

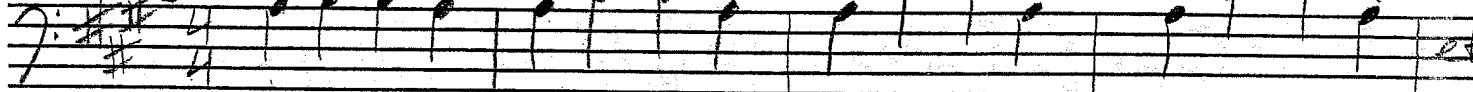
Max Dimoff's Warm Ups

Pg. 1

1. VOMIT - Gary Kan

A MAJ

ascending



descending



finger combinations

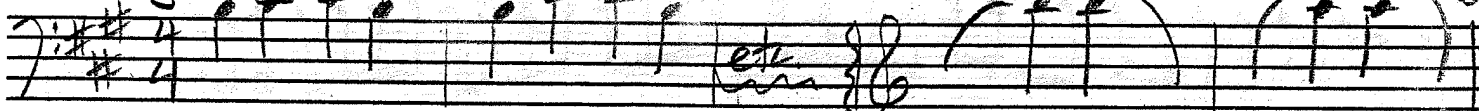


SET A {
 1-1 1-1
 1-2 2-1
 1-3 3-1
 1-4 4-1 (only one octave)

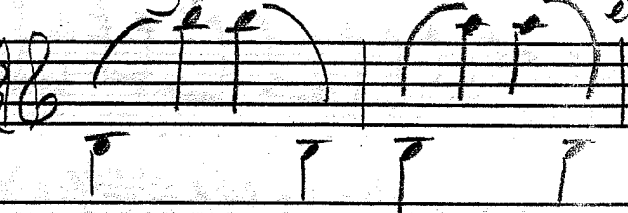
SET B {
 2-1 1-2
 2-2 2-2
 2-3 3-2
 2-4 4-2 (only one octave)

B DORIAN

ascending



descending



finger combinations

SET A {
 3-1 1-3
 3-2 2-3
 3-3 3-3
 3-4 4-3 (one octave)

SET B {
 4-1 1-4
 4-2 2-4
 4-3 3-4
 4-4 4-4 (one octave)

