

WARM UP ROUTINE

TROMBONE

1) SLOWLY

1----- 2----- 3----- 4----- 5----- 6----- 7-----

Detailed description: This exercise is written on a bass clef staff in 2/4 time. It consists of seven measures. The first measure starts with a half note G2, followed by quarter notes A2, B2, and C3. The second measure has quarter notes D3, E3, and F3. The third measure has quarter notes G3, A3, and B3. The fourth measure has quarter notes C4, B3, and A3. The fifth measure has quarter notes G3, F3, and E3. The sixth measure has quarter notes D3, C3, and B2. The seventh measure has quarter notes A2, G2, and F2. Each measure is marked with a number and a dashed line below it.

2) MEDIUM, COMFORTABLE TEMPO,

8----- 1----- 2----- 3----- 4-----

12----- 5----- 6----- 7-----

Detailed description: This exercise is written on a bass clef staff in 2/4 time. It consists of seven measures. The first measure starts with a half note G2, followed by quarter notes A2, B2, and C3. The second measure has quarter notes D3, E3, and F3. The third measure has quarter notes G3, A3, and B3. The fourth measure has quarter notes C4, B3, and A3. The fifth measure has quarter notes G3, F3, and E3. The sixth measure has quarter notes D3, C3, and B2. The seventh measure has quarter notes A2, G2, and F2. Each measure is marked with a number and a dashed line below it.

3)

15----- 1----- 2-----

19----- 3----- 4-----

23----- 5----- 6-----

27----- 7-----

Detailed description: This exercise is written on a bass clef staff in 2/4 time. It consists of twelve measures. The first measure starts with a half note G2, followed by quarter notes A2, B2, and C3. The second measure has quarter notes D3, E3, and F3. The third measure has quarter notes G3, A3, and B3. The fourth measure has quarter notes C4, B3, and A3. The fifth measure has quarter notes G3, F3, and E3. The sixth measure has quarter notes D3, C3, and B2. The seventh measure has quarter notes A2, G2, and F2. The eighth measure has quarter notes G2, F2, and E2. The ninth measure has quarter notes D2, C2, and B1. The tenth measure has quarter notes A1, G1, and F1. The eleventh measure has quarter notes E1, D1, and C1. The twelfth measure has quarter notes B1, A1, and G1. Each measure is marked with a number and a dashed line below it.

4)

29----- 1----- 2-----

Detailed description: This exercise is written on a bass clef staff in 2/4 time. It consists of two measures. The first measure starts with a half note G2, followed by quarter notes A2, B2, and C3. The second measure has quarter notes D3, E3, and F3. Each measure is marked with a number and a dashed line below it.

