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DAY SEVEN

Warm-Ups #1-4 Linear Sprint #7



30 DAY KEYBOARD WORKOUT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

The next three Linear Sprints are based on exercises by Charles-Louis Hanon. The patterns move within the major scale and include skips as well as steps. Remember to strive for evenness. If you've worked on exercises like these before, check out the variations listed on page 27.