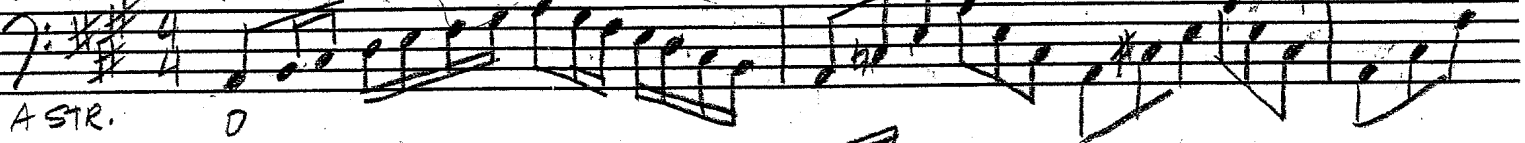
2. SCALE - MODIFIED FLESCH

AMAT

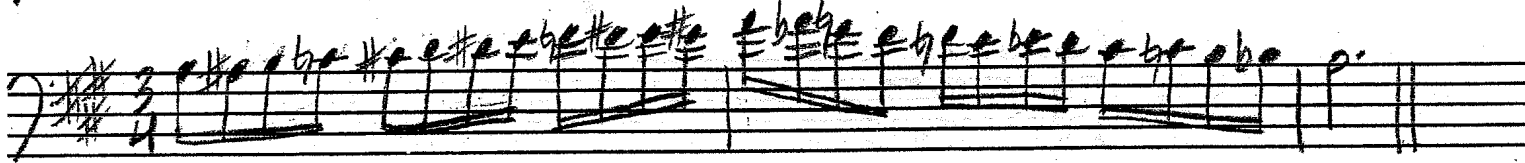
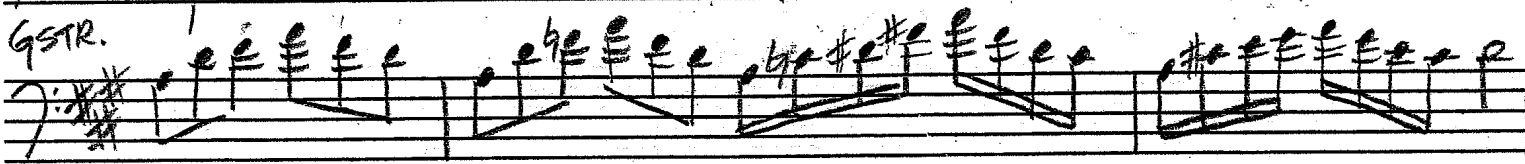
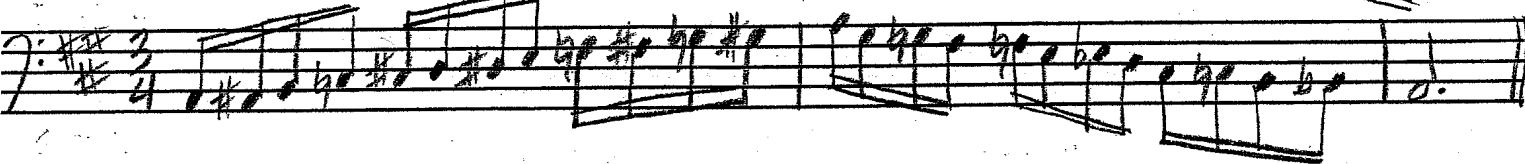
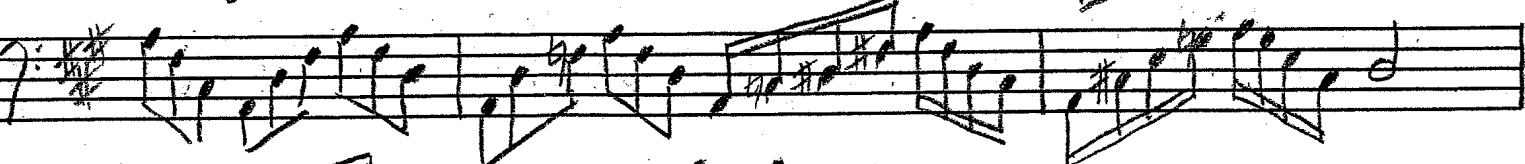
Pg 2

$\text{♩} = 80$

E STR.



A STR.



$\text{♩} = 80$

Pg. 3

continue pattern for remaining arpeggios, broken 3rd + chromatics

3A "Max's Magic" or "Ring's Thing" - Ring Warner

E STR. $\text{♩} = 120$

1 2 4 2 1 4 2 4

3^B PROGRESSIVE 4 NOTE SCALES

Pg. 4.

A MAJ

$\text{♩} = 120$

etc.

etc.

3^C PROGRESSIVE 3 NOTE SCALE - A MAJ

$\text{♩} = 120$

continuing just as in 3^B

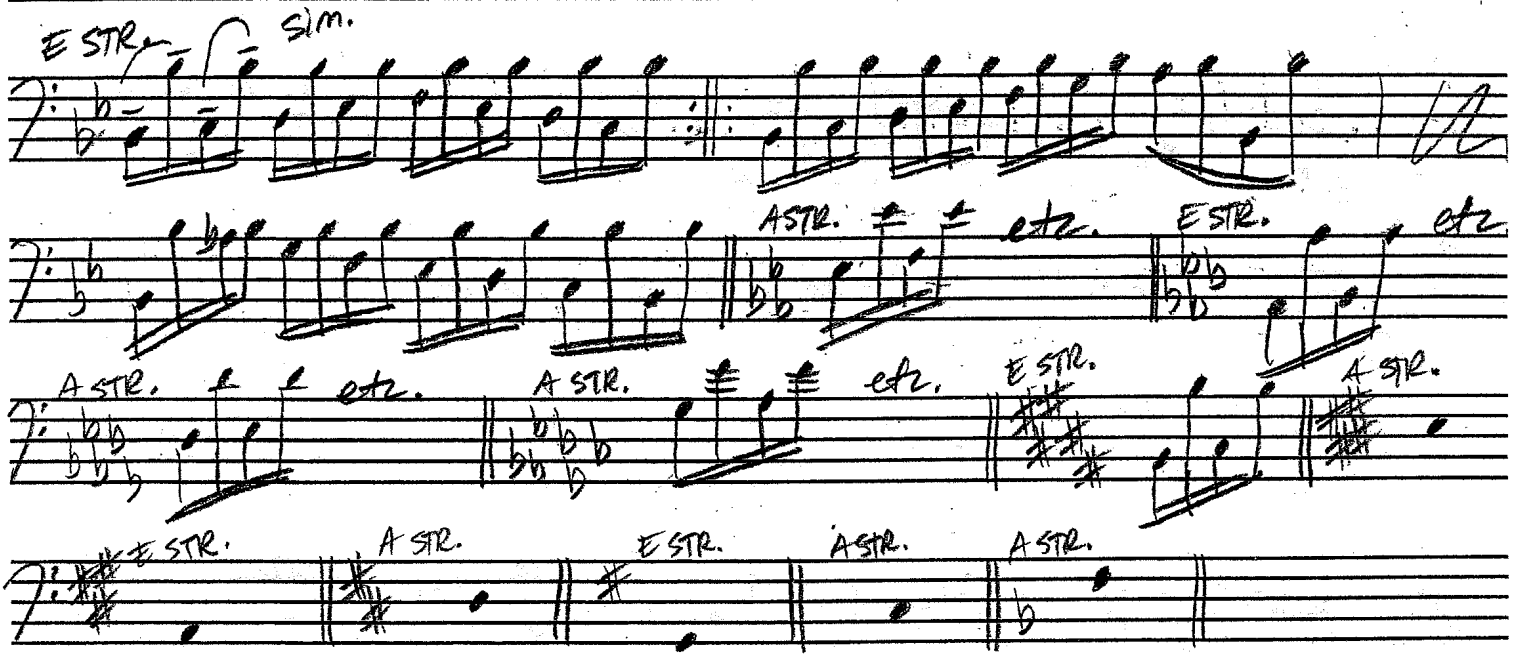
1 1 4 4 4 1 always shift on 2nd note of every triplet

