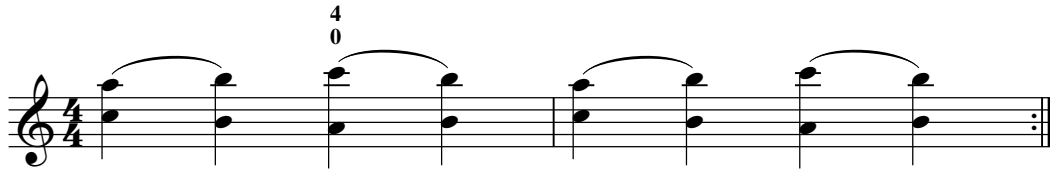


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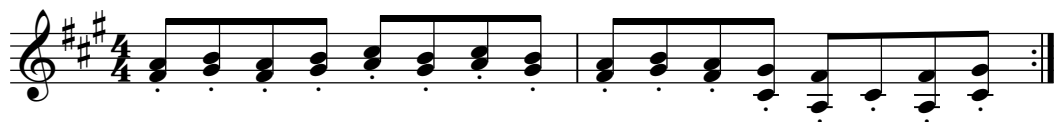


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PLAY SING! PLAY SING! PLAY SING! PLAY SING!

□ *laaah ...* ∨ *laaah ...* □ *laaah ...* ∨ *laaah ...*

SING! PLAY SING! PLAY SING! PLAY SING! PLAY

laaah ... □ *laaah ...* ∨ *laaah ...* □ *laaah ...* ∨

PLAY SING! PLAY SING! PLAY SING! PLAY SING!

□ *laaah ...* ∨ *laaah ...* □ *laaah ...* ∨ *laaah ...*

SING! PLAY SING! PLAY SING! PLAY SING! PLAY

laaah ... □ *laaah ...* ∨ *laaah ...* □ *laaah ...* ∨

PLAY SING! PLAY SING! PLAY SING! PLAY SING!

□ *laaah ...* ∨ *laaah ...* □ *laaah ...* ∨ *laaah ...*

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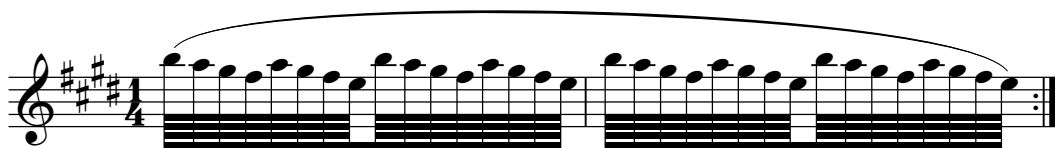
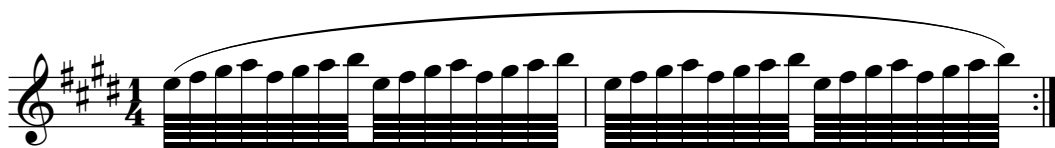
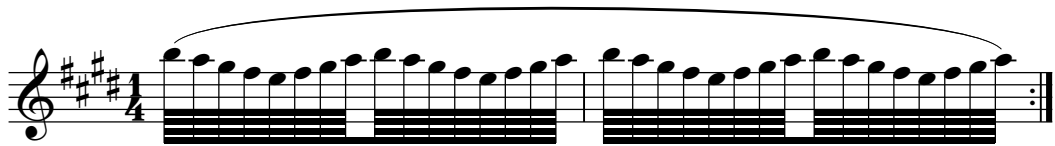
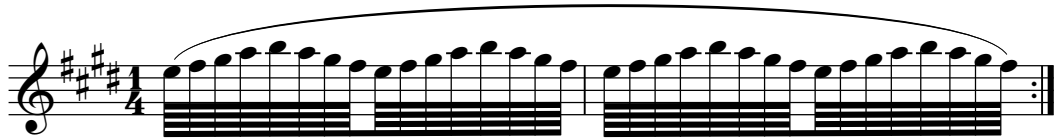


