



Tuba Warm-Ups (for Bb Tuba)

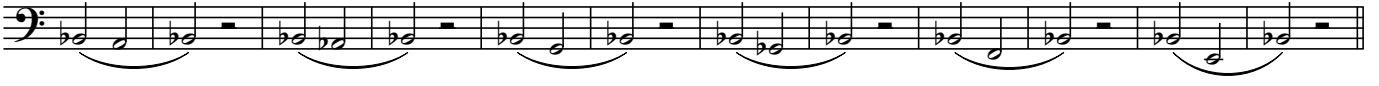
Please Note: These Warm-ups are not of my creation, but instead are a compilation of ideas from various tuba players I have encountered over the years. I have put them into an order that makes the most sense to me. Warm-ups should be introduced as soon as the player can maintain the tone, and should 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 

73

8

80

9

87

10

94

11

101 $\text{♩} = 100$

12

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

105

13

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

111

14

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

The 20 minute "Level 3" warm-up
(add these to the Level 1 and 2 warm-up)

119 *completely remove lip from mouthpiece between pitches*

15

130

16

141

17

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

24

continue down chromatically as low as possible

$\text{♩} = 100$

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 

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

38 

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