

# Range and Endurance Builder

The following are merely examples. You will need to adjust the starting note to fit your current needs and abilities.

$\text{♩} = 72$

Tuba

Tba.

Euphonium

Euph.

## Range Builder

Begin on a note which you can play comfortably, but is still high.  
Play once a day. When that feels easy, move the first note up a half step.  
The highest note should feel uncomfortable, but not painful.

## Endurance Builder

Start this exercise at one minute total.  
When this feels easy, increase by 15 seconds by repeating a fourth time.  
When that begins to feel easy, repeat again.