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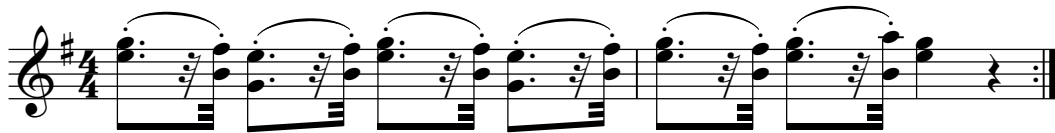


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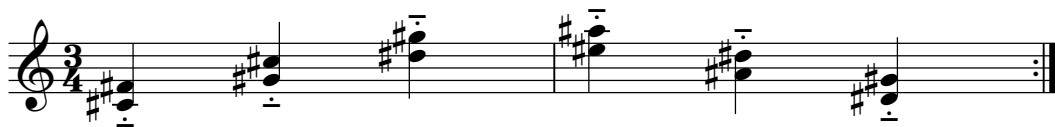
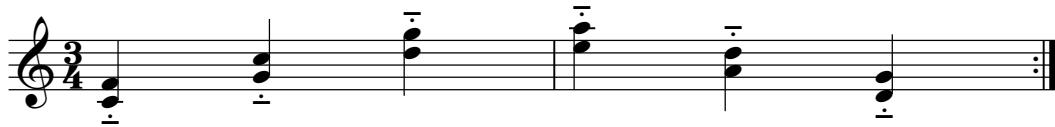


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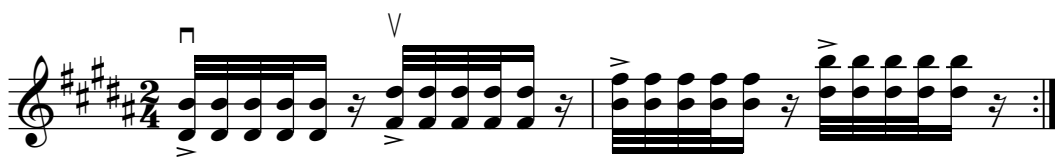


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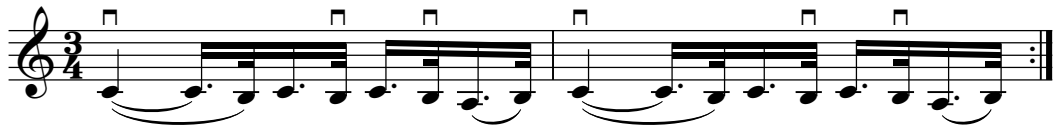
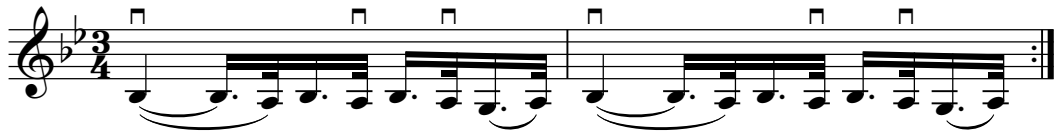
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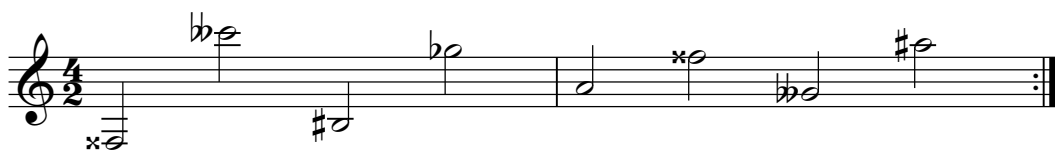
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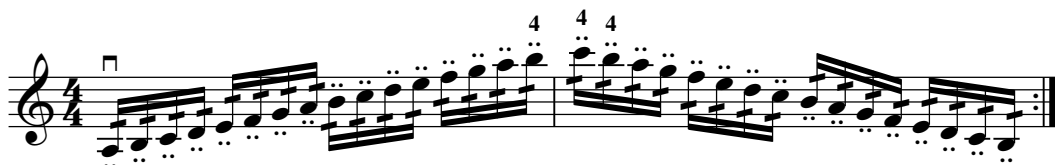
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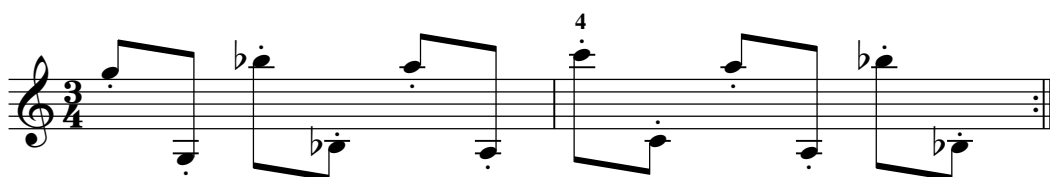
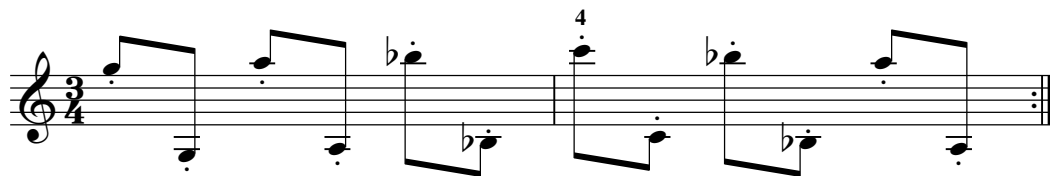
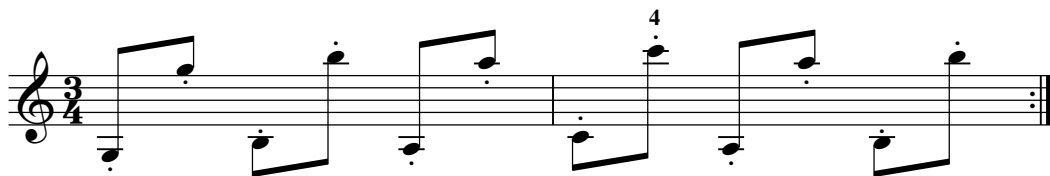
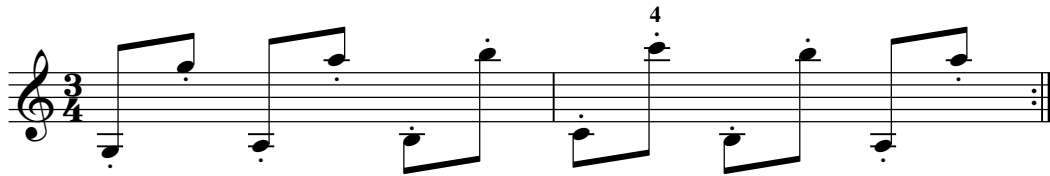


