

THE ULTIMATE WARM UP CHECK LIST

ARTS in **SCHOOLS**
www.drewwdowning.com.au

PHYSICAL

Stretching, breathing, balancing,
focussing + setting up.

2 minutes

EXERCISES

Scales, rudiments + exercises
relevant to your **instrument**

4 minutes

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TECHNICAL

Excerpts + technical work
relevant to your **repertoire**

4 minutes

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EMOTIONAL

Stop. Rest. Drink some water.
Think. Prepare.

5 minutes

PRACTICAL

Run through your repertoire.
Play each piece twice.

15-30 minutes

COOL DOWN

Move away from your music space.
Drink some water. Reflect.

5 minutes