

AOH Warm Up Exercises

(May be sung in any key, using any vowel sound)

EXERCISE 1

Exercise 1 is a two-staff musical exercise in C major, 4/4 time. The treble staff features a melodic line starting on middle C, moving stepwise up to G4, then descending with a dotted quarter note on F4, and ending with a half note on E4. The bass staff provides harmonic support with chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), and G major (G-B-D). The exercise concludes with a double bar line.

EXERCISE 2 Lydian scale

Exercise 2 is a two-staff musical exercise in F Lydian mode, 4/4 time. The treble staff shows the Lydian scale: F4, G4, A4, B4, C5, B4, A4, G4, F4. The bass staff features chords: F major (F-A-C), C major (C-E-G), F major (F-A-C), and C major (C-E-G). The exercise concludes with a double bar line.

EXERCISE 3 Lydian scale

Exercise 3 is a two-staff musical exercise in F Lydian mode, 4/4 time. The treble staff shows the Lydian scale: F4, G4, A4, B4, C5, B4, A4, G4, F4. The bass staff features chords: F major (F-A-C), C major (C-E-G), F major (F-A-C), and C major (C-E-G). The exercise concludes with a double bar line.