This routine should be completed when practicing the tenor trombone as a secondary instrument, preferably after performing a more thorough warm-up and maintenance routine on one's primary instrument.

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

2. Legato Tonguing \( q = 100-120 \)
3. Legato Tonguing/Tuning  \( \frac{\text{\textit{d}}}{\text{\textit{q}}} = 60-120 \)

4. Lip Slurs  \( \frac{\text{\textit{d}}}{\text{\textit{q}}} = 100-120+ \)
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 "non-chord tones" (smaller, in parentheses) at your discretion. For an additional challenge, add lip-trills to some of the higher partials.
6. Low Range/F-Attachment Tuning and Placement $\downarrow = 60-90$

As with the high range extension exercise, keep trying to reach lower. The lowest notes written here are "false tones" and will not sound very good. Practicing them as an exercise is nevertheless helpful and relaxing.

7. Low Range Extension: Pedal Tones $\downarrow = 60-90$