

# Middle School Warm Ups

## Long Tones

Matthew H. Spieker

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## Chromatics

## Hand Frame #1

## Hand Frame #2

## Hand Frame #3

## Hand Frame #4

## Two Octave Major Scale

## Two Octave Melodic Minor Scale

Bowing Exercises

Hook

Chord Progressions

Play one of the three tones of the chords.  
Your director will give you the chord progression.

Vom Himmel hoch da komm ich her

Bach