

1st Mellophone in F

# Myrtle Wavez Brass Warm Up Sequence

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante ♩=88

Musical staff 1: Stair Master exercise, measures 1-11. Treble clef, 4/4 time. Notes: G4 (half), A4 (half), B4 (half), C5 (half). Dynamics: mp. Slurs and hairpins are present.

Musical staff 2: Stair Master exercise, measures 12-20. Treble clef, 4/4 time. Notes: G4 (half), A4 (half), B4 (half), C5 (half). Dynamics: mp. Slurs and hairpins are present.

Elliptical - IN 3, OUT 6

Musical staff 3: Elliptical exercise, measures 21-32. Treble clef, 3/4 time. Notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). Dynamics: ff. Slurs and hairpins are present.

Musical staff 4: Elliptical exercise, measures 33-43. Treble clef, 3/4 time. Notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). Dynamics: ff. Slurs and hairpins are present.

Rower - IN 2, OUT 4

Musical staff 5: Rower exercise, measures 44-54. Treble clef, 2/4 time. Notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). Dynamics: mf. Slurs and hairpins are present.

Musical staff 6: Rower exercise, measures 55-64. Treble clef, 2/4 time. Notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). Dynamics: mf. Slurs and hairpins are present.

# LONG TONEZ 1

66

Andante ♩ = 88

Musical staff 1 (measures 66-76) in 4/4 time. It features a sequence of notes with dynamic markings: *mf*, *f*, *mf*, *f*, *mf*, *f*, *mf*. The notes are connected by slurs and include accents.

77

Musical staff 2 (measures 77-87) in 4/4 time. It continues the sequence with dynamic markings: *f*, *mf*, *f*, *mf*, *f*, *mf*, *f*. The notes are connected by slurs and include accents.

88

# LONG TONEZ 2

Musical staff 3 (measures 88-98) in 4/4 time. It features a sequence of notes with dynamic markings: *mf*, *f*, *mf*, *f*, *mf*, *f*, *mf*. The notes are connected by slurs and include accents.

99

Musical staff 4 (measures 99-107) in 4/4 time. It continues the sequence with dynamic markings: *f*, *mf*, *f*, *mf*, *f*, *mf*. The notes are connected by slurs and include accents.

108

Musical staff 5 (measures 108-115) in 4/4 time. It continues the sequence with dynamic markings: *f*, *mf*, *f*, *mf*, *f*. The notes are connected by slurs and include accents.

# LONG TONEZ 3

Musical staff 6 (measures 116-126) in 4/4 time. It features a sequence of notes with dynamic markings: *ff*, *mp*, *ff*, *mp*, *ff*, *mp*, *ff*. The notes are connected by slurs and include accents.

127

Musical staff 7 (measures 127-136) in 4/4 time. It continues the sequence with dynamic markings: *mp*, *ff*, *mp*, *ff*, *mp*, *ff*, *mp*. The notes are connected by slurs and include accents.

### LONG TONEZ 4

138

149

*ff* *mp* *ff* *mp* *ff* *mp* *ff*

149

157

*mp* *ff* *mp* *ff* *mp* *ff* *mp*

157

166

*ff* *Moderato* *mf* *ff* *mp* *ff* *mp*

166

*mf* *mf* *mf*

174

*mf* *mf*

182

*mf* *mf* *mf*

### FLEXIBILITY 2

HOLD 2, IN 2

191

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

FLEXI

V.S.

1st Mellophone in F

200 *mf* *mf* *mf*

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

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

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

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

241 *mf* *mf*

248 *mf* *mf* *mf*

Detailed description: This musical score is for the 1st Mellophone in F, covering measures 200 to 248. The music is written in treble clef with a key signature of one flat (Bb). The score is divided into seven systems. The first system (measures 200-207) features a melodic line with slurs and rests, marked with mezzo-forte (mf). The second system (measures 208-215) continues the melodic line, marked with mf, and includes a section titled 'FLEXIBILITY 3'. The third system (measures 216-224) shows a dynamic range from mf to ff, with a section titled 'HOLD 3, IN 1' and 'IN 3' markings. The fourth system (measures 225-232) features a melodic line with slurs and rests, marked with forte (f), and includes 'IN 3' markings. The fifth system (measures 233-240) continues the melodic line with slurs and rests, marked with f, and includes 'IN 3' markings. The sixth system (measures 241-247) features a melodic line with slurs and rests, marked with mezzo-forte (mf). The seventh system (measures 248-255) features a melodic line with slurs and rests, marked with mf, and includes 'IN 3' markings.

### FLEXIBILITY 4

256 ♩ = 88      ♩ = 100

mf      mf      mf

mf      mf      mf      mf

mf      mf      mf      mf

mf      mf      mf      mf      mf

mf      mf

mf

mf

2nd Mellophone in F

# Myrtle Wavez Brass Warm Up Sequence

Elliott Stewart

## BREATHING CARDIO EXERCIZES

Stair Master - IN 4, OUT 8

Andante ♩=88

mp

12

mp

Elliptical - IN 3, OUT 6

21

ff

33

ff

Rower - IN 2, OUT 4

44

mf

55

mf

# LONG TONEZ 1

66

Andante ♩ = 88

Musical staff 66-76: Treble clef, 4/4 time. Measures 66-76. Dynamics: *mf*, *f*, *mf*, *f*, *mf*, *f*, *mf*.

