

TORI
LUPINEK
flutist

Intermediate Practice Routine: 45 minutes

1. *Strrrrrrrretch!
 - a. Full-body "Good Morning" stretch
 - b. Neck
 - c. Wrists and hands
 - d. Forward fold
2. *Breathing patterns with metronome
3. *Harmonics
4. Long tones
 - a. No vibrato
 - b. Add counted vibrato
5. Rhythm practice with metronome
6. *2 octave scales and arpeggios
 - a. Majors and minors
 - b. Chromatic from low C to high A
 - c. 1 octave scales in thirds
7. *Etude
 - a. Lombardo *Melodious Etudes for Technical Development*
 - b. Berbiguier *18 Studies*
8. Duets: Voxman *Selected Duets for Flute Volume 1*
9. Solo: grade 2
 - a. Mozart *Andante*
 - b. Bizet *L'arlesienne*
10. Band music
11. *Cool down: End your practice with some nice, slow, low register notes using your best, most beautiful sound.

*This is a lot of stuff to get done in 45 minutes! The items with the * in front of them should be done Every. Single. Day. Items 6-9 can be switched out depending on what needs the most work.

But most importantly, HAVE FUN! :)