

CC's Rhythmus Gym 1: Biceps

Workout 1



Claus Carsten Behrendt

Nr. 1 Warmup Routine (Sprechen) o o o

Fl + Ob +
Stabspiel in C

Nr. 1 Warmup Routine (Sprechen) o o o

Kl + Trp +
T-Sax in B

Nr. 1 Warmup Routine (Sprechen) o o o

Sax in Es

Nr. 1 Warmup Routine (Sprechen) o o o

Horn in F

Nr. 1 Warmup Routine (Sprechen) o o o

Pos, Fg,
Euph, Bar in C

Nr. 1 Warmup Routine (Sprechen) o o o

Tuba in C

Nr. 1 Warmup Routine (Sprechen) o o o

Klavier

Nr. 2 Stretching (Sprechen) o o o

Fl + Ob +
Stabspiel in C

Nr. 2 Stretching (Sprechen) o o o

Kl + Trp +
T-Sax in B

Nr. 2 Stretching (Sprechen) o o o

Sax Es

Nr. 2 Stretching (Sprechen) o o o

Horn in F

Nr. 2 Stretching (Sprechen) o o o

Pos, Fg,
Euph, Bar in C

Nr. 2 Stretching (Sprechen) o o o

Tuba in C

Nr. 2 Stretching (Sprechen) o o o

Klavier

Nr. 3 Aufwärmssatz (Instrument) o o o

Fl + Ob +
Stabspiel in C

Nr. 3 Aufwärmssatz (Instrument) o o o

Kl + Trp +
T-Sax in B

Nr. 3 Aufwärmssatz (Instrument) o o o

Sax in Es

Nr. 3 Aufwärmssatz (Instrument) o o o

Horn in F

Nr. 3 Aufwärmssatz (Instrument) o o o

Pos, Fg,
Euph, Bar in C

Nr. 3 Aufwärmssatz (Instrument) o o o

Tuba in C

Klavier

Nr. 4 Arbeitssatz (Instrument) o o o

Fl + Ob +
Stabspiel in C

Nr. 4 Arbeitssatz (Instrument) o o o

Kl + Trp +
T-Sax in B

Nr. 4 Arbeitssatz (Instrument) o o o

Sax in Es

Nr. 4 Arbeitssatz (Instrument) o o o

Horn in F

Nr. 4 Arbeitssatz (Instrument) o o o

Pos, Fg,
Euph, Bar in C

Nr. 4 Arbeitssatz (Instrument) o o o

Tuba in C

Klavier

Nr. 5 Literatur-Arbeitssatz 1 (Above and Beyond) o o o

Fl + Ob +
Stabspiel in C

Nr. 5 Literatur-Satz 1 (Above and Beyond) o o o

Kl + Trp +
T-Sax in B

Nr. 5 Literatur-Satz 1 (Above and Beyond) o o o

Sax in Es

Nr. 5 Literatur-Satz 1 (Above and Beyond) o o o

Horn in F

Nr. 5 Literatur-Satz 1 (Above and Beyond) o o o

Pos, Fg,
Euph, Bar in C

Nr. 5 Literatur-Satz 1 (Above and Beyond) o o o

Tuba in C

Nr. 5 Literatur-Satz 1 (Above and Beyond) o o o

Klavier

Nr. 6 Literatur-Arbeitssatz 2 (Ghosts Of The Lost Ship) o o o

Fl + Ob +
Stabspiel in C

Nr. 6 Literatur-Satz 2 (Ghosts Of The Lost Ship) o o o

Kl + Trp +
T-Sax in B

Nr. 6 Literatur-Satz 2 (Ghosts Of The Lost Ship) o o o

Sax in Es

Nr. 6 Literatur-Satz 2 (Ghosts Of The Lost Ship) o o o

Horn in F

Nr. 6 Literatur-Satz 2 (Ghosts Of The Lost Ship) o o o

Pos, Fg,
Euph, Bar in C

Nr. 6 Literatur-Satz 2 (Ghosts Of The Lost Ship) o o o

Tuba in C

Nr. 6 Literatur-Satz 2 (Ghosts Of The Lost Ship) o o o

Klavier

Nr. 7 Fitness Test 1 (Sprechen) o o o

Solo Tutti Solo Tutti Solo Tutti

Fl + Ob +
Stabspiel in C

Nr. 7 Fitness Test 1 o o o

Solo Tutti Solo Tutti Solo Tutti

Kl + Trp +
T-Sax in B

Nr. 7 Fitness Test 1 o o o

Solo Tutti Solo Tutti Solo Tutti

Sax in Es

Nr. 7 Fitness Test 1 o o o

Solo Tutti Solo Tutti Solo Tutti

Horn in F

Nr. 7 Fitness Test 1 o o o

Solo Tutti Solo Tutti Solo Tutti

Pos, Fg,
Euph, Bar in C

Nr. 7 Fitness Test 1 o o o

Solo Tutti Solo Tutti Solo Tutti

Tuba in C

Nr. 7 Fitness Test 1 o o o

Solo Tutti Solo Tutti Solo Tutti

Klavier

The musical score is for a piece titled 'Nr. 7 Fitness Test 1 (Sprechen)'. It is arranged for a large ensemble. The instruments and their parts are: Flute + Oboe + Stabspiel in C (Treble clef), Clarinet + Trumpet + Tenor Saxophone in B (Treble clef), Saxophone in E-flat (Treble clef), Horn in F (Treble clef), Positone, Flugelhorn, Euphonium, and Baritone in C (Bass clef), Tuba in C (Bass clef), and Piano (Grand staff). The score is divided into six measures. Each measure has a 'Solo' and 'Tutti' marking above it, with 'o o o' indicating a specific rhythmic pattern. The piano part is mostly silent, with rests in the bass staff and some notes in the treble staff.

Link zum Workout-Video: https://youtu.be/awWWTi_7784



Wie funktioniert das Rhythmus Gym? <https://youtu.be/ig2kLdSPirQ>