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p ————— *f*

f ————— *p*

p ————— *f*

p ————— *f*

f ————— *p*

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First musical staff in 4/4 time, featuring a sequence of eighth notes with slurs. Fingering numbers 2 and 3 are indicated above the notes.

Second musical staff in 4/4 time, featuring a sequence of eighth notes with slurs. Fingering numbers 2 and 3 are indicated above the notes.

Third musical staff in 4/4 time, featuring a sequence of eighth notes with slurs. Fingering numbers 3 and 4 are indicated above the notes.

Fourth musical staff in 4/4 time, featuring a sequence of eighth notes with slurs. Fingering numbers 3 and 4 are indicated above the notes.

Fifth musical staff in 4/4 time, featuring a sequence of eighth notes with slurs. Fingering numbers 0, 4, 2, and 3 are indicated above the notes.

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First musical staff, treble clef, 3/4 time signature. It contains six measures of music. The first two measures have a finger number '0' above the first note. The third measure has a finger number '0' above the first note. The fourth measure has a finger number '4' above the first note. The piece ends with a double bar line and repeat dots.

Second musical staff, treble clef, 3/4 time signature. It contains six measures of music. The first two measures have a finger number '0' above the first note. The third measure has a finger number '0' above the first note. The fourth measure has a finger number '4' above the first note. The piece ends with a double bar line and repeat dots.

Third musical staff, treble clef, 3/4 time signature. It contains six measures of music. The first measure has a finger number '0' above the first note and a '4' below the first note. The second measure has a finger number '0' above the first note. The piece ends with a double bar line and repeat dots.

Fourth musical staff, treble clef, 3/4 time signature. It contains six measures of music. The first measure has a finger number '0' above the first note and a '4' below the first note. The second measure has a finger number '0' above the first note. The piece ends with a double bar line and repeat dots.

Fifth musical staff, treble clef, 3/4 time signature. It contains six measures of music. The first measure has a finger number '0' above the first note. The second measure has a finger number '0' above the first note and a '4' below the first note. The third measure has a finger number '0' above the first note. The piece ends with a double bar line and repeat dots.