77

Musical staff 77-87: Treble clef, 4/4 time. Measures 77-87. Dynamics: *f*, *mf*, *f*, *mf*, *f*, *mf*, *f*.

# LONG TONEZ 2

88

Musical staff 88-98: Treble clef, 4/4 time. Measures 88-98. Dynamics: *mf*, *f*, *mf*, *f*, *mf*, *f*, *mf*.

99

Musical staff 99-107: Treble clef, 4/4 time. Measures 99-107. Dynamics: *f*, *mf*, *f*, *mf*, *f*, *mf*.

108

Musical staff 108-115: Treble clef, 4/4 time. Measures 108-115. Dynamics: *f*, *mf*, *f*, *mf*, *f*.

# LONG TONEZ 3

116

Musical staff 116-126: Treble clef, 4/4 time. Measures 116-126. Dynamics: *ff*, *mp*, *ff*, *mp*, *ff*, *mp*, *ff*.

127

Musical staff 127-137: Treble clef, 4/4 time. Measures 127-137. Dynamics: *mp*, *ff*, *mp*, *ff*, *mp*, *ff*, *mp*.

### LONG TONEZ 4

138

ff mp ff mp ff mp ff

Musical staff 138-148: Treble clef, 4/4 time. Measures 138-148. Dynamics: ff, mp, ff, mp, ff, mp, ff, mp, ff.

149

mp ff mp ff mp

Musical staff 149-156: Treble clef, 4/4 time. Measures 149-156. Dynamics: mp, ff, mp, ff, mp.

157

ff Moderato ♩ = 100 ff mp ff mp

Musical staff 157-165: Treble clef, 4/4 time. Measures 157-165. Dynamics: ff, Moderato ♩ = 100, ff, mp, ff, mp.

166

mf mf mf

Musical staff 166-173: Treble clef, 4/4 time. Measures 166-173. Dynamics: mf, mf, mf.

174

mf mf

Musical staff 174-181: Treble clef, 4/4 time. Measures 174-181. Dynamics: mf, mf.

182

mf mf mf

Musical staff 182-190: Treble clef, 4/4 time. Measures 182-190. Dynamics: mf, mf, mf.

### FLEXIBILITY 2

191

f mp f mf mf

Musical staff 191-198: Treble clef, 4/4 time. Measures 191-198. Dynamics: f, mp, f, mf, mf.

FLEXI

V.S.



2nd Mellophone in F

200

*mf* *mf* *mf*

208

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

216

*mf* *mp* *ff* *mp* *f*

HOLD 3, IN 1 IN 3

225

*f* *f* *f*

IN 3 IN 3

233

*f* *f* *f* *f*

IN 3 IN 3 IN 3

241

*mf* *mf*

IN 3

248

*mf* *mf* *mf*

Detailed description: This is a musical score for the 2nd Mellophone in F, spanning measures 200 to 248. The score is written in treble clef with a key signature of one flat (Bb). It features a variety of musical notations including slurs, dynamic markings, and performance instructions. Measures 200-207 consist of eighth-note patterns with slurs and *mf* dynamics. Measure 208 introduces a 'FLEXIBILITY 3' instruction. Measures 216-217 show a dynamic crescendo from *mf* to *mp*, *ff*, and back to *mp*, followed by a *f* dynamic. Measures 216-217 also include 'HOLD 3, IN 1' and 'IN 3' markings. Measures 225-232 feature *f* dynamics and 'IN 3' markings. Measures 233-240 continue with *f* dynamics and 'IN 3' markings. Measures 241-247 show *mf* dynamics and 'IN 3' markings. Measure 248 concludes with *mf* dynamics. The score includes various articulation marks such as slurs and accents.

### FLEXIBILITY 4

256 ♩ = 88

♩ = 100

Musical staff 256-264. The staff begins with a treble clef and a key signature of one flat (F major). It contains a series of sixteenth-note runs, each marked with a *mf* dynamic. The first run is in F major, the second in F minor, the third in D minor, and the fourth in D major. The staff concludes with a whole note chord.

Musical staff 265-272. This staff continues the sixteenth-note runs from the previous staff, alternating between major and minor keys (F major, F minor, D minor, D major). Each run is marked with a *mf* dynamic.

Musical staff 273-280. This staff continues the sixteenth-note runs, alternating between major and minor keys (F major, F minor, D minor, D major). Each run is marked with a *mf* dynamic.

Musical staff 281-288. This staff continues the sixteenth-note runs, alternating between major and minor keys (F major, F minor, D minor, D major). Each run is marked with a *mf* dynamic.

Musical staff 289-295. This staff features a series of whole notes, each marked with a *mf* dynamic. The notes are in F major, F minor, D minor, and D major.

Musical staff 296-303. This staff features a series of whole notes, each marked with a *mf* dynamic. The notes are in F major, F minor, D minor, and D major.