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OLYMPIC CELLO WORKOUT STRING X-INGS

This develops both string x-ings and a firm knowledge of where notes are on the fingerboard.

- Speed and coordination across strings.
- Endurance

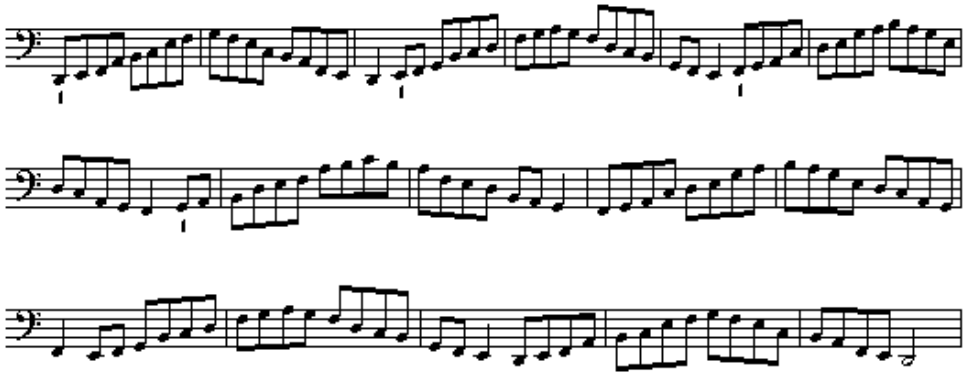
PREPARATION	DESCRIPTION
Metronome variable. Any scale.	Pick any scale and play across the fingerboard on 3 strings to start. Play only 3 notes per position--no open strings. Make up your own rhythmic patterns and bowings. I've included a basic version that I work off of.

LEVEL 1

Quarter note=90

Play the exercise in 8th notes up to 4th position only, limit yourself to C major or A natural minor.

Starting on the C string play only 3 notes and cross to the next string. After each quarter note shift up on your first finger. As you get more comfortable with the patterns introduce some bowings; variations of two slurred and two separate work well, but use your imagination!