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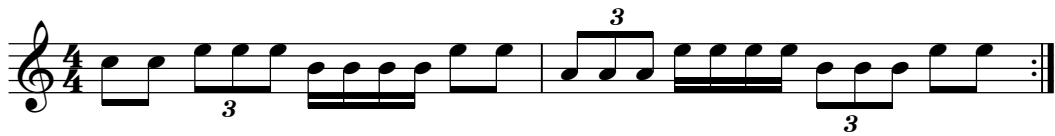


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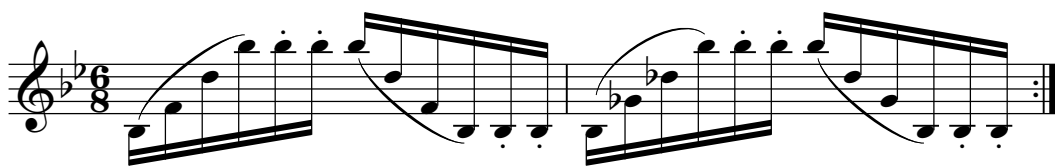
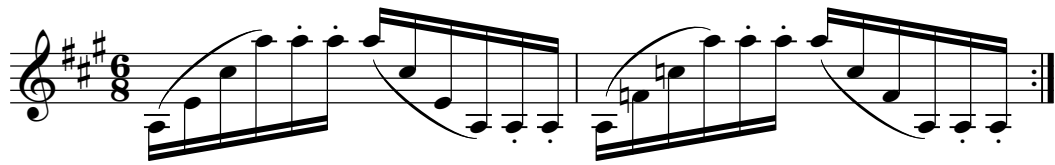
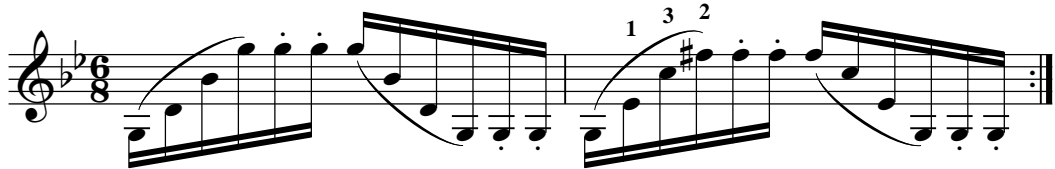
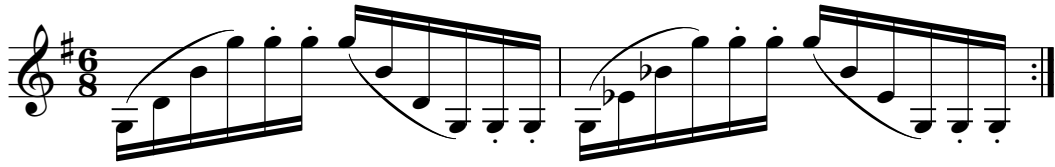


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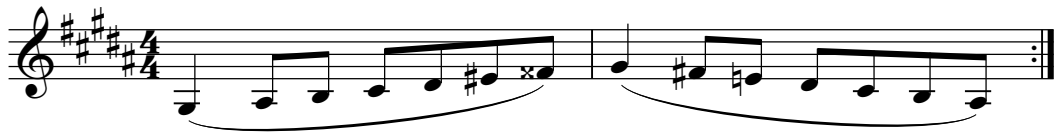
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1 2 3 4 1 2 3 4

Musical staff 1: Treble clef, 4/4 time signature. The first measure contains a quarter note G4 with a sharp sign, a quarter note A4, a quarter note B4 with a sharp sign, and a quarter note C5. The second measure contains a quarter note B4, a quarter note A4, a quarter note G4, and a quarter note F4. The third measure contains a quarter note E4 with a flat sign, a quarter note D4 with a flat sign, a quarter note C4 with a flat sign, and a quarter note B3. The fourth measure contains a quarter note A3, a quarter note G3, a quarter note F3, and a quarter note E3. The piece ends with a double bar line and repeat dots.

1 2 3 4 1 2 3 4

Musical staff 2: Treble clef, 4/4 time signature. The first measure contains a quarter note B3 with a flat sign, a quarter note A3 with a flat sign, a quarter note G3 with a flat sign, and a quarter note F3 with a flat sign. The second measure contains a quarter note E3, a quarter note D3, a quarter note C3, and a quarter note B2. The third measure contains a quarter note A2 with a flat sign, a quarter note G2 with a flat sign, a quarter note F2 with a flat sign, and a quarter note E2. The fourth measure contains a quarter note D2, a quarter note C2, a quarter note B1, and a quarter note A1. The piece ends with a double bar line and repeat dots.

