



Tuba Warm-Ups (for Bb Tuba)

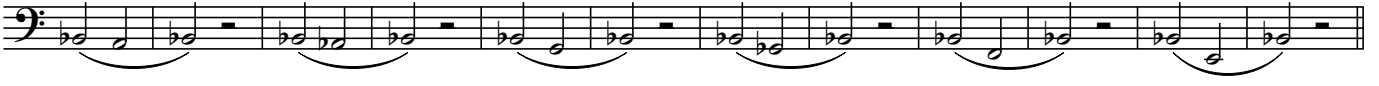
Please Note: These Warm-ups are not of my creation, but instead are a compilation of ideas from various tuba players I have encountered over the years. I have put them into an order that makes the most sense to me. Warm-ups should be introduced as soon as the player can maintain the tone, and should be the most important thing done daily. All exercises should be practiced at $\text{♩} = 60$ unless otherwise indicated.


Various Authors


The 5 minute "Level 1" warm-up


1 

13 

25 

37 

45 

51 

Continue through 1, 12, 23, 4 (13), 24 (123)

The 10 minute "Level 2" warm-up (add these to the Level 1 warm-up)

59 

66 

152

18

163

19

171

20

177

182

21

Continue through 1, 12, 23, 4 (13), 24 (123)

186

22

Continue through 1, 12, 23, 4 (13), 24 (123)

192

23

199

♩ = 100

24

3 3 3 3

continue down chromatically
as low as possible

The 35 minute "Level 4" warm-up
(add these to the Level 1 -3 warm-up)

205

25

213

221

230

26

243

27

*continue down chromatically
as low as possible*

249

28

*continue down chromatically
as low as possible*

255

29

263

271

279

287

295

303

311

319

327

335

343

351

359

30

*continue down chromatically
as low as possible*

The 50 minute "Level 5" warm-up
 (add these to the Level 1 - 4 warm-up)
 All as fast as possible to perform cleanly and evenly

362 *Continue through 1, 12, 23, 4 (13), 24 (123)*

31 

367 *Continue through 1, 12, 23, 4 (13), 24 (123)*

32 

372 *Continue through 1, 12, 23, 4 (13), 24 (123)*

33 

377 *Continue through 1, 12, 23, 4 (13), 24 (123)*

34 

382 *Continue through 1, 12, 23, 4 (13), 24 (123)*

35 

387 *Continue through 1, 12, 23, 4 (13), 24 (123)*

36 

392 *Continue through 1, 12, 23, 4 (13), 24 (123)*

37 

Continue through 1, 12, 23, 4 (13), 24 (123)

397 

401 *continue down chromatically as low as possible*

39 

The 60 minute "Level 6" warm-up
 (add these to the Level 1 - 5 warm-up)
 All as fast as possible to perform cleanly and evenly

407 *Continue through 1, 12, 23, 4 (13), 24 (123)*

40

415 *Double Tonguing*

41

419

Work in various other scales as well

423 *Double Tonguing*

42

427

Work in various other scales as well

431 *Triple Tonguing*

43

436

441

Work in various other scales as well

447 *8^{vb} (Pedal Tones)*

44

455

45

*continue down chromatically
 as low as possible*

Any additional warm-up activities should be musician-specific