WARM UP ROUTINE

35



3-----4-----

41



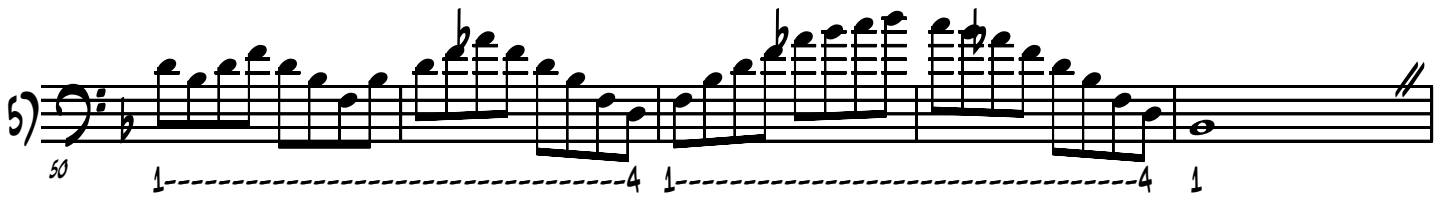
5-----6-----

47



7-----

50



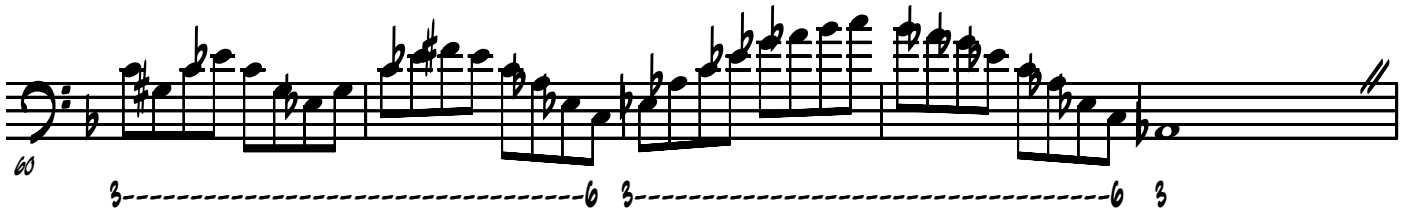
1-----4-----1-----4-----1

55



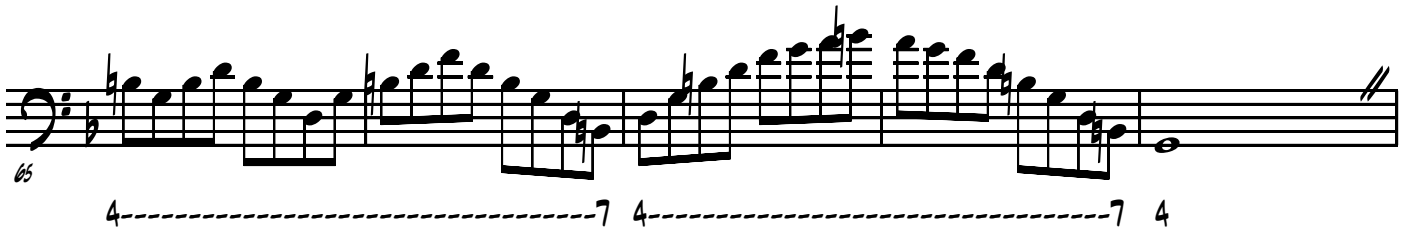
2-----5-----2-----5-----2

60



3-----6-----3-----6-----3

65



4-----7-----4-----7-----4

70
5-----1 5-----1 5

75
6-----2 6-----2 6

80
7-----3 7-----3 7

TAKE A SHORT BREAK
BEFORE GOING ON

NOT TOO FAST - BREATHE THROUGH YOUR NOSE AND DON'T TAKE YOUR LIPS OFF THE MOUTHPIECE,
TRY TO KEEP THE SAME EMBOUCHURE FOR THE WHOLE EXERCISE. THIS IS GOOD FOR INCREASING RANGE.

6)

85

93

101

109

WARM UP ROUTINE

117

125

133

141

BEFORE GOING ON YOU CAN START AGAIN AT THE F ABOVE MIDDLE C. SOMETIMES YOU CAN PLAY HIGHER THE 2ND TIME.

PEDAL TONES HELP TO REFRESH YOUR LIPS, SO IT'S GOOD TO PLAY THIS ONE FREQUENTLY IN BETWEEN OTHER WARM-UPS

149

157

165

TAKE A SHORT BREAK BEFORE GOING ON

173

WARM UP ROUTINE

TONGUING

SINGLE TONGUE

DOUBLE TONGUE

8) 
177

TRIPLE TONGUE


181

SINGLE TONGUE

DOUBLE TONGUE


185

TRIPLE TONGUE


187

SINGLE TONGUE

DOUBLE TONGUE


189

TRIPLE TONGUE


195

SINGLE TONGUE

DOUBLE TONGUE


195

TRIPLE TONGUE


199

SINGLE TONGUE

DOUBLE TONGUE


201

The image displays five staves of musical notation for a Trombone warm-up routine. Each staff begins with a bass clef and a key signature of one flat (B-flat). The notation consists of eighth and sixteenth notes, often beamed together in groups. Measure numbers 258, 257, 261, 265, and 269 are printed at the beginning of their respective staves. The music is a continuous sequence of exercises designed for technical proficiency.

THIS WARM UP ROUTINE WAS MADE FROM VARIOUS WARM-UPS I'VE HEARD OVER THE YEARS. MANY PARTS ARE ADAPTATIONS FROM THE CHARLES COLLINS BOOK

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