This routine should be preceded by appropriate breathing and buzzing exercises.

1. Long Tones \( \text{q} \) = 60-120

This bottom line requires an instrument with a fourth valve. Fingerings for likely-unfamiliar notes are provided, with differences for compensating (C) and non-compensating (NC) instruments indicated. If you are unsure which type of instrument you have, ask your teacher.

2. Legato Tonguing \( \text{q} \) = 80-120

3. Lip Slurs \( \text{q} \) = 60-120
Daily Routine for BB♭ Tuba, Level 1 (Everett)

4. Fingering/Slurring \( \frac{\times}{80-120} \)

5. Lip Slurs \( \frac{\times}{80-120} \)
It is recommended that exercises 6-7 be played using a different scale each day.

6. Tonguing Speed: Single Tonguing $q = 80-150+$

Either of the triple tonguing patterns can be used in exercise 10. Even better, practice both patterns!

7. Tonguing Speed: Multiple Tonguing $q = 140-250+$
8. Upper Range Extension: Harmonic Series Slurs \( \frac{1}{2} = 60-120 

If you cannot yet reach the highest notes, go as high as you can, extending past your "comfort zone" but not to the point of pain, and continuing to try and reach higher. You are welcome to attempt higher notes and to include or exclude the seventh partial (the smaller one placed in parentheses, which is usually out-of-tune and sounds like a "non-chord tone") at your discretion.
9. Low Range Extension $q = 60-90$

As with the high range extension exercise, you are welcome to try to extend lower than is written here if you can. While many of the lower notes require a fourth valve to be played with a full sound, those who don't yet have an instrument with a fourth valve can use the same fingerings without the valve and play the low notes as false tones. This is both relaxing and good for your embouchure. Different fingerings for compensating (C) and non-compensating (NC) instruments are indicated where applicable. Again, if you are unsure which type of instrument you have, ask your teacher.