

## To Get the Most From These Warm-ups

We are pleased to offer free samples from the Ultimate Rhythm Resource Book. This 100% photocopyable book is ideal for teaching rhythms to your full band. It includes 12 chapters and each chapter contains 21 progressive exercises and a worksheet. These exercises are ideal as warm-ups.

Here's how you can get the most from these free samples:

- Spend 5-10 minutes during each class period playing several exercises. Strive for quality.
- Have students count out loud and clap the rhythm before playing it on their instruments.
- Students can play in unison, or you can assign pitches in order to form a chord.
- You can add dynamics, articulations, ties, repeats, and other markings to make the exercises more challenging.
- To make the warm-ups more fun, you can hold contests between sections or give a "rhythm master" award to students who demonstrate excellence.

Within several weeks, you will notice an improvement in your students' rhythmic skills. For more exercises, call us at 800-333-0531 to get the Ultimate Rhythm Resource Book.

# Eighth Note Warm-ups

taken from the Ultimate Rhythm Resource Book

1

1 2 3 4 1 & 2 & 3 & 4 & 1 2 3 4 1 2 3 4

2

1 & 2 & 3 & 4 & 1 2 3 4 1 & 2 & 3 & 4 & 1 2 3 4

3

1 2 & 3 4 & 1 2 3 & 4 & 1 2 & 3 4 & 1 & 2 & 3 4

4

1 & 2 3 & 4 1 & 2 & 3 4 1 2 & 3 4 1 & 2 & 3 4

5

1 2 3 & 4 1 2 3 & 4 1 & 2 & 3 & 4 & 1 2 & 3 4 &

6

1 2 & 3 & 4 1 & 2 & 3 4 & 1 2 3 & 4 1 & 2 & 3 4

7

1 2 3 4 & 1 2 3 4 & 1 2 & 3 4 1 2 3 4 &

# Eighth Note Rest Warm-ups

taken from the Ultimate Rhythm Resource Book

1



1 & 2 & 3 & 4 & 1 (&) 2 (&) 3 (&) 4 (&) 1 & 2 & 3 & 4 & 1 (&) 2 (&) 3 (&) 4 (&)

2



1 & 2 & 3 & 4 & (1) & (2) & (3) & (4) & 1 & 2 & 3 & 4 & (1) & (2) & (3) & (4) &

3



1 & 2 & 3 & 4 & (1) & (2) & (3) & (4) & 1 & 2 & 3 4 1 2 & 3 (4)

4



1 & 2 & (3) & (4) & 1 & 2 & 3 4 1 & 2 & (3) & (4) & 1 (2) 3 (4)

5



1 & (2) & 3 & (4) & 1 & 2 & 3 & 4 & 1 & (2) & 3 & (4) & 1 2 & 3 & 4

6



1 & (2) & (3) & 4 & 1 & (2) & (3) & 4 1 & (2) & 3 & (4) & 1 & (2) & 3 4

7




1 & (2) 3 & (4) (1) & 2 & 3 4 (1) & (2) & (3) & 4 & 1 2 & 3 4

# Dotted Quarter Note Warm-ups


taken from the Ultimate Rhythm Resource Book

1



1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 4

2




1 & 2 & 3 & 4 & | 1 2 & 3 4 | 1 & 2 & 3 & 4 & | 1 2 & 3

3



1 & 2 & 3 4 | 1 & 2 & 3 4 | 1 & 2 & 3 4 & | 1 & 2 & 3 4

4



1 & 2 & 3 4 | 1 & 2 & 3 | 1 2 & 3 & 4 & | 1 2 3

5



1 & 2 & 3 & 4 & | 1 2 & 3 4 | 1 & 2 & 3 & 4 & | 1 & 2 & 3 4

6



1 & 2 & 3 4 & | 1 & 2 & 3 | 1 & 2 3 & 4 & | 1 2 & 3

7



1 2 3 & 4 & | 1 & 2 & 3 4 & | 1 & 2 & 3 & 4 & | 1 & 2 3 & 4 &

# Sixteenth Note Warm-ups

taken from the Ultimate Rhythm Resource Book

1

1 2 3 4 1 & 2 & 3 & 4 & 1 2 3 4 1E&A 2E&A 3E&A 4E&A

2

1 2 3 & 4 & 1E&A 2E&A 3 & 4 & 1 2 3 & 4 & 1E&A 2E&A 3 4

3

1 & 2 & 3E&A 4E&A 1 2 3 & 4 & 1E&A 2E&A 3 & 4 & 1 2 3E&A 4E&A

4

1 & 2E&A 3 & 4E&A 1 2 & 3E&A 4 1 & 2E&A 3 & 4E&A 1 2 & 3 (4)

5

1E&A 2 & 3E&A 4 1 & 2E&A 3 4 1E&A 2 3E&A 4 1E&A 2 & 3 4

6

1 & 2E&A 3E&A 4 1E&A 2 & 3 4E&A 1 & 2 3E&A 4 1 & 2 & 3E&A 4 1 2 3 4

7

1 2 3E&A 4 & 1E&A 2 3 & 4 1 2E&A 3 4E&A 1 & 2E&A 3 & 4 1 2 3 4