20-Minute Warm Up Routine

Julius Pranevičius

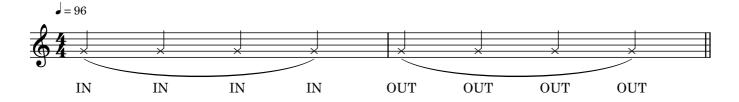
Timer: 0:00

Empty the Horn





Timer: 0:15







Golden Sound Timer: 0:45







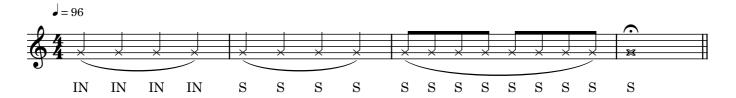
Empty the Horn

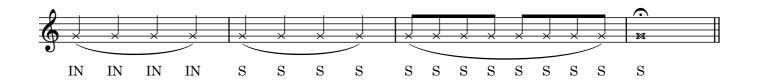
Timer: 4:00

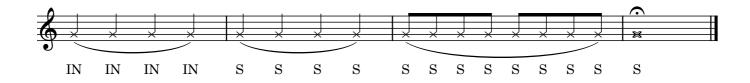


Breath and sizzle x3

Timer: 4:15

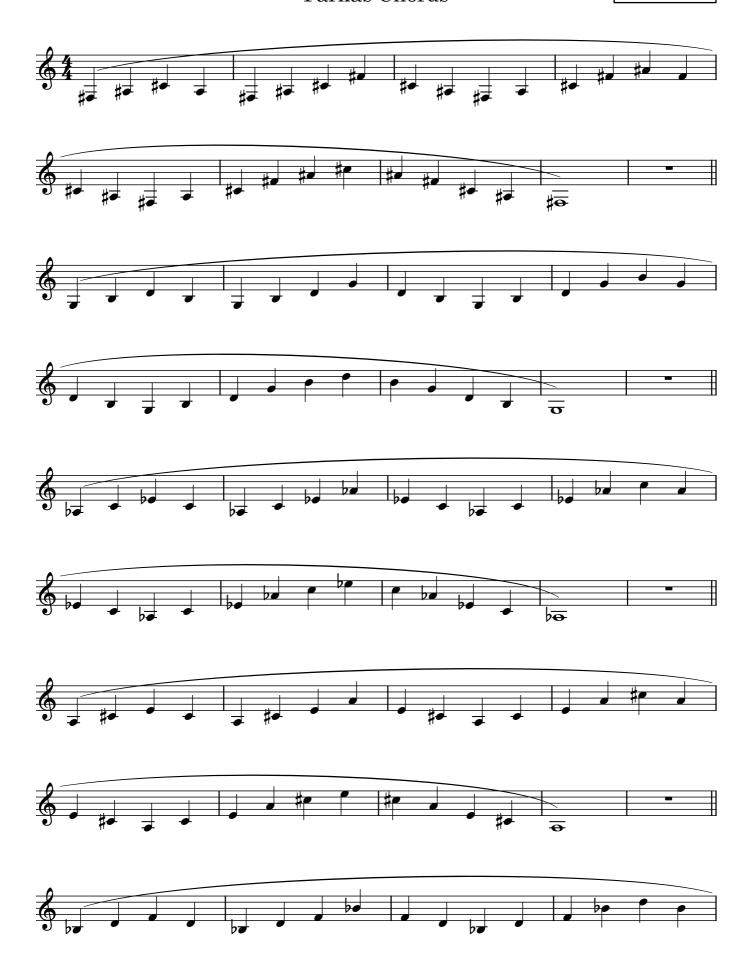




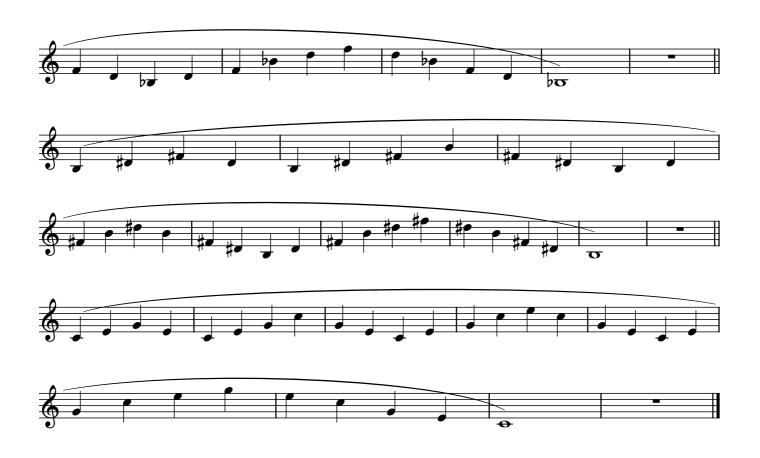


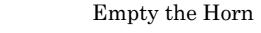
Farkas Chords

Timer: 5:15



Timer: 10:00

