

Workout in 12 keys - Major

Root position major triads
String sets 1-3

Circle of fifths

First system of the Circle of Fifths workout, measures 1-4.

Measure	Key	Triad	String 1	String 2	String 3
1	C	C-E-G	3	5	5
2	F	F-A-C	15	17	17
3	B $\flat$	B $\flat$ -D-F	1	3	3
4	E $\flat$	E $\flat$ -G-B	6	8	8

Second system of the Circle of Fifths workout, measures 5-8.

Measure	Key	Triad	String 1	String 2	String 3
5	A $\flat$	A $\flat$ -C-E	11	13	13
6	D $\flat$	D $\flat$ -F-A	4	6	6
7	F $\sharp$	F $\sharp$ -A-C	9	11	11
8	B	B-D-F	2	4	4

Third system of the Circle of Fifths workout, measures 9-12.

Measure	Key	Triad	String 1	String 2	String 3
9	E	E-G-B	7	9	9
10	A	A-C-E	0	2	2
11	D	D-F-A	5	7	7
12	G	G-B-D	10	12	12

Major thirds

13 C 8^{va-} E 8^{va-} A $\flat$ D $\flat$ 8^{va-}

T	3	15	7	19	11	4	16
A	5	17	9	21	13	6	18
B	5	17	9	21	13	6	18

17 F 8^{va-} A D 8^{va-} F $\sharp$ G $\flat$

T	8	20	0	12	5	17	9
A	10	22	2	14	7	19	11
B	10	22	2	14	7	19	11

21 B $\flat$ E $\flat$ 8^{va-} G B

T	1	13	6	18	10	22	2	14
A	3	15	8	20	12	24	4	16
B	3	15	8	20	12	24	4	16

Minor thirds

25 C 8^{va-1} Eb 8^{va-1} F# Gb A

Measure 25: Treble clef, C4 (middle C), Eb3 (below staff), F#4 (above staff), Gb4 (below staff), A4 (middle C). Bass clef: T=3, A=5, B=5.

Measure 26: Treble clef, Eb3 (below staff), F#4 (above staff), Gb4 (below staff), A4 (middle C). Bass clef: T=15, A=17, B=17.

Measure 27: Treble clef, F#4 (above staff), Gb4 (below staff), A4 (middle C). Bass clef: T=6, A=8, B=8.

Measure 28: Treble clef, Gb4 (below staff), A4 (middle C). Bass clef: T=18, A=20, B=20.

Measure 29: Treble clef, A4 (middle C). Bass clef: T=9, A=11, B=11.

Measure 30: Treble clef, A4 (middle C). Bass clef: T=0, A=2, B=2.

Measure 31: Treble clef, A4 (middle C). Bass clef: T=12, A=14, B=14.

Measure 32: Treble clef, A4 (middle C). Bass clef: T=12, A=14, B=14.

29 D 8^{va-1} F 8^{va-1} Ab B

Measure 29: Treble clef, D4 (above staff), F4 (above staff), Ab4 (below staff), B4 (above staff). Bass clef: T=5, A=7, B=7.

Measure 30: Treble clef, D4 (above staff), F4 (above staff), Ab4 (below staff), B4 (above staff). Bass clef: T=17, A=19, B=19.

Measure 31: Treble clef, F4 (above staff), Ab4 (below staff), B4 (above staff). Bass clef: T=8, A=10, B=10.

Measure 32: Treble clef, F4 (above staff), Ab4 (below staff), B4 (above staff). Bass clef: T=20, A=22, B=22.

Measure 33: Treble clef, Ab4 (below staff), B4 (above staff). Bass clef: T=11, A=13, B=13.

Measure 34: Treble clef, B4 (above staff). Bass clef: T=2, A=4, B=4.

Measure 35: Treble clef, B4 (above staff). Bass clef: T=14, A=16, B=16.

Measure 36: Treble clef, B4 (above staff). Bass clef: T=14, A=16, B=16.

33 Db 8^{va-1} E 8^{va-1} G Bb

Measure 33: Treble clef, Db3 (below staff), E4 (above staff), G4 (above staff), Bb4 (below staff). Bass clef: T=4, A=6, B=6.

Measure 34: Treble clef, Db3 (below staff), E4 (above staff), G4 (above staff), Bb4 (below staff). Bass clef: T=16, A=18, B=18.

Measure 35: Treble clef, E4 (above staff), G4 (above staff), Bb4 (below staff). Bass clef: T=7, A=9, B=9.

Measure 36: Treble clef, E4 (above staff), G4 (above staff), Bb4 (below staff). Bass clef: T=19, A=21, B=21.

Measure 37: Treble clef, G4 (above staff), Bb4 (below staff). Bass clef: T=10, A=12, B=12.

Measure 38: Treble clef, G4 (above staff), Bb4 (below staff). Bass clef: T=22, A=24, B=24.

Measure 39: Treble clef, Bb4 (below staff). Bass clef: T=1, A=3, B=3.

Measure 40: Treble clef, Bb4 (below staff). Bass clef: T=13, A=15, B=15.

