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OLYMPIC CELLO WORKOUTWARM-DOWN

Calming Final Exercise

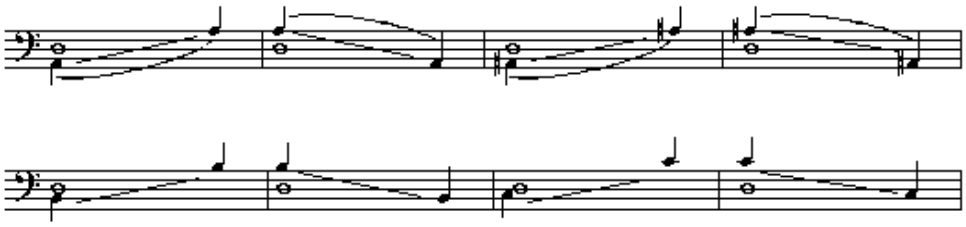
- Compare your inner sense of intonation (the pitch you hear in your head) with what you sing.
- Bring your muscles and brain into a more relaxed state.

PREPARATION	DESCRIPTION
Metronome at Quarter note=*72*	Start with exercise as written and then transpose it to other open strings. Play 4-10 clicks per bow, whatever is comfortable. Find an appropriate range in which to sing.

ALL LEVELS

Bow long open "d" and sing moving quarter notes. Repeat 2 or 3 times and then reverse roles: play the moving notes on your cello and sing the held "d." Be very calm, very relaxed.

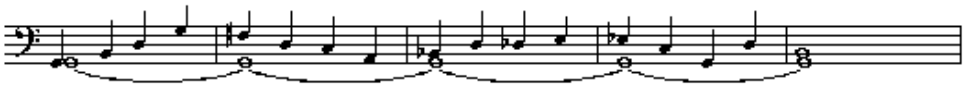
Rest your singing voice. Bow the open "D" string and play the moving notes on the "G" string shifting up using a long, relaxed, audible, glissando. Time your gliss to last 2 beats.Play the following exercise moving up a half step every cycle:



Continue up in this manner. A range of one octave is the goal. Start with a fourth (in this case, from "a" up to "d") and progress from there.

Further Study: Move between these two exercises without a break. Also try....

Try a different pair of strings



Try singing the notes of the exercise while playing a different open string.