

Workout in 12 keys - Major

Root position major triads
String sets 2-4

Circle of fifths

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

Measures 1-2: C major triad (C-E-G). Measure 2 includes the instruction 8^{va-} .

Measures 3-4: F major triad (F-A-C). Measure 4 includes the instruction 8^{va-} .

Measures 5-6: B $\flat$ major triad (B $\flat$ -D-F). Measure 6 includes the instruction 8^{va-} .

Measures 7-8: E $\flat$ major triad (E $\flat$ -G-B $\flat$). Measure 8 includes the instruction 8^{va-} .

T	8	20	1	13	6	18	11
A	9	21	2	14	7	19	12
B	10	22	3	15	8	20	13

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

Measures 5-6: A $\flat$ major triad (A $\flat$ -C-B $\flat$). Measure 6 includes the instruction 8^{va-} .

Measures 7-8: D $\flat$ major triad (D $\flat$ -F-C $\flat$). Measure 8 includes the instruction 8^{va-} .

Measures 9-10: F $\sharp$ major triad (F $\sharp$ -A $\sharp$ -C $\sharp$). Measure 10 includes the instruction 8^{va-} .

Measures 11-12: G $\flat$ major triad (G $\flat$ -B $\flat$ -D $\flat$). Measure 12 includes the instruction 8^{va-} .

Measures 13-14: B major triad (B-D-F). Measure 14 includes the instruction 8^{va-} .

T	4	16	9	21	2	14	7	19
A	5	17	10	22	3	15	8	20
B	6	18	11	23	4	16	9	21

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

Measures 9-10: E major triad (E-G-B). Measure 10 includes the instruction 8^{va-} .

Measures 11-12: A major triad (A-C-E). Measure 12 includes the instruction 8^{va-} .

Measures 13-14: D major triad (D-F-A). Measure 14 includes the instruction 8^{va-} .

Measures 15-16: G major triad (G-B-D). Measure 16 includes the instruction 8^{va-} .

T	0	12	5	17	10	22	3	15
A	1	13	6	18	11	23	4	16
B	2	14	7	19	12	24	5	17

Major thirds

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

T	8	20	0	12	4	16	9	21
A	9	21	1	13	5	17	10	22
B	10	22	2	14	6	18	11	23

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

T	1	13	5	17	10	22	2	14
A	2	14	6	18	11	23	3	15
B	3	15	7	19	12	24	4	16

21 B $\flat$ E $\flat$ G B $\sharp$

T	6	18	11	3	15	7	19
A	7	19	12	4	16	8	20
B	8	20	13	5	17	9	21

Minor thirds

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

T	8	20	11	2	14	5	17
A	9	21	12	3	15	6	18
B	10	22	13	4	16	7	19

29 D 8^{va-} F Ab B

T	10	22	1	13	4	16	7	19
A	11	23	2	14	5	17	8	20
B	12	24	3	15	6	18	9	21

33 Db 8^{va-} E G Bb

T	9	21	0	12	3	15	6	18
A	10	22	1	13	4	16	7	19
B	11	23	2	14	5	17	8	20

Circle of fifths

1st inversion

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

T	1	13	6	18	11	4	16
A	0	12	5	17	10	3	15
B	2	14	7	19	12	5	17

41 A $\flat$ /C 8^{va}-1 D $\flat$ /F G $\flat$ /B $\flat$ F $\sharp$ /A $\sharp$ B/D $\sharp$

T	9	21	2	14	7	19	12
A	8	20	1	13	6	18	11
B	10	22	3	15	8	20	13

45 E/G $\sharp$ A/C $\sharp$ D/F $\sharp$ G/B 8^{va}-1

T	5	17	10	3	15	8	20
A	4	16	9	2	14	7	19
B	6	18	11	4	16	9	21

Major thirds

49 C/E E/G# A^b/C 8^{va} D^b/F

T	1	13	5	17	9	21	2	14
A	0	12	4	16	8	20	1	13
B	2	14	6	18	10	22	3	15

53 F/A A/C# D/F# F#/A# G^b/B^b 8^{va}

T	6	18	10	3	15	7	19
A	5	17	9	2	14	6	18
B	7	19	11	4	16	8	20

57 B^b/D E^b/G G/B 8^{va} B/D#

T	11	4	16	8	20	12
A	10	3	15	7	19	11
B	12	5	17	9	21	13

Minor thirds

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

T	1	13	4	16	7	19	10
A	0	12	3	15	6	18	9
B	2	14	5	17	8	20	11

65 D/F# F/A Ab/C 8va--1 B/D#

T	3	15	6	18	9	21	12
A	2	14	5	17	8	20	11
B	4	16	7	19	10	22	13

69 Db/F E/G# G/B 8va-1 Bb/D

T	2	14	5	17	8	20	11
A	1	13	4	16	7	19	10
B	3	15	6	18	9	21	12

Circle of fifths

2nd inversion

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

T	5	17	10	22	3	15	8	20
A	5	17	10	22	3	15	8	20
B	5	17	10	22	3	15	8	20

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

T	1	13	6	18	11	23	4	16
A	1	13	6	18	11	23	4	16
B	1	13	6	18	11	23	4	16

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

T	9	21	2	14	7	19	0	12
A	9	21	2	14	7	19	0	12
B	9	21	2	14	7	19	0	12

Major thirds

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

T	5	17	9	21	1	13	6	18
A	5	17	9	21	1	13	6	18
B	5	17	9	21	1	13	6	18

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

T	10	22	2	14	7	19	11	23
A	10	22	2	14	7	19	11	23
B	10	22	2	14	7	19	11	23

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

T	3	15	8	20	0	12	4	16
A	3	15	8	20	0	12	4	16
B	3	15	8	20	0	12	4	16

Minor thirds

97 C/G Eb/Bb 8va-7 Gb/Db F#/C# 8va--7 A/E

T	5	17	8	20	11	23	2	14
A	5	17	8	20	11	23	2	14
B	5	17	8	20	11	23	2	14

101 D/A F/C 8va-7 Ab/Eb B/F#

T	7	19	10	22	1	13	4	16
A	7	19	10	22	1	13	4	16
B	7	19	10	22	1	13	4	16

105 Db/Ab E/B 8va-7 G/D Bb/F

T	6	18	9	21	0	12	3	15
A	6	18	9	21	0	12	3	15
B	6	18	9	21	0	12	3	15