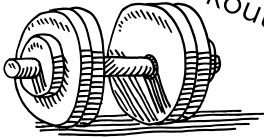


Winning Workout



Practice hands separately.

1. *mf*

5



Power Play

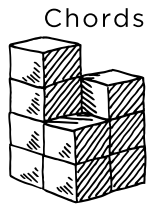
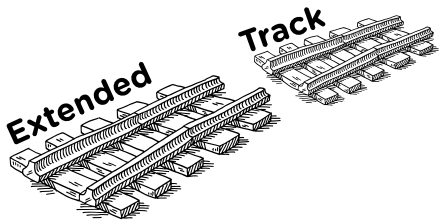
Practice hands together.

Practice these major triads hands separately, then hands together.

2. *mp*

Practice these minor triads hands separately, then hands together.

3. *mp*



**Major Two-Octave Arpeggios**  
Practice hands separately.

**C Major**

**G Major**



Power Play

Play the exercise using an **F major triad**.

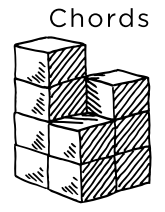
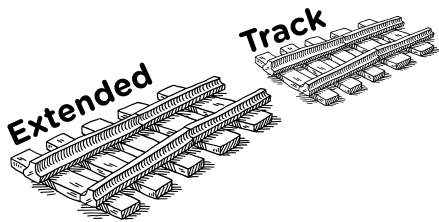
**D Major**



Power Play

Play the exercise in **A** and **E**.

**B Major**



**Minor Two-Octave Arpeggios**  
 Practice hands separately.

**C Minor**

**G Minor**



Power Play Play the exercise using an **F minor triad**.

**D Minor**



Power Play Play the exercise in **Am** and **Em**.

**B Minor**