

The 5-Minute "Coffee Break" Warm-Up (No Piano Needed!)

Phase 1: The Set Up

Time to put down your coffee (or tea) and put your hands on the table immediately. Five minutes is all you need to keep your piano fingers in shape today. No piano required!

If you're not watching the video, this PDF will take you through a real-time, non-stop workout for dexterity and independence. Clear a spot on your desk or kitchen table. Sit up straight. Shoulders down. Let's go!

Phase 2: The Routine

The Warm-Up (1 Minute)

- Action: Simple 5-finger taps (Thumb to Pinky, Pinky to Thumb).
- Focus on the *sound*. You want to hear a rhythmic thud, thud, thud against the wood, with an even volume.

Break (15 Seconds)

- Action: Shake hands out loosely at the wrist. Shake it out. Release the tension in your forearms.

The "Brain Game" (1 Minute)

- Action: The Independence Drill (e.g., Left hand taps steady beat, Right hand taps every *other* beat, then switch. With specific finger lifts). This isn't about strength, it's about control. If you mess up, just jump back in on the next beat.

Break (15 Seconds)

- Action: Wrist roll.

The Sprint (1 Minute)

- Action: Trills on the table (Rapidly alternating fingers 2-3, then 3-4, then 4-5).
- Now we push the speed slightly. Keep the movement small. Don't lift high, just tap fast.

The Isometric Stretch (45 Seconds)

- Action: Press all 5 fingertips firmly into the table (creating an arch/bridge) and hold, then release.

Phase 3: The “Daily Habit”

Good work! Your hands are now 'awake' and ready for the day! This routine works best if you do it consistently. You can start your practice sessions with it and use it on those days when you can't get to your piano or keyboard.

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