Circle of fifths

1st inversion

C/E F/A B $\flat$ /D E $\flat$ /G

37 8^{va--} |

T	8	20	1	13	6	18	11	23
A	8	20	1	13	6	18	11	23
B	9	21	2	14	7	19	12	24

A $\flat$ /C D $\flat$ /F G $\flat$ /B $\flat$ F $\sharp$ /A $\sharp$ B/D $\sharp$

41 8^{va--} |

T	4	16	9	19	2	14	7	19
A	4	16	9	19	2	14	7	19
B	5	17	10	22	3	15	8	20

E/G $\sharp$ A/C $\sharp$ D/F $\sharp$ G/B

45 8^{va--} |

T	0	12	5	17	10	22	3	15
A	0	12	5	17	10	22	3	15
B	1	13	6	18	11	23	4	16

Major thirds

49

C/E $8^{va} \text{---} |$ E/G# $8^{va} \text{---} |$ A $\flat$ /C $8^{va} \text{---} |$ D $\flat$ /F $8^{va} \text{---} |$

T	8	20	0	12	4	16	9	19
A	8	20	0	12	4	16	9	19
B	9	21	1	13	5	17	10	22

53

F/A $8^{va} \text{---} |$ A/C# $8^{va} \text{---} |$ D/F# $8^{va} \text{---} |$ F#/A# $8^{va} \text{---} |$ G $\flat$ /B $\flat$ $8^{va} \text{---} |$

T	1	13	5	17	10	22	2	14
A	1	13	5	17	10	22	2	14
B	2	14	6	18	11	23	3	15

57

B $\flat$ /D $8^{va} \text{---} |$ E $\flat$ /G $8^{va} \text{---} |$ G/B $8^{va} \text{---} |$ B/D# $8^{va} \text{---} |$

T	6	18	11	23	3	15	7	19
A	6	18	11	23	3	15	7	19
B	7	19	12	24	4	16	8	20

Minor thirds

61 C/E 8^{va--} Eb/G 8^{va--} Gb/Bb F#/A# 8^{va--} A/C# 8^{va--}

Tablature for measures 61-68:

Measure	T	A	B
61	8	8	9
62	20	20	21
63	11	11	12
64	23	23	24
65	2	2	3
66	14	14	15
67	5	5	6
68	17	17	18

65 D/F# 8^{va--} F/A 8^{va--} Ab/C 8^{va--} B/D# 8^{va--}

Tablature for measures 65-72:

Measure	T	A	B
65	10	10	11
66	22	22	23
67	1	1	2
68	13	13	14
69	4	4	5
70	16	16	17
71	7	7	8
72	19	19	20

69 Db/F 8^{va--} E/G# 8^{va--} G/B 8^{va--} Bb/D 8^{va--}

Tablature for measures 69-76:

Measure	T	A	B
69	9	9	10
70	19	19	22
71	0	0	1
72	12	12	13
73	3	3	4
74	15	15	16
75	6	6	7
76	18	18	19

Circle of fifths

2nd inversion

73 C/G F/C 8^{va-} B $\flat$ /F 8^{va-} E $\flat$ /B $\flat$ 8^{va-}

T	0	12	5	17	10	22	3	15
A	1	13	6	18	11	23	4	16
B	0	12	5	17	10	22	3	15

77 A $\flat$ /E $\flat$ 8^{va-} D $\flat$ /A $\flat$ G $\flat$ /D $\flat$ F $\sharp$ /C $\sharp$ B/F $\sharp$ 8^{va-}

T	8	20	1	13	6	18	11	23
A	9	21	2	14	7	19	12	24
B	8	20	1	13	6	18	11	23

81 E/B 8^{va-} A/E 8^{va-} D/A G/D 8^{va-}

T	4	16	9	21	2	14	7	19
A	5	17	10	22	3	15	8	20
B	4	16	9	21	2	14	7	19

Major thirds

85 C/G E/B 8^{va-} | A $\flat$ /E $\flat$ 8^{va-} | D $\flat$ /A $\flat$

T	0	12	4	16	8	20	1	13
A	1	13	5	17	9	21	2	14
B	0	12	4	16	8	20	1	13

89 F/C A/E 8^{va-} | D/A 8^{va-} | F $\sharp$ /C $\sharp$ G $\flat$ /D $\flat$ 8^{va-}

T	5	17	9	21	2	14	6	18
A	6	18	10	22	3	15	7	19
B	5	17	9	21	2	14	6	18

93 B $\flat$ /F 8^{va-} | E $\flat$ /B $\flat$ 8^{va-} | G/D 8^{va-} | B/F $\sharp$ 8^{va-}

T	10	22	3	15	7	19	11	23
A	11	23	4	16	8	20	12	24
B	10	22	3	15	7	19	11	23

Minor thirds

97 C/G Eb/Bb Gb/Db F#/C# A/E

T	0	12	3	15	6	18	9	21
A	1	13	4	16	7	19	10	22
B	0	12	3	15	6	18	9	21

101 D/A F/C Ab/Eb B/F#

T	2	14	5	17	8	20	11	23
A	3	15	6	18	9	21	12	24
B	2	14	5	17	8	20	11	23

105 Db/Ab E/B G/D Bb/F

T	1	13	4	16	7	19	10	22
A	2	14	5	17	8	20	11	23
B	1	13	4	16	7	19	10	22