

1st Trumpet in B $\flat$

# Myrtle Wavez Brass Warm Up Sequence

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante  $\text{♩} = 88$

Elliptical - IN 3, OUT 6

Rower - IN 2, OUT 4



### LONG TONEZ 4

138 *ff* *mp* *ff* *mp* *ff* *mp* *ff*

149 *mp* *ff* *mp* *ff* *mp*

157 *ff* *mp* *ff* *mp* *ff* *mp*

166 *Moderato*  $\text{♩} = 100$  *ff* *mp* *ff* *mp*

166 [HOLD 3, IN 1] *mf* *mf* *mf*

174 *mf* *mf*

182 *mf* *mf* *mf*

191 *f* *mp* *f* *mf* *mf*

**FLEXIBILITY 1**

**FLEXIBILITY 2**

[HOLD 2, IN 2]

V.S.

1st Trumpet in B $\flat$

200 *mf* *mf* *mf*

208 *mf* **FLEXIBILITY 3** *mf*

216 *mf* *mp* *ff* *mp* *f* **HOLD 3, IN 1** **IN 3**

225 *f* **IN 3** *f* **IN 3** *f*

233 **IN 3** *f* **IN 3** *f* **IN 3** *f*

241 **IN 3** *mf* *mf*

248 *mf* *mf* *mf*

Detailed description: This musical score is for the 1st Trumpet in B-flat, covering measures 200 to 248. The music is written in a single staff with a treble clef and a key signature of one flat (B-flat). The piece features a variety of dynamics, including mezzo-forte (mf), mezzo-piano (mp), fortissimo (ff), and forte (f). It includes several technical markings: 'FLEXIBILITY 3' at measure 208, 'HOLD 3, IN 1' at measure 216, and 'IN 3' (triplets) at measures 216, 225, 233, and 241. The notation includes slurs, ties, and accents. The piece concludes with a final measure at 248.



2nd Trumpet in B $\flat$

# Myrtle Wavez Brass Warm Up Sequence

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante  $\text{♩} = 88$

1  
*mp*  
11

12  
*mp*  
20

Elliptical - IN 3, OUT 6

21  
*ff*  
32

33  
*ff*  
43

Rower - IN 2, OUT 4

44  
*mf*  
54

55  
*mf*  
64



### LONG TONEZ 4

138 *ff* *mp* *ff* *mp* *ff* *mp* *ff*

149 *mp* *ff* *mp* *ff* *mp* *ff*

157 *ff* *Moderato*  $\text{♩} = 100$  *ff* *mp* *ff* *mp*

166 *mf* *mf* *mf*

174 *mf* *mf*

182 *mf* *mf* *mf*

### FLEXIBILITY 2

191 *f* *mp* *f* *mf* *mf*

FLEXI

V.S.



2nd Trumpet in B $\flat$

200 *mf* *mf* *mf*

208 *mf* **FLEXIBILITY 3** *mf*

216 *mf* *mp* *ff* *mp* *f* **HOLD 3, IN 1** **IN 3**

225 *f* **IN 3** *f* **IN 3** *f*

233 **IN 3** *f* **IN 3** *f* **IN 3** *f*

241 **IN 3** *mf* *mf*

248 *mf* *mf* *mf*

Detailed description: This musical score is for the 2nd Trumpet in B-flat, spanning measures 200 to 248. The music is written in a single staff with a treble clef and a key signature of two flats. It features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. Dynamics range from mezzo-forte (mf) to fortissimo (ff). Performance instructions include 'FLEXIBILITY 3' and 'HOLD 3, IN 1'. 'IN 3' markings are placed above specific notes, indicating a three-measure rest. The score includes slurs, accents, and hairpins to guide the performer's phrasing and volume.

# FLEXIBILITY 4

256  $\text{♩} = 88$   $\text{♩} = 100$

265

273

281

290

296

*mf* *mf* *mf* *mf*

*mf* *mf* *mf* *mf*

*mf* *mf* *mf* *mf* *mf*

*mf* *mf*

*mf* *mf*

*mf*

3rd Trumpet in B $\flat$

# Myrtle Wavez Brass Warm Up Sequence

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante  $\text{♩} = 88$

1  
*mp*  
11

12  
*mp*  
20

Elliptical - IN 3, OUT 6

21  
*ff*  
32

33  
*ff*  
43

Rower - IN 2, OUT 4

44  
*mf*  
54

55  
*mf*  
64



### LONG TONEZ 4

138 *ff* *mp* *ff* *mp* *ff* *mp* *ff*

149 *mp* *ff* *mp* *ff* *mp* *ff* *mp*

157 *ff* *Moderato*  $\text{♩} = 100$  *ff* *mp* *ff* *mp*

166 *mf* *mf* *mf*

174 *mf* *mf*

182 *mf* *mf* *mf*

### FLEXIBILITY 2

191 *f* *mp* *f* *mf* *mf*

FLEXI

V.S.

3rd Trumpet in B $\flat$

200 *mf* *mf* *mf*

208 *mf* **FLEXIBILITY 3** *mf*

216 *mf* *mp* *ff* *mp* *f* **HOLD 3, IN 1** **IN 3**

225 *f* **IN 3** *f* **IN 3** *f*

233 **IN 3** *f* **IN 3** *f* **IN 3** *f*

241 **IN 3** *mf* *mf*

248 *mf* *mf* *mf*

Detailed description: This musical score is for the 3rd Trumpet in B-flat, spanning measures 200 to 248. The music is written in a single staff with a treble clef and a key signature of one flat (B-flat). The tempo and meter are not explicitly stated but appear to be 4/4. The score features several dynamic markings: *mf* (mezzo-forte), *mp* (mezzo-piano), *ff* (fortissimo), and *f* (forte). There are also performance instructions such as **FLEXIBILITY 3**, **HOLD 3, IN 1**, and **IN 3** (repeated multiple times), which likely refer to specific techniques or phrasing. The notation includes various note values (quarter, eighth, and sixteenth notes), rests, and slurs. Some notes are marked with a '3' in a box, possibly indicating a triplet or a specific articulation. The piece concludes with a final *mf* dynamic marking.

