



# \* Halt dich fit!

Es gibt keinen Grund NICHT zu üben!

## Workout 1 - Ablauf

- 1. Atemübung „Pendel“**  
Hüftbreiter Stand, Oberkörper schwenken, Arme pendeln, auspendeln.  
Dann Arme mit Schwung nach oben pendeln.  
In der Aufwärtsbewegung einatmen, abwärts ausatmen.
- 2. Atemübung „Ball prellen“**  
Ausatmung: Ball mit Energie nach unten prellen – Ausatemimpuls.  
Einatmung: Bei entspanntem Körper kommt die Luft von alleine (wie der Ball).  
Varianten: Je schwerer der Ball, desto kräftiger der Impuls. Je leichter der Ball, desto leichter und schneller die Impulse.
- 3. Atemübung „Brustschwimmen“**  
Ausatmung: Gestreckte Arme schulterhoch nach vorne, Handrücken an Handrücken, Kopf neigt sich nach unten.  
Einatmung: Arme schulterhoch nach hinten, Handflächen drehen nach vorn, der Körper weitet sich, der Kopf richtet sich auf.
- 4. Mundstück Klänge hören, summen und auf dem Mundstück buzzen**  
Ein Dreiklang wird vorgegeben (im Beispiel B-Dur, Es-Dur, F-Dur).  
Summend werden passende Töne dazu gesucht, diese dann auf das Mundstück übertragen.
- 5. Mundstück Dreischritt: Mundstück / Lippe / Gesang**  
Jeder Ton einer Tonleiter wird dreimal auf dem Mundstück geblasen, dann mit den Lippen gebuzzt und danach gesungen.
- 6. Instrument B-Dur-Tonleiterstudie**  
Workout1, 6, siehe folgende Seiten
- 7. Instrument Bindeübung, Binde- und Stoßübung chromatisch abwärts**  
Workout1, 7, siehe folgende Seiten

Workout Nr.1, 6.

# B-Dur-Tonleiterstudie

binden

Musical notation for measures 1-11. The piece is in B major (one flat) and 4/4 time. The melody in the treble clef consists of eighth notes with ties between measures. The bass clef accompaniment consists of quarter notes, also with ties between measures.

Musical notation for measures 12-22. The exercise continues with tied notes in both staves, maintaining the B major key and 4/4 time signature.

Musical notation for measures 23-32. The exercise continues with slurred notes in both staves, maintaining the B major key and 4/4 time signature.

Musical notation for measures 33-37. The exercise continues with eighth-note patterns in both staves, maintaining the B major key and 4/4 time signature.

Musical notation for measures 38-42. The exercise continues with triplet eighth-note patterns in both staves, maintaining the B major key and 4/4 time signature.

Musical notation for measures 43-44. The exercise continues with sixteenth-note patterns in both staves, maintaining the B major key and 4/4 time signature.

Musical notation for measures 45-48. The exercise concludes with sixteenth-note patterns in both staves, maintaining the B major key and 4/4 time signature.

Workout Nr. 1, 7.

# Bindeübung chromatisch abwärts

1

Musical notation for exercise 1, 4/4 time signature. The exercise consists of two staves, treble and bass clef, with a key signature of two flats. The melody in the treble clef starts on G4 and descends chromatically to Bb3. The bass clef part starts on G3 and descends chromatically to Bb2. The exercise is marked with a '1' at the beginning.

2

Musical notation for exercise 2, 4/4 time signature. The exercise consists of two staves, treble and bass clef, with a key signature of two flats. The melody in the treble clef starts on G4 and descends chromatically to Bb3. The bass clef part starts on G3 and descends chromatically to Bb2. The exercise is marked with a '2' at the beginning.

3

Musical notation for exercise 3, 4/4 time signature. The exercise consists of two staves, treble and bass clef, with a key signature of two flats. The melody in the treble clef starts on G4 and descends chromatically to Bb3. The bass clef part starts on G3 and descends chromatically to Bb2. The exercise is marked with a '3' at the beginning and includes the text 'usw.' at the end of the staff.

4

Musical notation for exercise 4, 3/4 time signature. The exercise consists of two staves, treble and bass clef, with a key signature of two flats. The melody in the treble clef starts on G4 and descends chromatically to Bb3. The bass clef part starts on G3 and descends chromatically to Bb2. The exercise is marked with a '4' at the beginning and includes the text 'usw.' at the end of the staff.

5

Musical notation for exercise 5, 3/4 time signature. The exercise consists of two staves, treble and bass clef, with a key signature of two flats. The melody in the treble clef starts on G4 and descends chromatically to Bb3. The bass clef part starts on G3 and descends chromatically to Bb2. The exercise is marked with a '5' at the beginning and includes the text 'usw.' at the end of the staff.

Workout Nr. 1, 7. Binde- und Stoßübung chromatisch abwärts

1

usw.

2

usw.

3

usw.

4

usw.

5

6

usw.

usw.