



# SUMMER WORKOUT

## PRACTICE PLANNER

### WARM-UP

#### DAILY

- Dr. Sanchez's Epic Flute Warm-Up

#### A

- Blogilates Cardio Warm Up
- Dr. Sanchez's Epic Flute Warm-Up

#### B

- The Movement Fix Joint Warm-Up
- Dr. Sanchez's Epic Warm-Up 2.0
- Helen Blackburn's Yoga Zen Warm-Up

### STONE

#### DAILY

- Virtuoso Vocals
- Moyse No. 3

#### A

- Robert Dick - Throat Tuning
- Haunting Harmonics
- De La Sonorite Long Tones
- Breathing Games

#### B

- Robert Dick - Harmonics
- Low Register Packet
- De La Sonorite Intervals

### TECHNIQUE

#### DAILY

- Thrilling Thirds
- Reichert No. 1

#### A

- Taffanel & Gaubert No. 4 - Flats
- Reichert No. 2
- J.S. Bach Allegro II. Double Tonguing

#### B

- Taffanel & Gaubert No. 4 - Sharps
- Chromatic Intervals
- Trill Study



### SOLOS

#### A

- Carmen Fantasy
- Prokofiev Sonata
- The Great Train Race
- Bozza Image

#### B

- C.P.E. Hamburg Sonata
- Martinu Sonata
- Uebayashi Sonata

### EXCERPTS

#### A

- Afternoon of a Faun
- Mendelssohn Scherzo
- Daphnis et Chloe
- Leonore
- Don Juan

#### B

- Peter and the Wolf
- Voliere
- Tchaikovsky No. 4 (Piccolo)
- Salome
- Rossini (Piccolo)

### ETUDES

#### A

- Karg-Elert Caprices
- Andersen Etudes, Op 15
- Boehm

#### B

- Paganini Caprices
- Offermans For the Contemporary Flutist
- Bozza

### OTHER

- Alexander Technique Reading
- Mental Strength Reading
- Mock Auditions
- Piccolo Warm-Up Routine + Etudes