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

1. Long Tones $\frac{1}{4} = 60-120$

2. Separated Quarter Notes $\frac{1}{4} = 60-120$
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3. Legato Tonguing $\downarrow = 100-120$

4. Lip Slurs $\downarrow = 60-120$

5. Lip Slurs $\downarrow = 100-120+$
You may play either the "a" or "b" version of exercise 9, or both versions.

9a. Fingering Exercise \( \frac{\text{o}}{\text{r}} = 120-180+ \)
9b. Fingering Exercise $ \cdot = 120-180+$
It is recommended that exercises 11-12 be played in a different key each day, and in different octaves.

11. Tonguing Speed: Single Tonguing  \( \approx 100-150+ \)

Either of the triple tonguing patterns can be used in exercise 12. Even better, practice both patterns!

12. Tonguing Speed: Multiple Tonguing  \( \approx 140-250+ \)
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 "non-chord tones" (smaller, in parentheses) at your discretion. For an additional challenge, add lip-trills to some of the higher partials.
Begin working on this exercise slowly to ensure fullness of sound. Add speed only as you are able to do so without compromising tone quality.

15. Low Range Extension: Pedal Tones $j = 60-90$

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