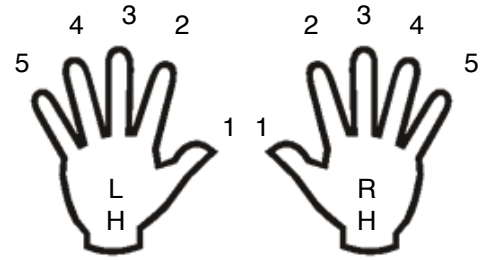
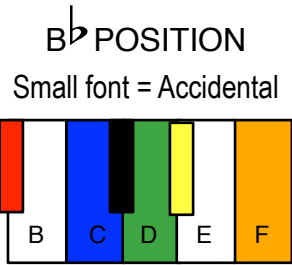


Start Date

Daily Exercises

Thumbs are *ONE*



R.H. Fingers	1 2 3 4 5	5 4 3 2 1
Note	B♭ C D E♭ F	F E♭ D C B♭
L.H. Fingers	5 4 3 2 1	1 2 3 4 5
R.H. Fingers	1 2 2 1 2 3 3 2 3 4 4 3 4 5 5 4	
Note	B♭ C C B♭ C D D C D E♭ E♭ D E♭ F F E♭	
L.H. Fingers	5 4 4 5 4 3 3 4 3 2 2 3 2 1 1 2	
R.H. Fingers	1 3 5 5 3 1	
Note	B♭ D F F D B♭	
L.H. Fingers	5 3 1 1 3 5	
R.H. Fingers	1 3 2 4 3 5 5 3 4 2 3 1	
Note	B♭ D C E♭ D F F D E♭ C D B♭	
L.H. Fingers	5 3 4 2 3 1 1 3 2 4 3 5	
R.H. Fingers	1 5 4 2 3 2 1 1 2 3 2 4 5 1	
Note	B♭ F E♭ C D C B♭ B♭ C D C E♭ F B♭	
L.H. Fingers	5 1 2 4 3 4 5 5 4 3 4 2 1 5	