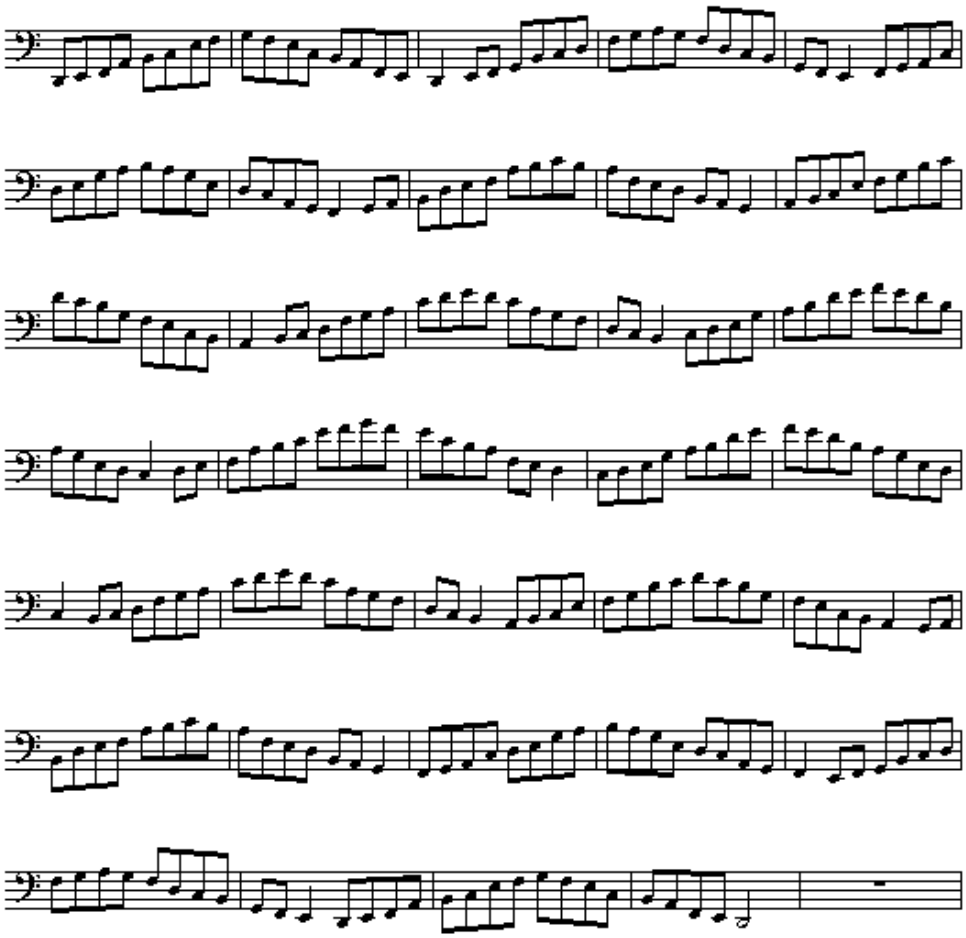


notice that the passage is in C major but you don't have to start on a "c." You may start on any note and continue in any scale.

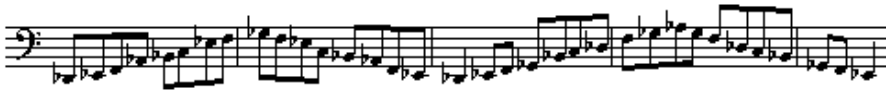
LEVEL 2

Quarter note=100-120

For Level 2 use any scale you wish and play 8th notes at this faster tempo. Play a full octave of the exercise. When in thumb position never actually use the thumb, only 1-2-3 in these upper positions.



A full octave range.

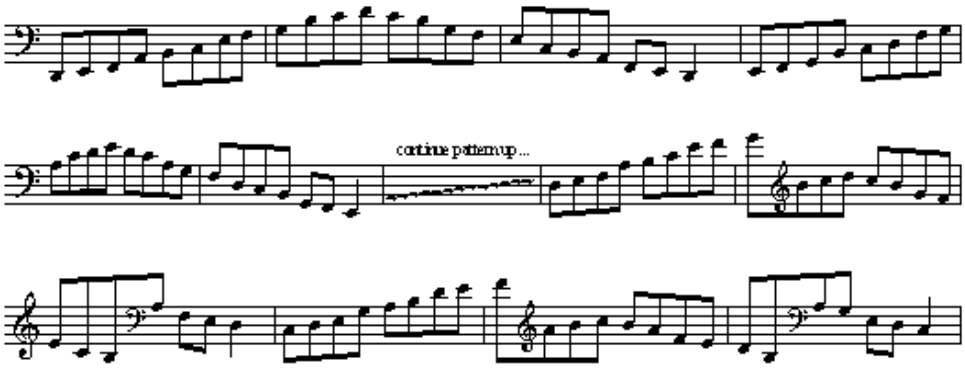


example of 3 string string x-ing exercise in Db major. Continue up following the 3 note/string pattern. Descend the same way.

