

Three Week Saxophone Workout

Saxophone Workout Week one of a 3 week workflow to take your saxophone skills to the next level

WEEKS	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	<p>LONG TONES 30 minutes Full instrument Register Use tuner all time</p> <p>Listen to: Paul Desmond Stan Getz All week long Diferent recordings</p>	<p>LONG TONES 30 minutes Arpeggios Full instrument Register</p>	<p>LONG TONES 30 minutes Palm keys From D to F# Chromatically</p>	<p>LONG TONES 30 minutes Low notes From D to Bb Chromatically</p>	<p>Memorize this songs: 1. Misty 2. Summertime 3. Stella by Starlight</p>
WEEK TWO	<p>45 minutes All Melodic minor scales at 80 BPM</p>	<p>45 minutes All harmonic minor scales at 80 BPM</p>	<p>45 minutes All Major Scales at 80BPM</p>	<p>60 minutes All Major and minors scales in Thirids at 80 BPM</p>	<p>60 minutes Major and minor Pentatonic Scales</p>
WEEK THREE	<p>Practice from the Charley Parker Omni Book</p> <p>1. Donna Lee</p>	<p>Practice from the Charley Parker Omni Book</p> <p>1. Scapple from the Apple</p>	<p>Practice from the Charley Parker Omni Book</p> <p>1. Moose The Mooche</p>	<p>Practice from the Charley Parker Omni Book</p> <p>1. Confirmation</p>	<p>Practice from the Charley Parker Omni Book</p> <p>1. Yard Bird Suite</p>