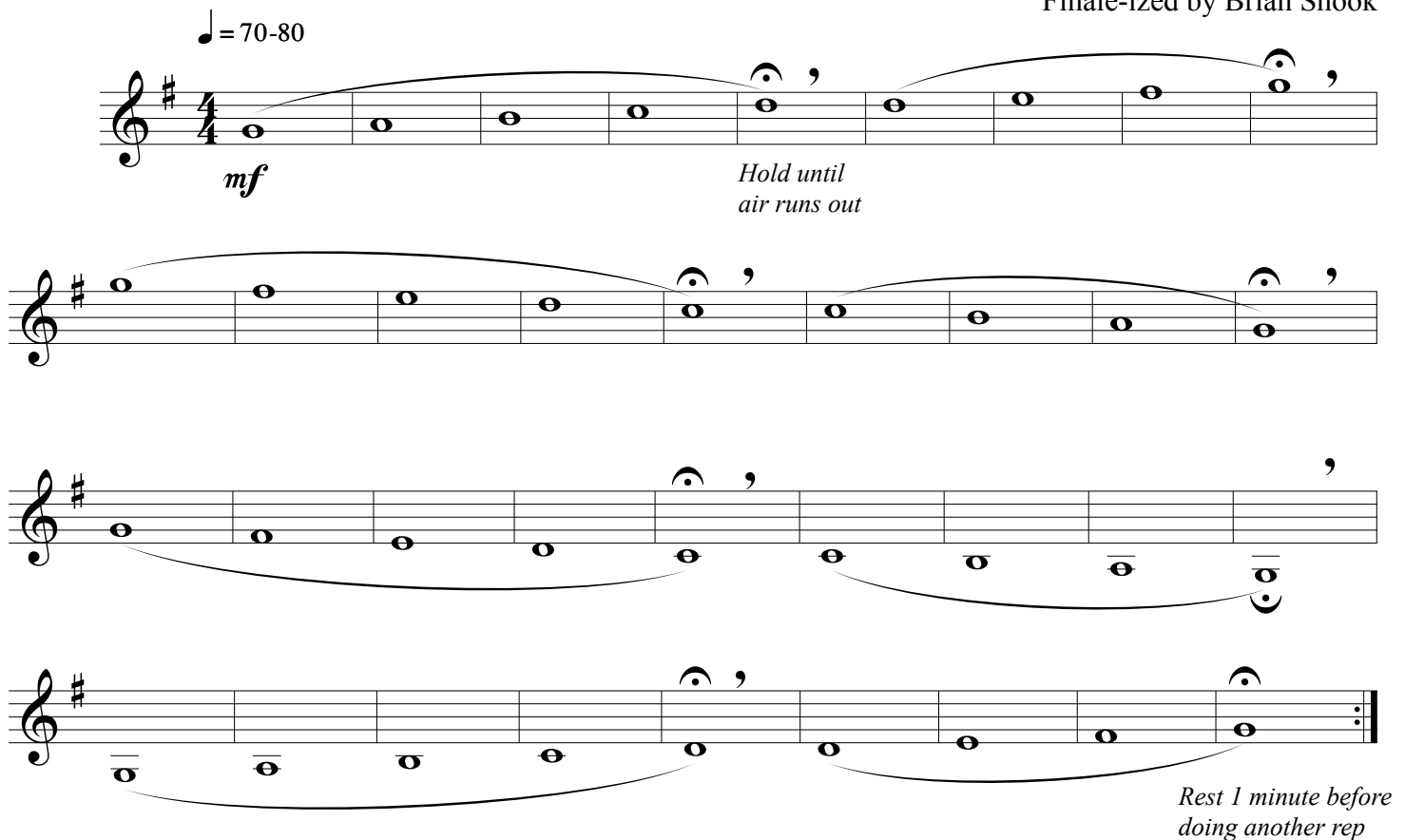


# Strength Building Routine

Bill Williams  
via Craig Morris  
Finale-ized by Brian Shook

$\text{♩} = 70-80$



The musical score consists of four staves of music in 4/4 time, key of D major. The first staff begins with a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The tempo is marked as quarter note = 70-80. The first four measures contain quarter notes: D4, E4, F#4, G4. The next four measures contain quarter notes: A4, B4, C5, D5. The final two measures contain quarter notes: E5, F#5, with fermatas over each. The dynamic is marked *mf*. The instruction "Hold until air runs out" is written below the second staff. The second staff continues the melody with quarter notes: D5, C5, B4, A4. The third staff continues with quarter notes: G4, F#4, E4, D4. The fourth staff concludes with quarter notes: C4, B3, A3, G3, with a fermata over the final G3. The instruction "Rest 1 minute before doing another rep" is written below the fourth staff.

*mf*

*Hold until  
air runs out*

*Rest 1 minute before  
doing another rep*

## General Instructions:

1. Always maintain a pure, round tone
2. Hold all fermatas until no air is left, but maintain a good sound at the original dynamic
3. All breaths are normal breaths, but do not take the horn off your face
4. On repeats, change the dynamic each time (*mf*, *f*, *p*, *mp*, etc.)
5. If you are not able to build up the strength to add another repetition within one week, wait two weeks
6. Pain is bad; a slight burning sensation is good
7. After all repetitions are completed, rest for 45 minutes before practicing anything else

## Repetitions:

1. Week 1: One repetition a day
2. Week 2: Two repetitions a day
3. Continue until you can do 6 repetitions in a row
4. Transpose up a half step and begin at 3 repetitions per day
5. Add one repetition each week until you can do 6 repetitions in a row
6. Transpose up another half step and proceed as before
7. Once you can do 6 repetitions in a row beginning on C, you are ready for anything