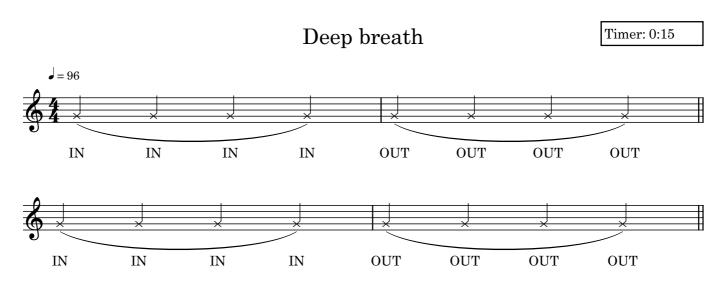
10-Minute Warm Up Routine

Julius Pranevičius

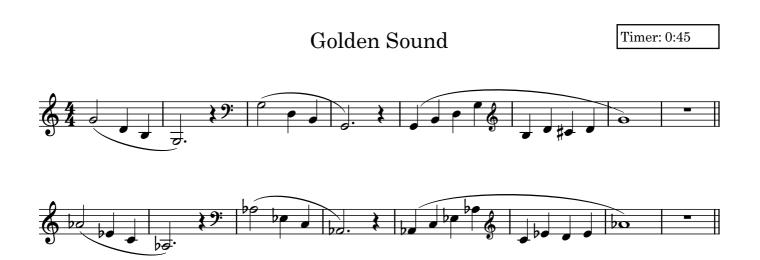
Timer: 0:00

Empty the Horn



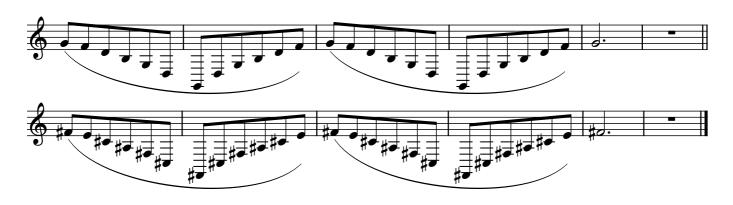












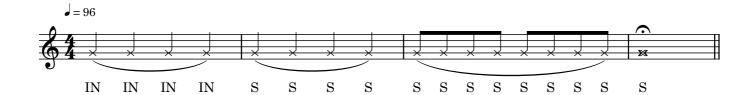
Empty the Horn

Timer: 4:15



Breath and sizzle

Timer: 4:00



Farkas Chords

Timer: 10:00



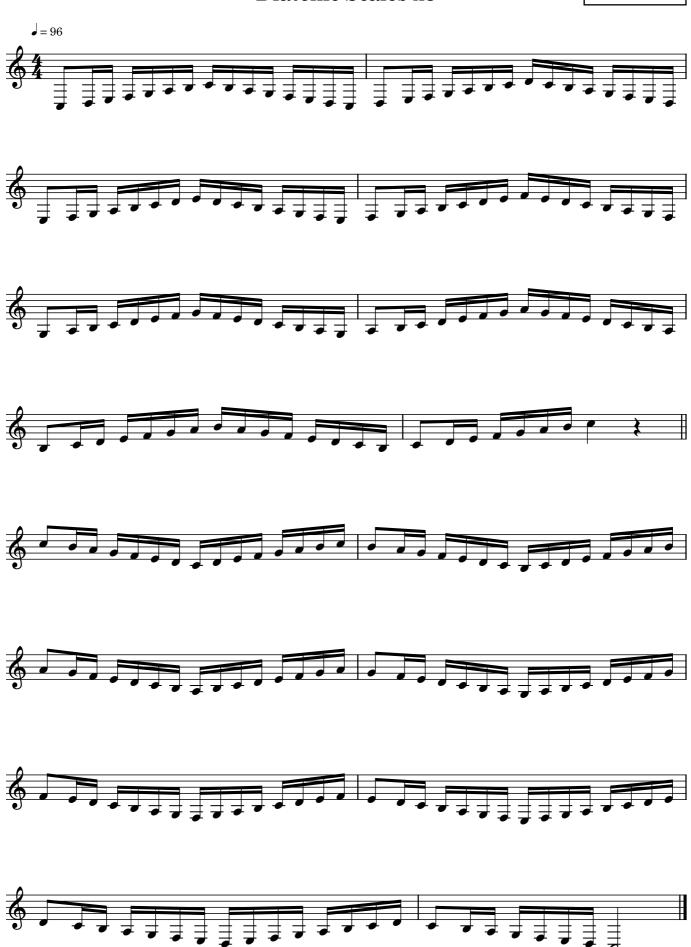
Empty the Horn

Timer: 10:00



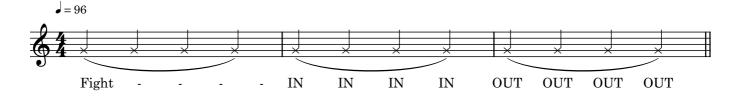
Diatonic Scales x3

Timer: 10:00



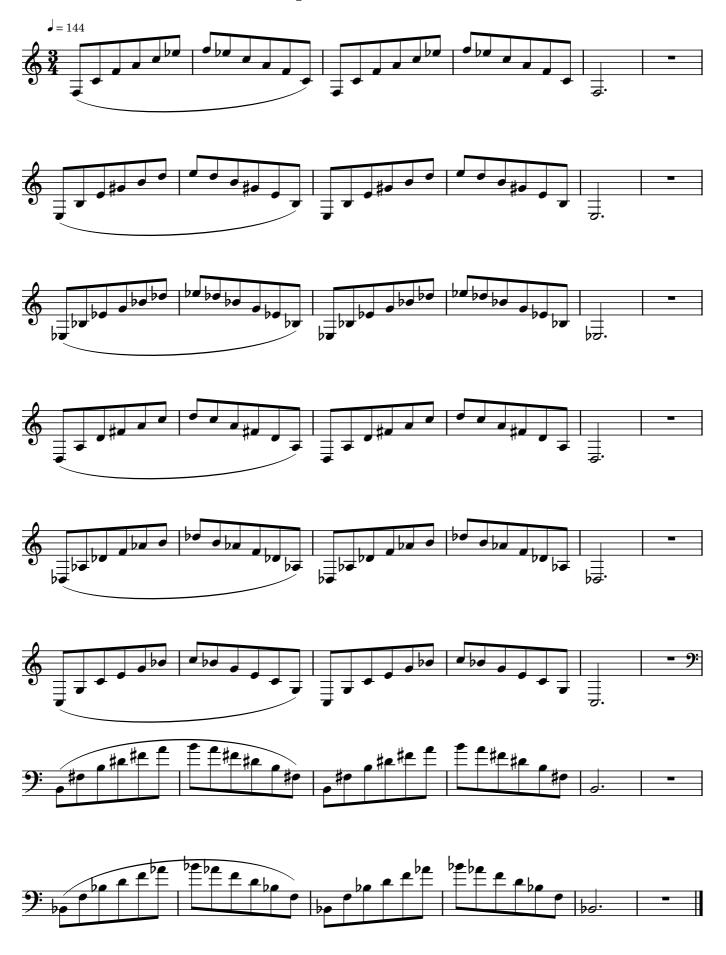
Fight and breath x3







Open Harmonics



Chords with breaks



Yawn & Sigh

