

Arban's Book Daily Routine

(Complete Method for Tuba – Ed. Young/Jacobs)

1. **Warm-up Technique:** pp. 16-42, 2 or 3 daily in key of the day
2. **Flexibility:** pp. 43--, play one a day
3. **Scales:** pp. 63-80, 2 or 3 daily in key of the day
4. **Chromatic:** pp. 80-91, play a different one daily
5. **Accuracy:** pp. 92--, key of the day
6. **Intervals:** pp. 127--, key of the day
7. **Arpeggios:** pp. 147, 148, 149, 150, 151, 152, 153, 154, 155 key of the day
8. **Double Tongue:** pp. 181-196, 2 or 3 daily
9. **Triple Tongue:** pp. 160-181, 2 or 3 daily

Arban's Book Daily Routine

(Complete Method for Trombone – Ed. Randall/Mantia)

1. **Warm-up Technique:** pp. 17-43, 2 or 3 daily in key of the day
2. **Flexibility:** pp. 44--, play one a day
3. **Scales:** pp. 62-79, 2 or 3 daily in key of the day
4. **Chromatic:** pp. 80-90, play a different one daily
5. **Accuracy:** pp. 91--, key of the day
6. **Intervals:** pp. 126--, key of the day
7. **Arpeggios:** pp. 151, 152, 153, 154, 155, 156, 157, 158, 159 key of the day
8. **Double Tongue:** pp. 185-202, 2 or 3 daily
9. **Triple Tongue:** pp. 162-184, 2 or 3 daily

Arban's Book Daily Routine

(Complete Method for Trombone/Euphonium – Ed. Alessi/Bowman)

1. **Warm-up Technique:** pp. 13-42, 2 or 3 daily in key of the day
2. **Flexibility:** pp. 43--, play one a day
3. **Scales:** pp. 64-87, 2 or 3 daily in key of the day
4. **Chromatic:** pp. 88-99, play a different one daily
5. **Accuracy:** pp. 100--, key of the day
6. **Intervals:** pp. 138--, key of the day
7. **Arpeggios:** pp. 160, 161, 162, 163, 164, 165,166, 167, 168 key of the day
8. **Double Tongue:** pp. 197-213, 2 or 3 daily
9. **Triple Tongue:** pp. 174-197, 2 or 3 daily