

Chop Lock BC-7.0 - *The Timer*

| Harmon Stem out - Soft warmup (p) #1 & #2 | | Open - Soft warmup (mp) #3 & #4|

Slur or Legato or Staccato - vary daily

by Peter G. Voisin

08/27/2014

#1 *harmon* Keep mouthpiece on lips. 3:00 [1:30 play | 1:30 rest]

#2 *harmon* Keep mouthpiece on lips. 6:00 [3:00 play | 3:00 rest]

#3 *open* Keep mouthpiece on lips. 7:00 [3:30 play | 3:30 rest]

#4 *open* Remove mouthpiece between sets. **Take as much time as you need**