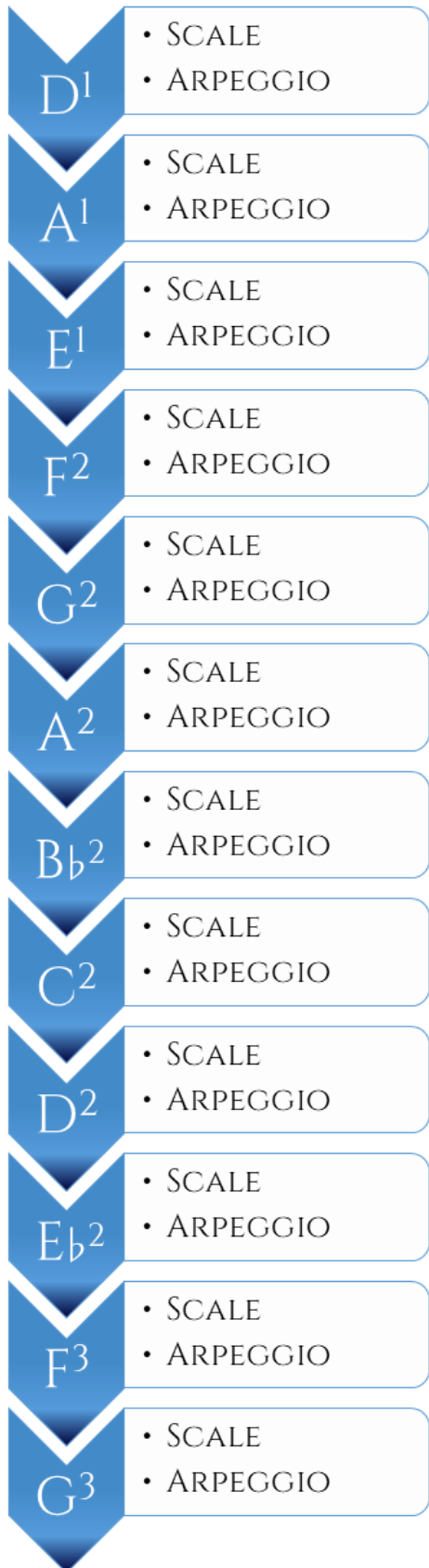


SEVEN MINUTE WARMUP

ANDY MORITZ
THE BASS STUDIO



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 then start the arpeggio

Quarter Note Metronome Setting	How Many Rests Between Components	Total Average “Loading” Time
♩ = 60	2 beats	8.66 minutes
♩ = 74	2 beats	7.02 minutes
♩ = 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.