1 2 3 4 1 2 3 4

Musical staff 3: Treble clef, 4/4 time signature. The first measure contains a quarter note B3 with a flat sign, a quarter note A3 with a flat sign, a quarter note G3 with a flat sign, and a quarter note F3 with a flat sign. The second measure contains a quarter note E3, a quarter note D3, a quarter note C3, and a quarter note B2. The third measure contains a quarter note A2 with a flat sign, a quarter note G2 with a flat sign, a quarter note F2 with a flat sign, and a quarter note E2. The fourth measure contains a quarter note D2, a quarter note C2, a quarter note B1, and a quarter note A1. The piece ends with a double bar line and repeat dots.

1 2 3 4 1 2 3 4

Musical staff 4: Treble clef, 4/4 time signature. The first measure contains a quarter note B3 with a flat sign, a quarter note A3 with a flat sign, a quarter note G3 with a flat sign, and a quarter note F3 with a flat sign. The second measure contains a quarter note E3, a quarter note D3, a quarter note C3, and a quarter note B2. The third measure contains a quarter note A2 with a flat sign, a quarter note G2 with a flat sign, a quarter note F2 with a flat sign, and a quarter note E2. The fourth measure contains a quarter note D2, a quarter note C2, a quarter note B1, and a quarter note A1. The piece ends with a double bar line and repeat dots.

1 2 3 4 1 2 3 4

Musical staff 5: Treble clef, 4/4 time signature. The first measure contains a quarter note G4 with a sharp sign, a quarter note A4, a quarter note B4 with a sharp sign, and a quarter note C5. The second measure contains a quarter note B4, a quarter note A4, a quarter note G4, and a quarter note F4. The third measure contains a quarter note E4 with a flat sign, a quarter note D4 with a flat sign, a quarter note C4 with a flat sign, and a quarter note B3. The fourth measure contains a quarter note A3, a quarter note G3, a quarter note F3, and a quarter note E3. The piece ends with a double bar line and repeat dots.

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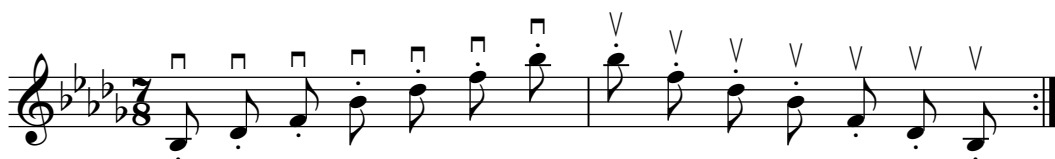
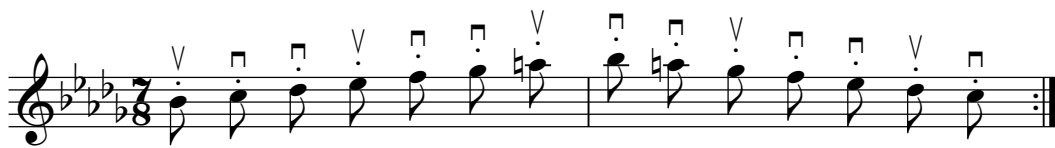
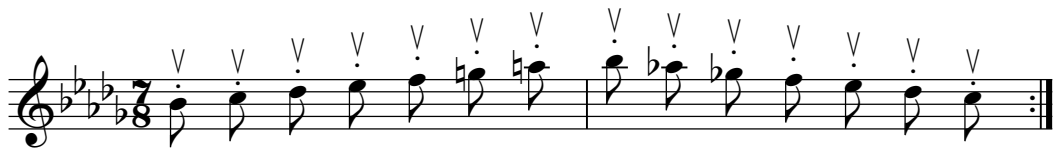
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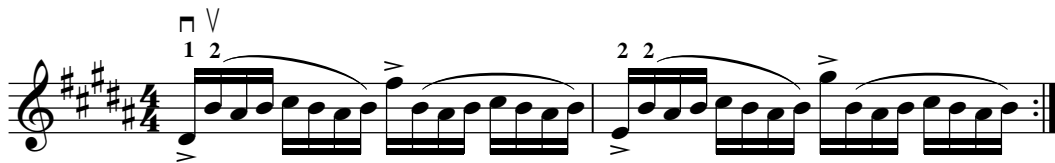


