

Sergio Simões' Daily Routine No.1

1 ♩ = 60

Exercise 1 consists of four staves of bass clef music in 4/4 time with a key signature of one flat. The exercise features a sequence of rhythmic patterns with changing time signatures (4/4, 2/4, 4/4, 2/4, 4/4) and includes glissando markings.

2 $\text{♩} = 60$

Exercise 2 is a single staff of bass clef music in 6/4 time with a key signature of one flat. It features a triplet of eighth notes followed by a glissando and another triplet of eighth notes.

3 $\text{♩} = 60$

Exercise 3 is a single staff of bass clef music in 4/4 time with a key signature of one flat. It features a sequence of eighth notes with accents and slurs.

4 $\text{♩} = 80$

Exercise 4 is a single staff of bass clef music in 4/4 time with a key signature of one flat. It features a sequence of eighth notes with slurs and dynamic markings (*f* and *p*).

5 $\text{♩} = 120$

Exercise 5 consists of two staves of bass clef music in 4/4 time with a key signature of one flat. It features a sequence of eighth notes with slurs and dynamic markings (*f* and *p*).

6

♩ = 200

Musical notation for exercise 6, bass clef, 12/8 time signature. The exercise features a complex rhythmic pattern with triplets and slurs, starting with a quarter note followed by a triplet of eighth notes, and ending with a quarter note and a half note.

7

♩ = 70

Musical notation for exercise 7, bass clef, 4/4 time signature. The exercise features a steady eighth-note pattern with triplet markings, starting with a quarter note followed by a triplet of eighth notes, and ending with a quarter note and a half note.

8

♩ = 112

Musical notation for exercise 8, bass clef, 4/4 time signature. The exercise features a fast eighth-note pattern, starting with a quarter note followed by a triplet of eighth notes, and ending with a quarter note and a half note.

9

♩ = 100

Musical notation for exercise 9, bass clef, 4/4 time signature. The exercise features a steady eighth-note pattern across four staves, starting with a quarter note followed by a triplet of eighth notes, and ending with a quarter note and a half note.

10

♩ = 108

Musical notation for exercise 10, bass clef, 4/4 time signature. The exercise features a steady eighth-note pattern with a 3/4 time signature change, starting with a quarter note followed by a triplet of eighth notes, and ending with a quarter note and a half note.

11

$\text{♩} = 80$

1x. legato, 2x. staccato

12

$\text{♩} = 100$

13

$\text{♩} = 88$

TTK TKTK

14

$\text{♩} = 90$

ff

15

$\text{♩} = 60$

pppp