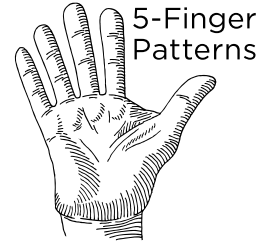
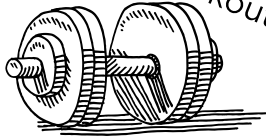




Winning Workout



Practice hands separately.

1. C Major

Musical notation for C Major in 3/4 time. The piece is marked *mf*. The right hand starts with a treble clef and a key signature of one sharp (F#). The left hand starts with a bass clef and a key signature of one sharp (F#). The notation shows a sequence of notes: 1 2 3 5 4 3 in the right hand and 5 4 3 1 2 3 in the left hand. This is followed by a sequence of chords: 3 1, 4 2, 5 3. The piece ends with a double bar line and a repeat sign.

2. D Major

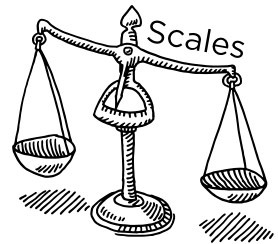
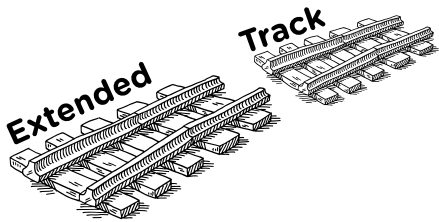
Musical notation for D Major in 3/4 time. The piece is marked *mf*. The right hand starts with a treble clef and a key signature of two sharps (F#, C#). The left hand starts with a bass clef and a key signature of two sharps (F#, C#). The notation shows a sequence of notes: 1 2 3 5 4 3 in the right hand and 5 4 3 1 2 3 in the left hand. This is followed by a sequence of chords: 3 1, 4 2, 5 3. The piece ends with a double bar line and a repeat sign.

3. E Major

Musical notation for E Major in 3/4 time. The piece is marked *mf*. The right hand starts with a treble clef and a key signature of three sharps (F#, C#, G#). The left hand starts with a bass clef and a key signature of three sharps (F#, C#, G#). The notation shows a sequence of notes: 1 2 3 5 4 3 in the right hand and 5 4 3 1 2 3 in the left hand. This is followed by a sequence of chords: 3 1, 4 2, 5 3. The piece ends with a double bar line and a repeat sign.

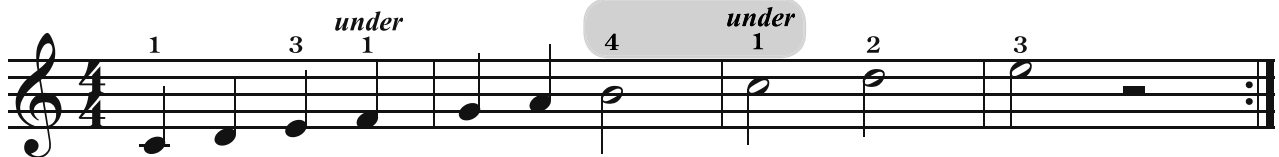


Extra Credit: Play the same workout using the **F, G, A,** and **B** 5-finger patterns.



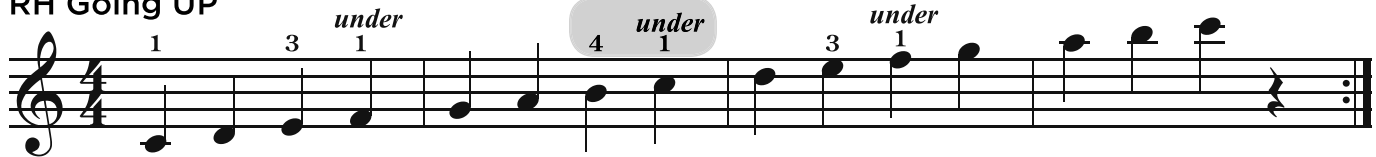
C Major Scale - 2 Octaves, Going UP

RH Preparation



C Major Scale - 2 OCTAVES

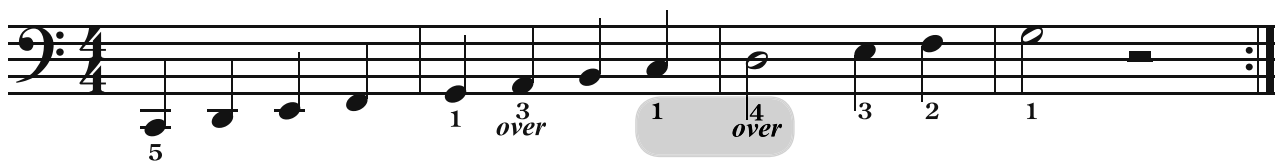
RH Going UP



RH
Finger
Groups

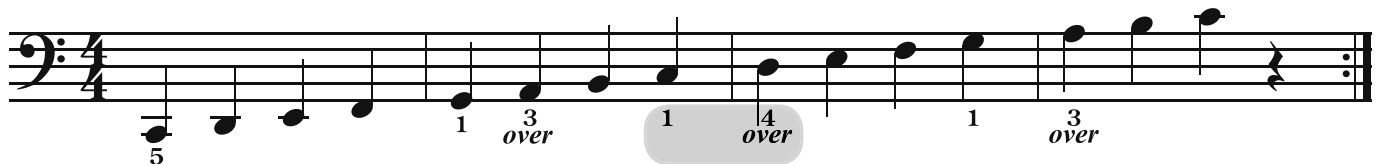
1 2 3, 1 2 3 4, 1 2 3, 1 2 3 4 5
Going UP

