

Warm Up

♩ = 60

etc.



8



15



23



31



39



48



56



etc.

etc. to

64

followed by 15 minute break

4xs

1 full breath, as long as possible

4xs

1 full breath, as long as possible



67

etc.

up to this, or wherever you are comfortable



4xs

1 full breath, as long as possible

