

# Warmup & Relax

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The goal of this exercise is to slowly and carefully warm up the muscles of the embouchure without creating tension. Play throughout with an open and relaxed tone. Duration: about 5-6 minutes.

Flute

**A** ♩ = ca. 60

*mf*

6

**B**

10

**C**

18

**D**

24

**E**

30

36

**F**

41

47 **G**

50 **H**

56

60

67 **I**

69

71 **J**

77 **K** Slur from second note on repeat  
*etc.*

81 Slur from second note on repeat  
*etc.*

85