

Warm-Up Exercises: Groove Track Progression List _ Marching Ensemble

	Exercise	Snare	Tenor	Bass	2-mallet	4-mallet
3	4m Intro 20m + 20m 2m Outro	Play 1-10 (2x) No stops	Play 1-10 Home Play 1-10 Split	Play 1-10 Unison Play 1-10 Split	Play 1-10 Any Key Play 1-10 Same Key	Play 1-10 Any Key Play 1-10 Same Key
4	2m Intro 10m 2 / 10 , 2 / 10	Play All Play again (2x)	Play Home Play Split (2x)	Play Unison Play Split (2x)	Play All – Any Key Next Key (2x); Thru Circle	Play All – Any Key Next Key (2x); Thru Circle
5	2x2 Intro 24m	Play (6x) No stops	Play (6x) No stops	Play (6x) No stops	Play (6x) New Key Each Rep	Play (6x) New Key Each Rep
6	4m Intro 48m 4m Interlude 48m	Play ABC (12x) Play ABC (12x)	Play ABC (12x) Play ABC (12x)	Play ABC (12x) U-S-U-S etc. Play ABC (12x)	Play ABC (12x) Chg Key Each Rep – Thru Circle Play ABC (12x) <i>sim.</i>	Play ABC (12x) Chg Key Each Rep – Thru Circle Play ABC (12x) <i>sim.</i>
7	2m Intro 16m 2 / 16	Play (16x) Play (16x)	Play (16x) HSHS Play (16x) HSHS	Play (16x) Play (16x)	Play 1-4 Top stx w/rep Play 1-4 Bot stx w/rep	Play 1-4, rep each line Play 1-4, rep each line
8	4m Intro 16m 4 / 16	Play (16x) Play (16x)	Play (16x) HHSS Play (16x) HHSS	Play 1234 (4x) Play Split (4x) <small>Start on your drum number</small>	T/B; Chg Key Ea. Rep (4x) T/B; Chg Key Ea. Rep (4x)	T/B; Chg Key Ea. Rep (4x) T/B; Chg Key Ea. Rep (4x)
9	2m Intro 4m Tom lead-in 52m (26x)	Play (26x) No stops	Play (26x) No Stops	Play (26x) No Stops	Play (26x) No Stops	Play (26x) No Stops
10	4m Flute Solo 4m lead-in 36m	Play (9x) No stops	Play (9x) HSHS... No Stops	Play (9x) No Stops	Play (9x) No Stops – Thru Circle	Play (9x), stop on 4 [m4] Chg Key Ea. Rep - Thru Cir
11	2m Intro 8m 2 / 8 , 2 / 8 , 2 / 8	Play w/repeat Play same (3x)	Play HS (4x-total)	Play Top/Bot (2x) Split Top/Bot (2x) <small>Start on your drum number</small>	Play w/repeat Play same (3x)	Play w/repeat Play same (3x)
12	4m Intro 8m 4 / 8	Repeat w/extra Repeat w/extra	Repeat w/extras Repeat w/extras	Play w/repeat Play w/repeat	Play w/repeat Play w/repeat	Play w/repeat Play w/repeat
13	4m Intro 16m 4 / 16	Play w/repeat Play w/repeat	Play w/repeat HS Play w/repeat HS	Play w/repeat US Play w/repeat US	Play w/repeat Play w/repeat	Play w/repeat Play w/repeat
14	2m Intro 10m 1 / 10	Play w/repeat Play w/repeat	Play w/repeat HS Play w/repeat HS	Play w/ repeat US Play w/repeat US	Play w/repeat Play w/repeat	Play w/repeat Play w/repeat