REPEAT 3A $\text{♩} = 126$ 3B, 3C $\text{♩} = 126$

3A $\text{♩} = 132$ 3B, 3C $\text{♩} = 132$

4. SIMANDL, GRADUS AD PARNASSUM BKII #21 (adapted + abridged)
(stop when necessary)

ESTR. sim.



* Keep 4th firmly on the string throughout exercise.

5. ONE FINGER SCALES (1-4)

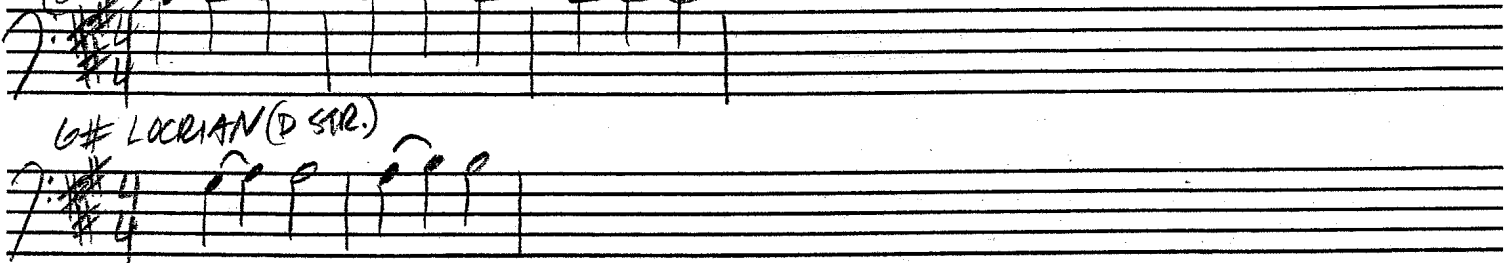
* use very wide vibrato

A MAS

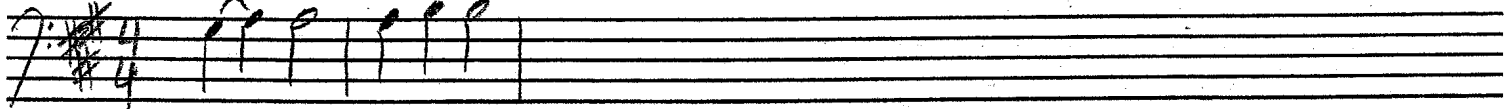


* 3rd + 4th finger - B Dorian

6. THUMB SCALE - C# PHRYGIAN (6 STR.) continue one octave



G# LOCRIAN (D STR.)



7. UP + DOWN BOW STACCATO - in slow motion

Pg. 6

$\text{♩} = 120$

continue, 2 octaves, pattern as in 3b

1x = as written } for each time signature.
 2x = etc.

$\text{♩} = 126$

etc.

$\text{♩} = 132$

etc.

$\text{♩} = 138$

etc.

$\text{♩} = 144$

etc.

8^A broken 3rds

Pg. 7

$\text{♩} = 132$

8^B broken 6ths

* minor 6ths always thumb 2 / maj 6th thumb 3

8^C broken octaves

$$1X = 132 = \text{♩}$$

$$2X = \text{♩} = 138 \text{ measures are in } \frac{3}{4}$$

$$3X = \text{♩} = 144 \text{ measures are in } \frac{4}{4}$$

9. "BUMBLEBEE" COSSMAN STUDIES FOR CELLO (adapted by Gary Karr) Pg. 8