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

1. Long Tones $\frac{\text{d}}{\text{t}} = 60-120$

2. Separated Quarter Notes $\frac{\text{d}}{\text{t}} = 60-120$
3. Legato Tonguing $= 100-120$

4. Lip Slurs $= 60-120$

5. Lip Slurs $= 100-120+$
6. Lip Slurs \( \text{\( \cdot \) = 100-120+} \)

7. Legato Tonguing/Tuning \( \text{\( \cdot \) = 60-120} \)
8. Lip Slurs \( \frac{\text{d}}{\text{e}} = 100-120+ \)

9. Legato Tonguing/Tuning \( \frac{\text{d}}{\text{e}} = 60-120 \)

10. Lip Slurs \( \frac{\text{d}}{\text{e}} = 100-120+ \)
11. Breath Extension/Volume Control  \( \text{\textit{q}} \) = 60-120

12. Breath Extension  \( \text{\textit{j}} \) = 60-120

13. Breath Extension  \( \text{\textit{j}} \) = 60-120

14. Tonguing Speed: Single Tonguing  \( \text{\textit{j}} \) = 100-150+

Exercises 11-17 should be played in a different key each day, and in different octaves.
15. Tonguing Speed: Doodle Tonguing
\[ \text{\textdagger} = 120-185+ \]

16. Tonguing Speed: Multiple Tonguing 1
\[ \text{\textdagger} = 140-250+ \]
17. Tonguing Speed: Multiple Tonguing  \( \frac{3}{4} = 140-250+ \)

18. Upper Range Extension: Harmonic Series Slurs  \( \frac{3}{4} = 60-120 \)
19. Upper Range Extension: Harmonic Series Slurs $\downarrow = 60-120$
20. Lip Trills \( \frac{\text{d}}{\text{t}} = 120-180+ \)
21. Harmonic Series Slurs/Lip Trills \( \frac{\text{j}}{\text{s}} = 60-120 \)

22. Lip Slurs \( \frac{\text{j}}{\text{s}} = 80-120+ \)
23. Upper Range Extension: Against-the-Grain "Rips" \( \text{q} = 60-80 \\
Try to have all of the partials sound as you "rip" from one note to the next in each group.

24. Upper Range Extension: Arpeggios \( \text{q} = 60-90 \\

25. Upper Range Extension: Legato Tonguing \( \text{q} = 60-120 \\

26. Upper Range Extension: Ascending "Rips" \( \text{q} = 100-120 \\

27. Upper Range Extension: Arpeggio \( \text{q} = 100-120 \)
28. Upper/Lower Range Extension: Octave Slurs $q = 60-90$

29. Low Range/F-Attachment Tuning and Placement $q = 60-90$

30. Low Range Extension: Descending through the Pedal Register $q = 60-90$