

# Warm-Up and Daily Maintenance Exercises

## Category I- Warming-Up The Lungs and Lips

Tuba in Bb

**Ex. 1**

Track 1-Stretch Warm-up

Bud Caputo

mf

**Ex. 2**

Track 2- Three Note Arpeggios (alternate tonguing and slurring for this exercise)  
Also, reverse the patterns from upper note to lower note for variety.

**Ex.3**

Track 3- Four Note Arpeggios (alternate tonguing and slurring for this exercise)