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OLYMPIC CELLO WORKOUT 7 EXERCISES TO PUT YOU IN GOLD MEDAL CONTENTION

Speed Endurance Strength
Make maximum use of a minimum amount of practice time.

This is a group of 7 intensive exercises I do to keep in shape. Each exercise focuses on one specific technical issue. In each exercise you will find Levels 1-3. Start with Level 1 and move up a level as soon as you can play the exercise perfectly. You can do these in 15 minutes or spend hours working at different variations.

Lesson 1: Long Tones
Lesson 2: Pulsing
Lesson 3: Coordination
Lesson 4: String X-ings
Lesson 5: 1-String Scale
Lesson 6: Improvisation
Lesson 7: Warm Down

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WARNING: Pay attention to fatigue and especially to pain. It's good to strengthen but don't push yourself beyond what is reasonable for your level of playing and your physical strength. Some of these exercises are very demanding, they will stress your technique, your hands, arms, etc. Use your discretion and protect your body.

Note: Much of what is here was taught to me by one of the many different cello teachers I've had. Special thanks to all the great people I've been lucky to work with who have contributed to this collection especially Robert Gardner, Zara Nelsova, and Ron Leonard.

I WORK ON THESE TOO

You can check in to see what I'm up to with these exercises.

push!

Adobe Acrobat Version

I have also posted a **PDF** version of the lessons. Many programs install the Adobe Acrobat Reader so you may have it already on your hard drive.