

08 - Warm Up

This worksheet will begin the steps to creating a few warm ups to your practice routine.

My Warm Up:

- Tune/long tones on open strings (2-3 mins)
- Slow scale (10 mins)
- Shifting Drill (2-3 mins)
- 4-note progressive scale or Shiftless Scales in Thumb Position (5 mins)

Key Elements of a Good Warm Up:

- Tuning/Simple movements
- Scales/Arpeggios
- Shifting/Intonation Work
- Exercise/excerpt practicing both left hand & right hand velocity

1. To start, refer back to the ideas you wrote down in the last lesson for each of the 3 technique areas to cover in your routine.

Jot down a rough estimate of how long each exercise might take you. You can always tweak this later, so it's okay if you don't know the exact number.

2. Next, using your Practice Recipe, decide how long your warm up should be. If you're practicing for an hour or longer, aim for 15-20 minutes. Otherwise, 10 minutes is enough.

3. Use the list of ideas from above (with estimated times) and create with 3 different warm ups with all drastically different exercises. Experiment with different ratios of each technical area.

4. Finally, create 2-3 additional warm-ups for different allotments of time. Planning for situations where you don't have as long to warm-up prevents wasting time. Create 2-3 additional warm-ups for different allotments of time.

What are the best exercises for you to warm up with? Depending on the type of repertoire you're playing, what could help you get in that zone?

Come up with 3 warm-ups of different lengths:

- 5 minutes
- 10 minutes
- 15 minutes