

MON

**Workout #1**

**Rhythm Track: #2**

**Technique: Scales**

**Genre: Any**

**Description:** Let's take a look at the major scale. This is probably familiar territory, but today as you play, pay attention to the distance (the interval) from each note to the next. The distance will be either a whole step (like from the first note to the second and the second note to third) or a half step (like from the third note to the fourth and the seventh note up to the root).

**Tip:** Now that you recognize the pattern used to construct a major scale, begin on other pitches. Some keys are more comfortable to play than others, but the pattern is always the same.



TUE

**Workout #2**

**Rhythm Track: #2**

**Technique: Ornaments**

**Genre: Any pop style**

**Description:** Today we'll play a slide between two pitches. We're sliding up to a neighboring note a half step higher.

**Tip:** First play the passage with the printed fingering, but without the slide. Once you're familiar with the notes, turn each pair of slurred notes into one smooth gesture. Be sure to listen to the recording.



WED

**Workout #3**

**Rhythm Track: #4**

**Technique: Rhythm/Feel**

**Genre: Pop/Swing**

**Description:** This is as simple-looking an exercise as one could want! The trick, though, is to make it feel good. Pay attention to your note lengths and accents, and compare them to the recording. Use a straight tone, one without vibrato.

**Tip:** Even with this one-pitch, quarter-note pattern, you want to communicate a swinging, danceable feel. Try playing both notated bowings. The top bowing is a basic swing bowing and starts up-bow to help bring out the accents on beats 2 and 4. More advanced players can practice the bottom bowing as well, with retakes between the notes.

