



WARMUPS WITH...

a collection of fundamentals exercises
meant to be played with pop recordings

by James DeCaro

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B \flat Trumpet
Baritone (TC)



General Instructions

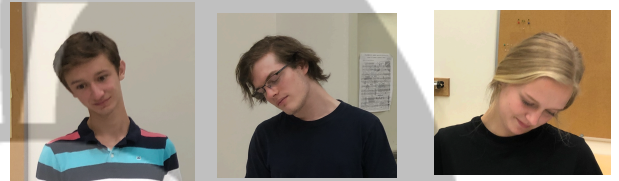
When multiple notes are given, play in the most comfortable range.

If you're playing the book on your own, you may find the time codes helpful. They are found above the staff and look like this: (3:16)

Stretches

Feel free to substitute other stretches. The ones used in this volume include the following:

Head rolls - gently and slowly rotate your head and neck around in a circle



Shoulder rolls - stand tall and relaxed; rotate your shoulders up and forward several times, then up and backward



Neck stretch - put one hand on top of your head and gently pull your head down in the indicated direction



Side stretch - with feet shoulder-width apart, stretch your upper body by leaning to one side, then repeat on the other side



Standing roll down - tip your head forward, followed by your shoulders, upper back, and lower back, leaving your arms hanging down and your body bent at the waist. Roll up in reverse.



Breathing Instructions

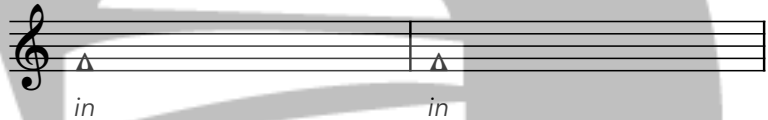
For more ideas about breathing, consult *The Breathing Gym*, by Sam Pilafian and Patrick Sheridan.

In general, air should always be moving in or out (except in the cases of holds, described below). Inhale and exhale **evenly** over the given counts. Maintain perfect posture whether seated or standing. Consider breathing with your instrument in playing position.

Always feel the pulse and subdivision of the music. Take every breath in time. Don't just *listen* to the track; *internalize* what you are hearing. Focus on the steady release of air throughout. Remain in playing position during rests.

Here are the symbols used for breathing in these exercises:

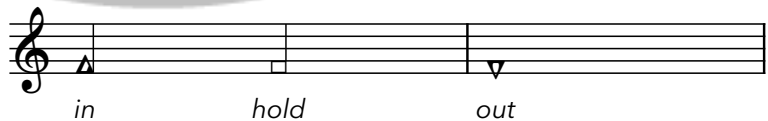
An upward-pointing triangle is for breathing in. Inhale steadily for the duration of the note.



A downward-pointing triangle is for breathing out. Exhale steadily for the duration of the note.



A rectangle is for holding your current breath. Keep your mouth open and your body relaxed until the next inhalation or exhalation.



When multiple inhales/exhales are adjacent to each other, inhale or exhale in time with the rhythmic pattern.



Recommended Recordings

- "Tio Macaco" from *We Like it Here*, Snarky Puppy
 "Happy" from *Despicable Me 2: Original Motion Picture Soundtrack*, Pharrell Williams
 "Still Feel" from *In Florescence - EP*, half•alive
 "Umbrella" from *Covers 1*, Youngblood Brass Band
 "Toxic" from *In the Zone*, Britney Spears
 "Something in the Water" from *Greatest Hits: Decade #1*, Carrie Underwood
 "Gratitude" from *Gratitude*, Earth, Wind & Fire
 "Harder Better Faster Stronger" from *Discovery*, Daft Punk

Index of Features

Title	Key(s)	Time Sig.	BPM	Track Length	Breathing?	Stretching?	Other Notes
Tio Macaco	Bb Major, C Major	2/2	126	5:43	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	singing, optional improv
Happy	F Major/minor	4/4	160	3:53	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	optional improv
Still Feel	Bb minor	4/4	120	4:22	<input checked="" type="checkbox"/>	<input type="checkbox"/>	some sixteenth syncopation
Umbrella	A minor	4/4	94	4:27	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	mostly long tones
Toxic	C minor	4/4	144	3:19	<input checked="" type="checkbox"/>	<input type="checkbox"/>	sixteenth articulation and harmonic minor patterns
Something in the Water	G Major	4/4	160	3:59	<input checked="" type="checkbox"/>	<input type="checkbox"/>	short scale patterns; articulations and dynamics
Gratitude	G Mixolydian	4/4	90	3:27	<input checked="" type="checkbox"/>	<input type="checkbox"/>	mostly scale patterns
Harder Better Faster Stronger	A Major	4/4	120	3:45	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	scale patterns; some optional large interval slurs

**B \flat Trumpet
Baritone (TC)**

WARMUPS WITH...

