SEVEN MINUTE

WARMUP

Andy Moritz The Bass Studio

 D^{l}

- SCALE
- ARPEGGIO

Δ1

- SCALE
- ARPEGGIO

- SCALE
- ARPEGGIO

-2

- SCALE
- ARPEGGIO

 ~ 2

- SCALE
- ARPEGGIO

۸2

- SCALE
- ARPEGGIO

V 312

- SCALE
- ARPEGGIO
- SCALE
- $\bigcirc 2$
- ARPEGGIO

 $\stackrel{\sim}{\sim} 2$

- SCALE
- ARPEGGIO

Е_Р2

• SCALE

SCALE

- ARPEGGIO
- -3
- ARPEGGIO
- G^3
- SCALE
- ARPEGGIO

How to play it:

- 1) Top note of scales ALWAYS repeats
- 2) Top note of arpeggios NEVER repeats
- 3) The last scale note does not overlap the first arpeggio note. Finish the scale and <u>then</u> start the arpeggio

Quarter Note	How Many Rests	Total Average
Metronome Setting	Between Components	"Loading" Time
J = 60	2 beats	8.66 minutes
J = 74	2 beats	7.02 minutes
J = 90	1 beat	5.64 minutes

When completed, the majority of the skills needed to play, your "Bass Playing Operating System," will be loaded and ready to go.