

# Mellophone Warm Down Packet

This packet is DIFFERENT from the warm up packet! These exercises should be played at the end of your playing/practice session. These exercises will help relax the muscles in your face and lips and help better prepare you for your next session. These are essential for face and lip health ESPECIALLY in an ensemble like this when you're constantly playing high and loud for long periods of time and ESPECIALLY during band camp. These exercises should only be played at a gentle, comfortable piano and you should include multiple horse flaps inbetween exercises. It is recommended that you warm down for at LEAST 5 minutes if you have the ability to and your face should feel normal once you're done, NOT tight and NOT super buzzy and loose.

**Pedal Notes**

**Schwarm Down**  
This exercise's bends should be VERY exaggerated and wide. **Big Bend!**

**Bend**

**4 Note Slurs**

*gliss.*

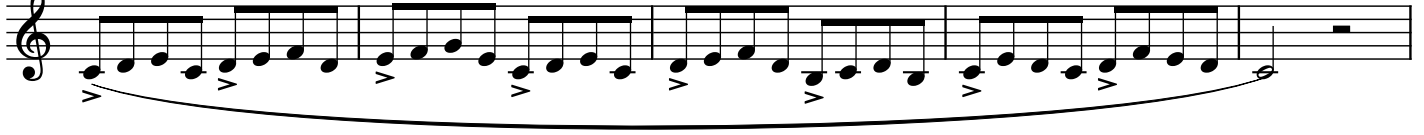
**Pedal Walk Downs**

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## Reset Exercises

These should be at the very end of your warm down to reset your face to normal. You should never end on your lowest note and it's best to do a gentle middle register exercise to reset! These should not be done fast!

46 Clarke Study



51 5 Note Scale