Tio Macaco

This exercise is meant to be played with "Tio Macaco" from the album *We Like it Here* by Snarky Puppy.

$\text{♩} = 126$ neck stretch to the right

(4) (8)

9 neck stretch to the left

remember to keep breathing!

(4) (8)

17 neck stretch down

(4) (8)

25 head rolls

(4) (8)

33 side stretch left

(4) (8)

41 side stretch right

(4) (8)

49 piano enters
stretch: your choice

get ready to play

(4) (8)

57 (1:00) **65**

Sing: ah _____

Detailed description: Musical staff 57-65. Treble clef, 4/4 time. Measures 57-65. Notes: 57 (G4), 58 (A4), 59 (B4), 60 (C5), 61 (B4), 62 (A4), 63 (G4), 64 (F4), 65 (E4). Includes a 'Sing: ah' instruction with a line for vocalization.

67 **73**

ah _____

Detailed description: Musical staff 67-73. Treble clef, 4/4 time. Measures 67-73. Notes: 67 (E4), 68 (F4), 69 (G4), 70 (A4), 71 (B4), 72 (C5), 73 (B4). Includes a 'Sing: ah' instruction with a line for vocalization.

76 **81**

ah _____

Detailed description: Musical staff 76-81. Treble clef, 4/4 time. Measures 76-81. Notes: 76 (G4), 77 (A4), 78 (B4), 79 (C5), 80 (B4), 81 (A4). Includes a 'Sing: ah' instruction with a line for vocalization.

85 **89**

ah _____

Detailed description: Musical staff 85-89. Treble clef, 4/4 time. Measures 85-89. Notes: 85 (E4), 86 (F4), 87 (G4), 88 (A4), 89 (B4). Includes a 'Sing: ah' instruction with a line for vocalization.

95 **97**

Detailed description: Musical staff 95-97. Treble clef, 4/4 time. Measures 95-97. Notes: 95 (G4), 96 (A4), 97 (B4). Includes a 'Sing: ah' instruction with a line for vocalization.

105 Breathe **113** 1x lower, 2x upper notes
Play

in out

Detailed description: Musical staff 105-113. Treble clef, 4/4 time. Measures 105-113. Notes: 105 (G4), 106 (A4), 107 (B4), 108 (C5), 109 (B4), 110 (A4), 111 (G4), 112 (F4), 113 (E4). Includes 'Breathe in out' and '113 1x lower, 2x upper notes Play' instructions.

121 (2:08 - second sax solo)

Detailed description: Musical staff 117-121. Treble clef, 4/4 time. Measures 117-121. Notes: 117 (B3), 118 (A3), 119 (G3), 120 (F3), 121 (E3). Includes a repeat sign.

129 (2:22 - trumpet solo)
stay relaxed!

Detailed description: Musical staff 127-129. Treble clef, 4/4 time. Measures 127-129. Notes: 127 (G4), 128 (A4), 129 (B4). Includes a repeat sign and 'stay relaxed!' instruction.

137 (2:37 - second trumpet solo)

Detailed description: Musical staff 136-137. Treble clef, 4/4 time. Measures 136-137. Notes: 136 (G4), 137 (A4). Includes a repeat sign.

145 4x, rest on 1x

Musical staff for exercise 145, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are grouped into four phrases. The first phrase (2x) is marked *p cresc.*, the second (3x) is marked *f decresc.*, and the third (4x) is marked *ff*. The notes are connected by slurs.

152 **153** (3:20 - solo backgrounds start)

Musical staff for exercise 153, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are connected by slurs.

159 **161** Relax; feel the pulse

Musical staff for exercise 161, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are connected by slurs.

168 **169** (3:42)

Musical staff for exercise 169, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are connected by slurs.

177 **185**

Musical staff for exercise 177-185, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are connected by slurs.

Musical staff for exercise 186, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are connected by slurs.

193 (4:05) opt. call and response or improv

Musical staff for exercise 193, starting with a double bar line and repeat sign. The staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The notes are connected by slurs.

**B \flat Trumpet
Baritone (TC)**

WARMUPS WITH...

Happy

This exercise is meant to be played with "Happy" from the album *Despicable Me 2: Original Motion Picture Soundtrack* by Pharrell Williams.