LH Preparation



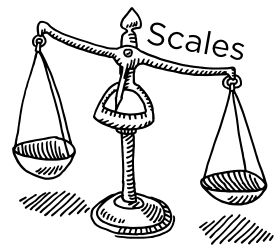
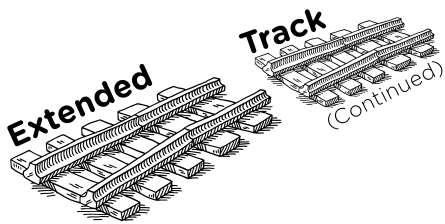
C Major Scale - 2 OCTAVES

LH Going UP



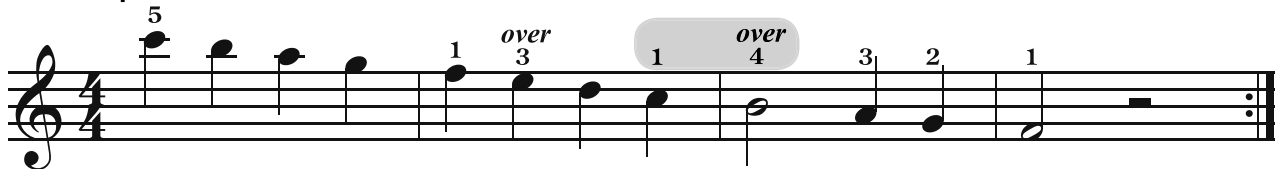
LH
Finger
Groups

5 4 3 2 1, 3 2 1, 4 3 2 1, 3 2 1
Going UP

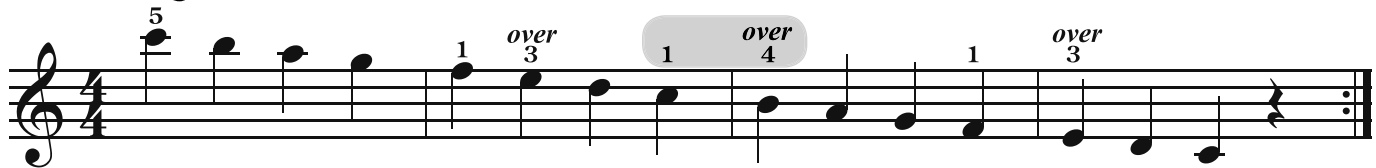


C Major Scale - 2 Octaves, Coming DOWN

RH Preparation



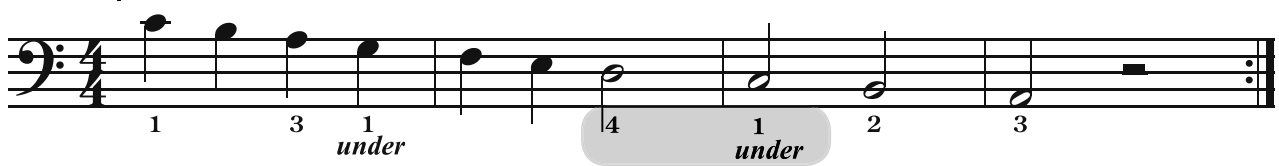
C Major Scale - 2 OCTAVES
 RH Coming DOWN



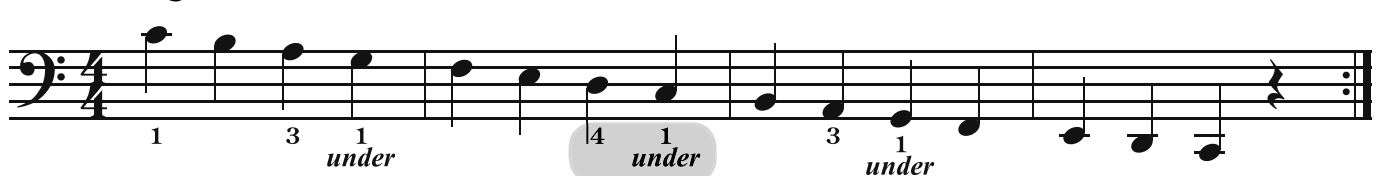
RH
 Finger
 Groups

5 4 3 2 1, 3 2 1, 4 3 2 1, 3 2 1
 Going UP

LH Preparation



C Major Scale - 2 OCTAVES
 LH Coming DOWN



LH
 Finger
 Groups

1 2 3, 1 2 3 4, 1 2 3, 1 2 3 4 5
 Coming DOWN