SAMPLE MASTER LIST

Warm Ups	Description	Exercises	Description
Finger Taps	Each finger 50 times: Move from base joint, focus on release, complete relaxation in hand after the ping	Broken Thirds	One octave all keys
	Each finger skipping from G string to E string - make sure elbow is free to swing. Left shoulder stays relaxed, arm pivots on thumb. Keep shape of fingers the same	Collé bow stroke practice	scale, open strings, etude
Hand Glides	Video: Left Hand Mobility 2:36	Exercises to Loosen Left Hand Grip	Finger squares video: Left Hand Balance, Contact. refer to pdf
Finger Strengthening	Finger Action: vid: "LH Conditioning" part 2 - 5:54 (printed exercises)	Slurs	Guided Practice #8
		Open Strings	Suzuki Rhythms
Slow presses	press finger slowly to string until solid pitch forms.	Open Strings	Retakes
		Open Strings	Bites (crisp articulations)
		Scales	Subdivisions
Finger Motion Exercises	Entire Routine from video: Daily Bow Hold Exercises	Scales	Slurred patterns
Bow Hold Exercises	video: Bow Hold Exercises	Scales	Slowest Possible Bow Stroke at FF
Long Bow Strokes	Push out in front	Scales	Long Slow Bow Strokes with drones
String Crossings	Bow Rocks: String Crossing video	Scales	bowing variations
World's slowest bow	very slow bow strokes, fortissimo, at bridge	Scales	Bow Divisions with metronome
		Seitz Concerto bowing pattern	use for scales
		Shifting	Harmonic Slides
		Shifting	Yost Page 4 (Resources)
	Left Hand Pizz: vid: "LH Conditioning" part 2 - 2:49	Spacing Pattern 1	Guided Practice #5
		String Crossing	Twinkle String Crossing (Resources Page)
Stretching	Hand Expanders: video " LH Conditioning" part 2	String crossings	Guided Practice #3
		String Crossings	G to E with crisp bites
		VIbrato	Polishing the String stokes at quarter = 60bpm
		Vibrato	Continuous vibrato Exercises
		Wohlfahrt #1	Detache stroke