$\text{♩} = 160$

standing roll down

(4) (8)

10 roll up

(4) (8)

18 (0:25) Breathe in hold out **22** Play 4x **26** (1:13) Play 4x

in hold out

30

33 **38** (1:49)

39

44 **46**

49

**B♭ Trumpet
Baritone (TC)**

WARMUPS WITH...

Still Feel

This exercise is meant to be played with "Still Feel" from the album *In Florescence - EP* by Half Alive.

♩ = 120

5 Breathe in out 9 Play

11 17 (0:32)

21 check your posture! Breathe 25 Play

30 33

36 41 (1:19) are you relaxed?

44 Breathe 45 Play 53

54

61 (2:00)

68 **69**

Musical staff 68-69: Treble clef, key signature of two flats (B♭, E♭). The staff contains a sequence of eighth and quarter notes with rests, starting on G4 and moving up stepwise to G5.

75 **77** (2:32) *internalize the pulse* Breathe Play *p* *cresc.*

Musical staff 75-77: Treble clef, key signature of two flats. Staff 75-76 contains whole notes with rests. Staff 77 contains a whole note on G4, marked *p* and *cresc.* Above the staff, the instruction "internalize the pulse" is written. Above staff 77, the words "Breathe" and "Play" are written above the first and second measures respectively.

83 **89**

Musical staff 83-89: Treble clef, key signature of two flats. Staff 83-85 contains whole notes on G4, marked *f*, *p*, and *cresc.* Staff 86-89 contains eighth and quarter notes with rests, marked *ff*.

91

Musical staff 91-95: Treble clef, key signature of two flats. The staff contains eighth and quarter notes with rests, moving up stepwise from G4 to G5.

96 **97** (3:14)

Musical staff 96-102: Treble clef, key signature of two flats. The staff contains eighth and quarter notes with rests, moving up stepwise from G4 to G5.

103 **105** May repeat 97-105 instead of 105-113

Musical staff 103-105: Treble clef, key signature of two flats. The staff contains eighth and quarter notes with rests, moving up stepwise from G4 to G5.

108

Musical staff 108-112: Treble clef, key signature of two flats. The staff contains eighth and quarter notes with rests, moving up stepwise from G4 to G5.

112 **113** Rock out! (or relax and stretch)

Musical staff 112-120: Treble clef, key signature of two flats. Staff 112-113 contains eighth and quarter notes with rests, moving up stepwise from G4 to G5. Staff 114-120 contains whole notes with rests on G4.

120 **121** Relaxed breaths and sighs

Musical staff 120-121: Treble clef, key signature of two flats. The staff contains whole notes with rests on G4.

**B♭ Trumpet
Baritone (TC)**

WARMUPS WITH...

Umbrella

This exercise is meant to be played with "Umbrella" from the album *Covers 1* by Youngblood Brass Band.

♩ = 94 Breathe Drums enter 9

in out

13 Stretch-head and shoulder rolls

(4)

19 21 Stretch-your choice

(8) (4)

25 29 (1:23) Play

Get ready! Breathe

mf

32 Breathe Play 37 Play *subdivide sixteenths*

subdivide sixteenths

42 45

subdivide sixteenths

50 Breathe 53 (2:23) Play

subdivide sixteenths

57 *check your posture :) 61*

67 **69** *keep the flow* →

73 **77** (3:24)

81 **85** *ROCK OUT!
or stretch of your choice*

89 *Breathe* **93** (4:05) *Play*
relax; the air should flow like a long tone

95

98

**B \flat Trumpet
Baritone (TC)**

WARMUPS WITH...

Toxic

This exercise is meant to be played with "Toxic" from the album *In the Zone* by Britney Spears.

$\text{♩} = 144$ 9

Breathe

in out

12 17 (0:27)
Play

22 25

28

34 35 (0:57)

40 43

45

49 51 (1:24)

54 Breathe Play

59



63



69

(1:54)



73



77



81

85 (2:21)



86



95

Go for 8 bars in one breath!

Breathe

Play



100

103 (2:51)



104

Breathe Play

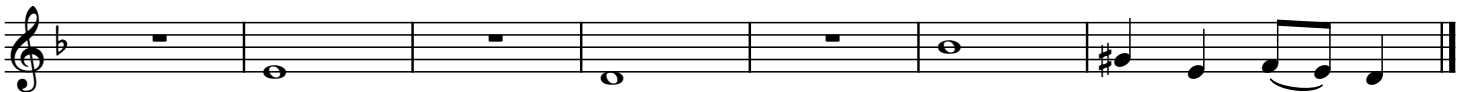


108

111



112



**B \flat Trumpet
Baritone (TC)**

WARMUPS WITH...

Something in the Water

This exercise is meant to be played with "Something in the Water" from the album *Greatest Hits: Decade #1* by Carrie Underwood.