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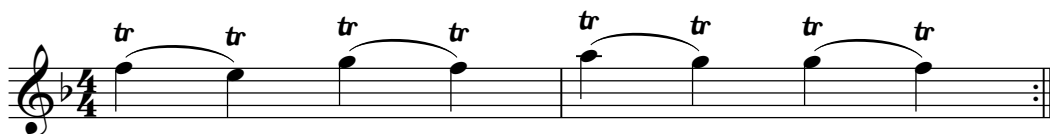
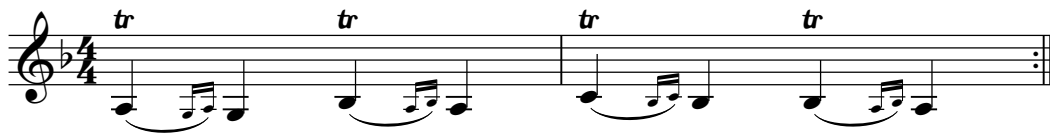
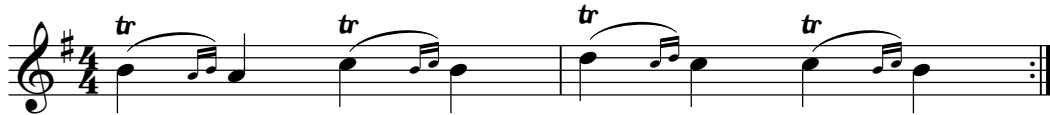
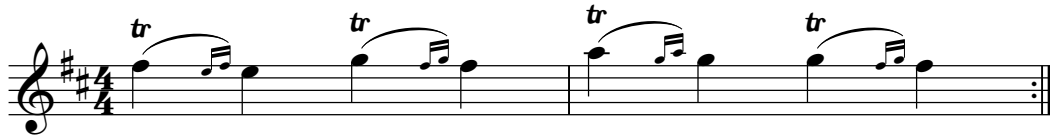


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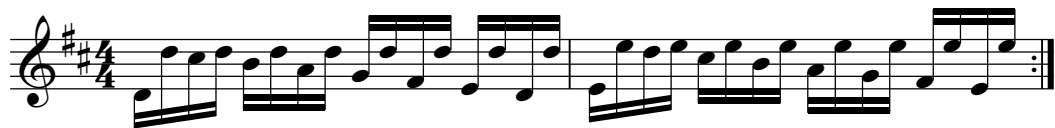
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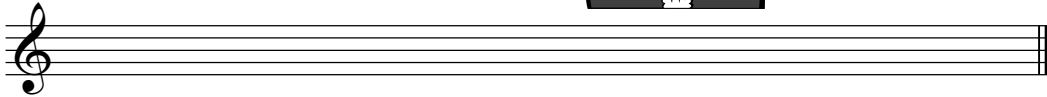
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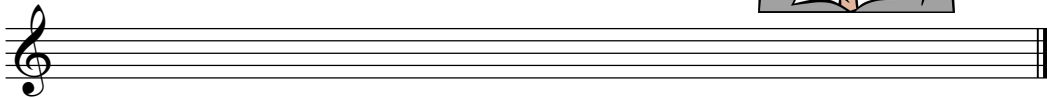
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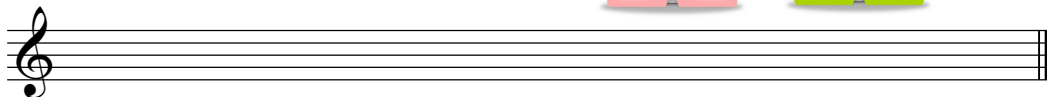
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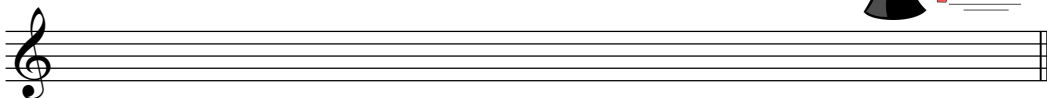
IMPROVISATION! ... CLASSICAL ...



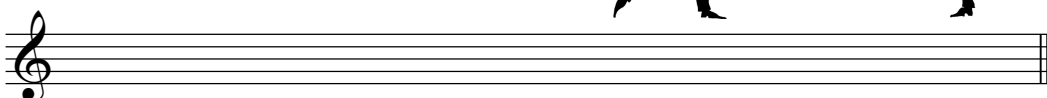
IMPROVISATION! ... ROMANTIC ...



IMPROVISATION! ... AVANT-GARDE ...



IMPROVISATION! ... ROCK AND ROLL ...



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