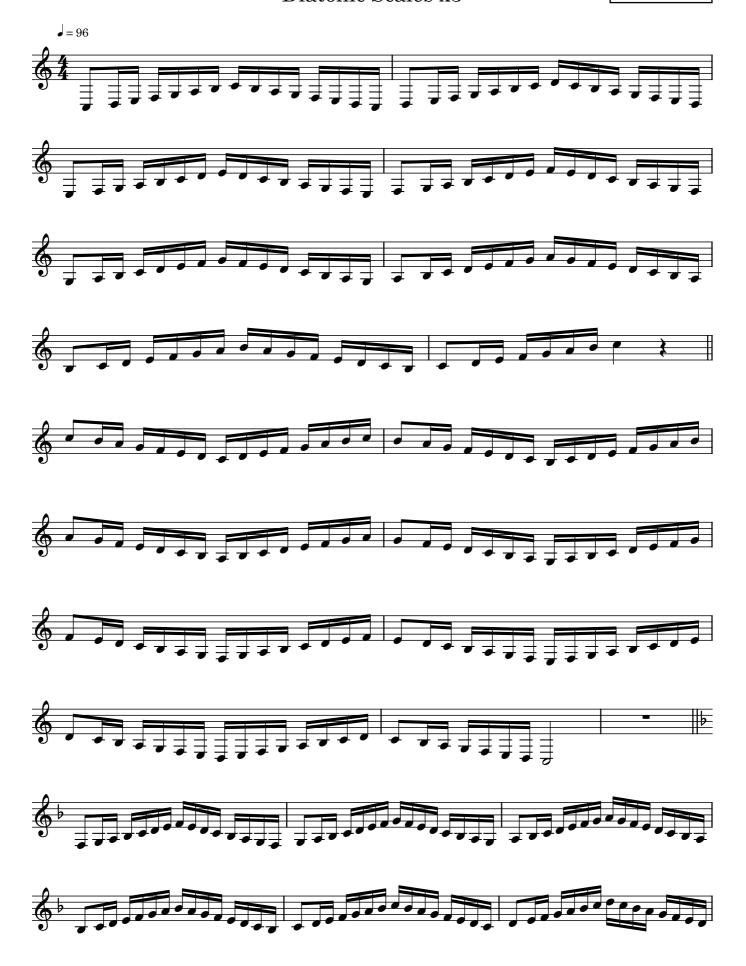






Diatonic Scales x3

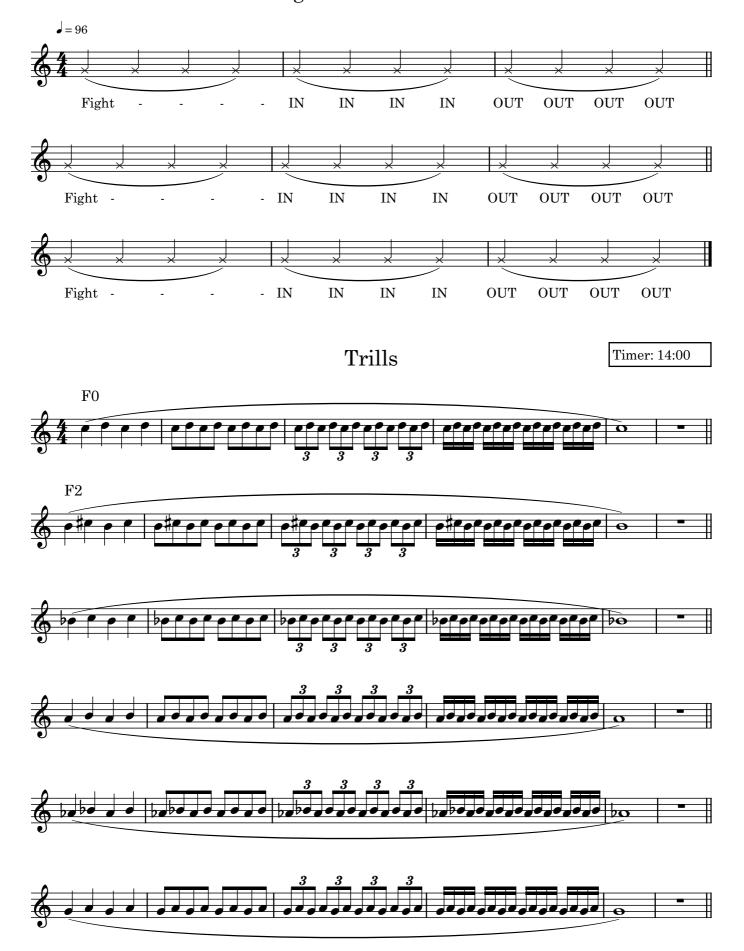
Timer: 10:15



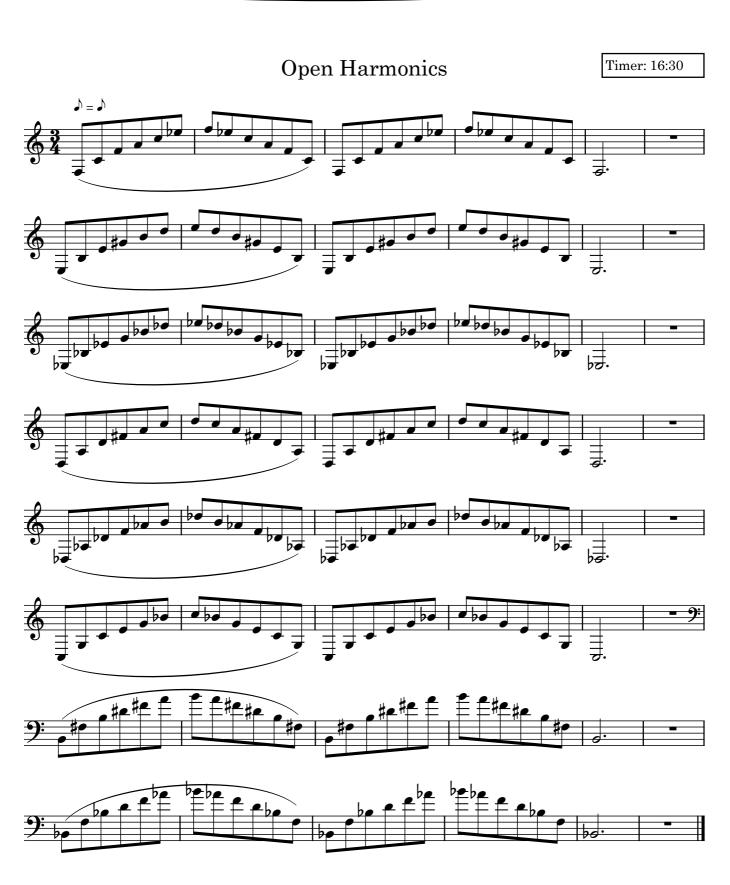


Fight and breath x3



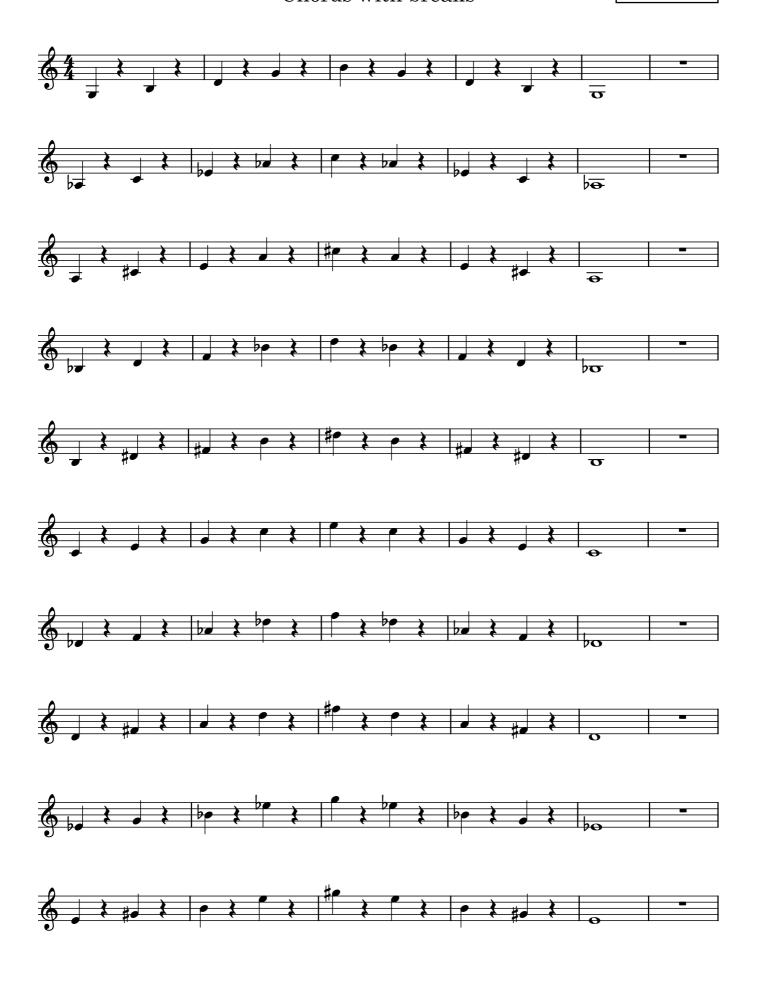






Chords with breaks

Timer: 18:00





Yawn & Sigh

