

Tuba Cross Training Warm-Up and Routine

Jesse McConnell

"Cross Fit Long Tones"

CC Tuba

$\text{♩} = 72$

etc.

This musical score is for the CC Tuba part of the 'Cross Fit Long Tones' warm-up. It is written in bass clef with a 4/4 time signature and a tempo of quarter note = 72. The piece consists of six staves of music. The first staff begins with a tempo marking of quarter note = 72. The music features a series of long tones and melodic lines, with some notes beamed together. The piece concludes with the word 'etc.' at the end of the sixth staff.

F Tuba

etc.

This musical score is for the F Tuba part of the 'Cross Fit Long Tones' warm-up. It is written in bass clef with a 4/4 time signature. The piece consists of six staves of music. The music features a series of long tones and melodic lines, with some notes beamed together. The piece concludes with the word 'etc.' at the end of the sixth staff.

"Bai Lin Flexibilities"

CC Tuba
♩ = 60+

F Tuba
♩ = 60

etc. etc.

"Dr. Jekyll and Mr. Hyde"*** See Key Rotation at bottom

♩ = 60

pppp etc. ffff etc.

"Sound"*** See Key Rotation at bottom

♩ = 42

"Tonguing" (Even Days = F / Odd Days = CC)
cont. down chromatically

♩ = 100+

etc.

Chris Olka's "Bob & Weave" (Even Days = CC / Odd Days = F)

♩ = 80+

etc.

"Relaxation & Consistency"(Pick a Tuba!)

cont. down chromatically

♩ = 60

(lip bend) (no lip bend) etc.

**Key Rotation - Dr.J & Mr.H

One on CC one on F - (you pick the tuba you start on)
Mon-F/Bb, Tue-Eb/Ab, Wed-Db/Gb, Thur-B/E
Fri-A/D Sat-G/C Sun- Any Minor Key

***Key Rotation - Sound

One on CC one on F - (you pick the tuba you start on)
Mon-B/E, Tue-A/D, Wed-G/C, Thur-Any Minor Key
Fri-F/Bb Sat-Eb/Ab Sun- Db/Gb