LEVEL 3

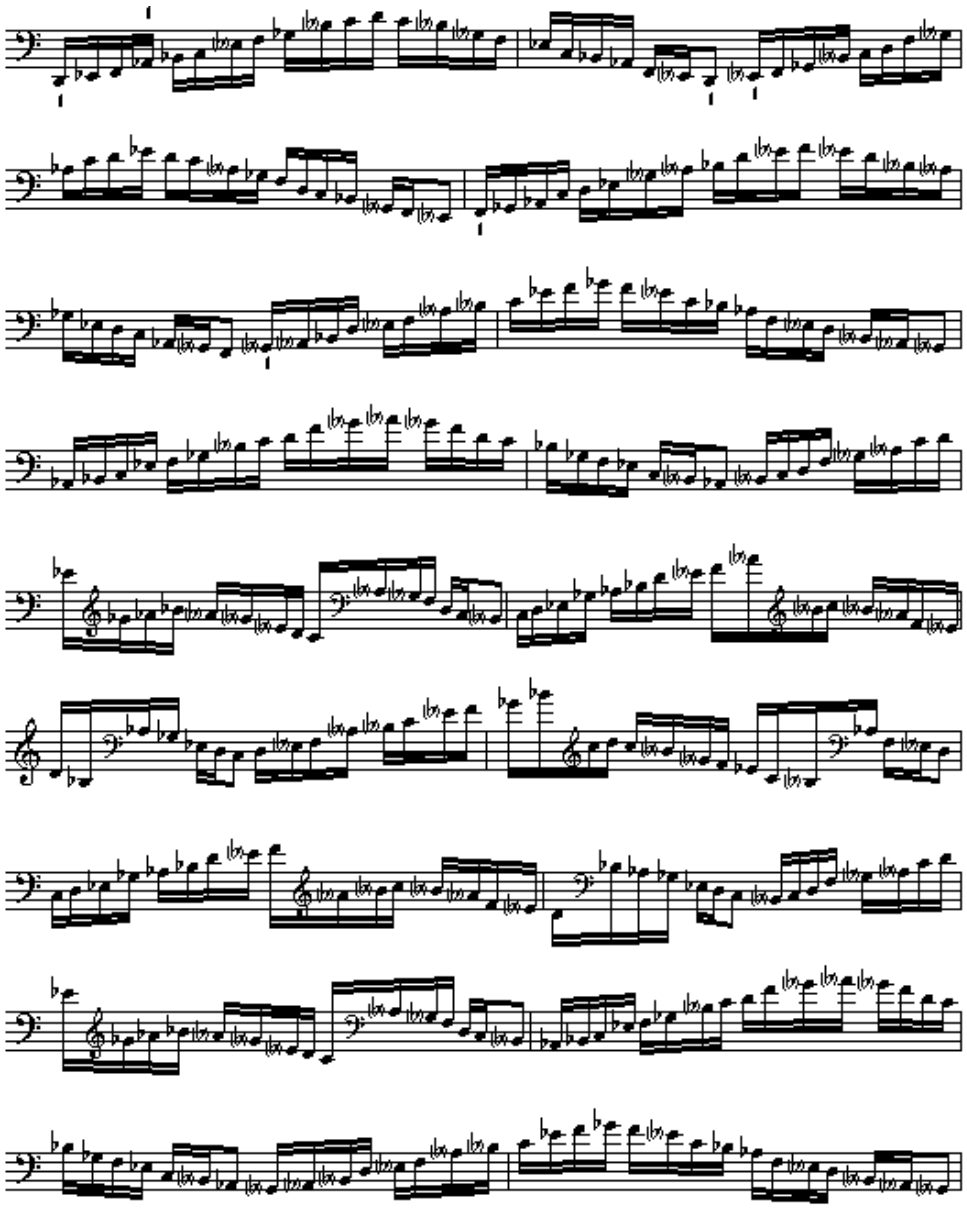
Quarter note=100-120

Use all 4 strings now and work your exercise up to an extremely fast tempo (sixteenth notes at tempo marked above). Use alternative scales like half-diminished or diminished scales, modes, etc.

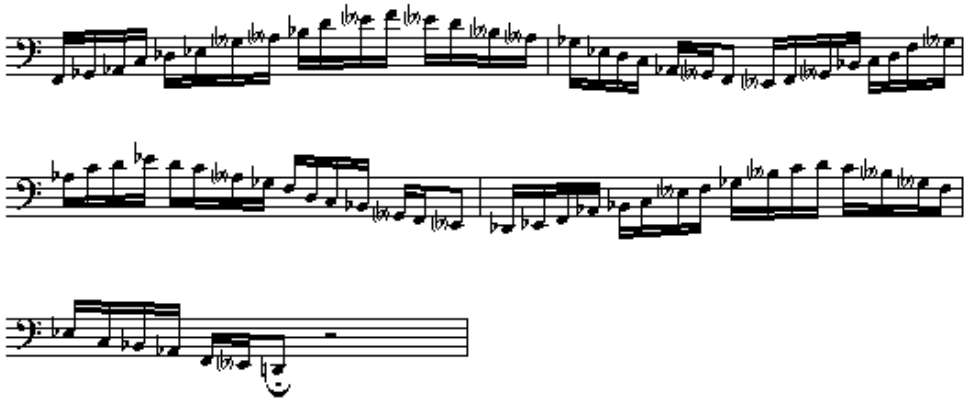


4-string string x-ing exercise. Try this in any key and remember you do not have to start on the tonic of the key.

Here's an advanced version of this exercise. The scale is Eb ascending melodic minor, starting on D natural. Try to work this up to the Level 3 tempo indicated above. Experiment with bowings and then do this same exercise using sextuplets.



Eb melodic minor over 4 strings, page 1



Eb melodic minor over 4 strings (continued)

NEXT LESSON ▸