

Tuba Cross Training Warm-Up and Routine

Jesse McConnell

"Cross Fit Long Tones"

CC Tuba

$\text{♩} = 72$

etc.

This section contains six staves of music for the CC Tuba. The music is written in bass clef with a 4/4 time signature. It begins with a tempo marking of quarter note = 72. The first staff features a long melodic line with various intervals and accidentals, including a tritone (F# and C natural) and a chromatic descent. The subsequent staves continue this melodic line with similar intervals and accidentals, ending with a final cadence. The word "etc." is placed at the end of the first staff.

F Tuba

etc.

This section contains six staves of music for the F Tuba. The music is written in bass clef with a 4/4 time signature. It begins with a long melodic line featuring various intervals and accidentals, including a tritone (F# and C natural) and a chromatic descent. The subsequent staves continue this melodic line with similar intervals and accidentals, ending with a final cadence. The word "etc." is placed at the end of the first staff.

"Bai Lin Flexibilities"

CC Tuba
♩ = 60+

F Tuba
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!)

♩ = 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