

## 16. Warm-Down Exercises

The warm-down is an essential part of your conditioning program and routine. Whether finishing a normal session of playing or a strenuous performance, the warm-down loosens you back up and re-focuses your tone production mechanism so that stiffness is less likely to be present the next time you pick up the horn. Never put the trumpet away after a particularly demanding session without playing a few "feel-good" exercises to re-center things. Just like a runner after finishing a race, you need to stretch and loosen up before ending the day's work. Building warm-down time into your routine also helps endurance and keeps your lip feeling fresh more often.

For all exercises below: Easy and slow ♩ = 60

I

II

III Slow and deliberate

IV Slow and deliberate Transpose using various starting notes.

V

VI