$\text{♩} = 160$

2 Breathe

in out In

10 Play

18 **26** (0:49) Breathe

29 Play **34** Breathe Play

39 Breathe **42** (1:16) Play

46 **50** sit/stand tall

51

55 **58** (1:44) Breathe

62 Play 66

Musical staff 62-66 in treble clef with a key signature of two sharps (F# and C#). The staff contains a sequence of notes: quarter notes, eighth notes, and a half note, with a repeat sign at the end of the first phrase.

70 74 (2:25)

Musical staff 70-74 in treble clef with a key signature of two sharps. The staff contains a sequence of notes with a repeat sign at the end of the first phrase.

75

Musical staff 75-79 in treble clef with a key signature of two sharps. The staff contains a sequence of eighth notes with a repeat sign at the end of the first phrase.

79 82 Breathe

Musical staff 79-82 in treble clef with a key signature of two sharps. The staff contains a sequence of eighth notes with a repeat sign at the end of the first phrase.

86 90 Play

Musical staff 86-90 in treble clef with a key signature of two sharps. The staff contains a sequence of notes with a repeat sign at the end of the first phrase.

93

Musical staff 93-97 in treble clef with a key signature of two sharps. The staff contains a sequence of eighth notes with a repeat sign at the end of the first phrase.

97 98 (3:06)

Musical staff 97-101 in treble clef with a key signature of two sharps. The staff contains a sequence of eighth notes with a repeat sign at the end of the first phrase.

101

Musical staff 101-105 in treble clef with a key signature of two sharps. The staff contains a sequence of eighth notes with a repeat sign at the end of the first phrase.

105 106

Musical staff 105-106 in treble clef with a key signature of two sharps. The staff contains a sequence of notes with a repeat sign at the end of the first phrase.

**B \flat Trumpet
Baritone (TC)**

WARMUPS WITH...

Gratitude

This exercise is meant to be played with "Gratitude" from the album *Gratitude* by Earth, Wind & Fire.

$\text{♩} = 90$

4 Breathe
in out

12 (0:29)
Play

21

29 (1:14)
fp

37
fp *ppp*

45 1:56
f *ppp* *f*

52 (optional)

55

60

63 (2:43)

65

69

71

73

76

fade

**B \flat Trumpet
Baritone (TC)**

WARMUPS WITH...

Harder Better Faster Stronger

This exercise is meant to be played with "Harder Better Faster Stronger" from the album *Discovery* by Daft Punk.

$\text{♩} = 120$

shoulder rolls (4) head rolls (4)

Detailed description: A musical staff in treble clef with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. It starts with a quarter rest followed by a half note. The rest of the staff contains rhythmic notation: four groups of four diagonal slashes, each labeled with a circled '4' below it. The first group is labeled 'shoulder rolls' and the second group is labeled 'head rolls'.

10 Breathe

in _____ out _____ hold

Detailed description: A musical staff in treble clef with a key signature of three sharps. It begins with a double bar line and a repeat sign. The notation consists of a series of notes with slurs and breath marks (triangles) indicating in-breath and out-breath. The word 'Breathe' is written above the staff. Below the staff, the words 'in', 'out', and 'hold' are written with horizontal lines underneath them.

18 (0:52) Play **26**

Detailed description: A musical staff in treble clef with a key signature of three sharps. It contains a sequence of notes with slurs and rests. A box with the number '18' is at the start, and a box with '26' is at the end. The time '(0:52)' is written above the staff.

27 **34** (1:23)

Detailed description: A musical staff in treble clef with a key signature of three sharps. It contains a sequence of notes with slurs and rests. A box with the number '34' is at the end, and the time '(1:23)' is written above the staff.

35 **42**

p

Detailed description: A musical staff in treble clef with a key signature of three sharps. It contains a sequence of notes with slurs and rests. A box with the number '42' is at the end. The dynamic marking '*p*' is written below the staff at the end.

43 look good, sound good

f *f* *p*

Detailed description: A musical staff in treble clef with a key signature of three sharps. It contains a sequence of notes with slurs and rests. The phrase 'look good, sound good' is written above the staff. Dynamic markings '*f*', '*f*', and '*p*' are written below the staff.

52 **54** (2:02)

Detailed description: A musical staff in treble clef with a key signature of three sharps. It contains a sequence of notes with slurs and rests. A box with the number '54' is at the start, and the time '(2:02)' is written above the staff.

58

64

66

70

74 (2:40)

75

78

80

85

86 (3:04) play to 1!

f

93

94 play to 1!

pp *p*

101

f