

Workout in 12 keys - Major

Root position major triads
String sets 3-5

Circle of fifths

C F B $\flat$ E $\flat$

T	0	12	5	17	10	3	15
A	2	14	7	19	12	5	17
B	3	15	8	20	13	6	18

5 A $\flat$ D $\flat$ F $\sharp$ G $\flat$ B

T	8	20	1	13	6	18	11
A	10	22	3	15	8	20	13
B	11	23	4	16	9	21	14

9 E A D G

T	4	16	9	21	2	14	7
A	6	18	11	23	4	16	9
B	7	19	12	24	5	17	10

Major thirds

13 C E A^b D^b



T							
A	0	12	4	16	8	20	1
B	2	14	6	18	10	22	3
B	3	15	7	19	11	23	4

17 F A D F[#] G^b



T							
A	5	17	9	21	2	14	6
B	7	19	11	23	4	16	8
B	8	20	12	24	5	17	9

21 B^b E^b G B



T					
A	10	3	15	7	19
B	12	5	17	9	21
B	13	6	18	10	22

Minor thirds

25 C Eb F# Gb A

T	0	12	3	15	6	18	9	21
A	2	14	5	17	8	20	11	23
B	3	15	6	18	9	21	12	24

29 D F Ab B

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

33 Db E G Bb

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

Circle of fifths

1st inversion

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

T							
A	5	17	10	22	3	15	8
B	5	17	10	22	3	15	8
B	7	19	12	24	5	17	10

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

T							
A	1	13	6	18	11	11	4
B	1	13	6	18	11	11	4
B	3	15	8	20	13	13	6

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

T							
A	9	21	2	14	7	19	0
B	9	21	2	14	7	19	0
B	11	23	4	16	9	21	2

Major thirds

49 C/E E/G# A^b/C D^b/F

T	5	17	9	21	1	13	6	18
A	5	17	9	21	1	13	6	18
B	7	19	11	23	3	15	8	20

53 F/A A/C# D/F# F#/A# G^b/B^b

T	10	22	2	14	7	19	11	11
A	10	22	2	14	7	19	11	11
B	12	24	4	16	9	21	13	13

57 B^b/D E^b/G G/B B/D#

T	3	15	8	20	0	12	4	16
A	3	15	8	20	0	12	4	16
B	5	17	10	22	2	14	6	18

Minor thirds

61 C/E Eb/G Gb/Bb F#/A# A/C#

T							
A	5	17	8	20	11	11	2
B	5	17	8	20	11	11	2
B	7	19	10	22	13	13	4

65 D/F# F/A Ab/C B/D#

T							
A	7	19	10	22	1	13	4
B	7	19	10	22	1	13	4
B	9	21	12	24	3	15	6

69 Db/F E/G# G/B Bb/D

T							
A	6	18	9	21	0	12	3
B	6	18	9	21	0	12	3
B	8	20	11	23	2	14	5

Circle of fifths

2nd inversion

73 C/G F/C B $\flat$ /F E $\flat$ /B $\flat$

T							
A	9	21	2	14	7	19	0
B	10	22	3	15	8	20	1
							12
							13
							13

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

T							
A	5	17	10	22	3	15	8
B	6	18	11	23	4	16	9
							20
							21
							21

81 E/B A/E D/A G/D

T							
A	1	13	6	18	11	23	4
B	2	14	7	19	12	24	5
							16
							17
							17

Major thirds

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

T							
A	9	21	1	13	5	17	10
B	10	22	2	14	6	18	11
			2	14	6	18	11

89 F/C A/E D/A G $\flat$ /D $\flat$ F $\sharp$ /C $\sharp$

T							
A	2	14	6	18	11	23	3
B	3	15	7	19	12	24	4
	3	15	7	19	12	24	4

93 B $\flat$ /F E $\flat$ /B $\flat$ G/D B/F $\sharp$

T							
A	7	19	0	12	4	16	8
B	8	20	1	13	5	17	9
	8	20	1	13	5	17	9

Minor thirds

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

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

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

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

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

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