

Ervin Monroe: Power Exercises for Flute

Daily Routines for Acquiring and Maintaining Professional Technique

A Technique Challenge by Brandon LePage

Thank you so much for purchasing my Technical Challenge utilizing Ervin Monroe's "Power Exercises for Flute"! I promise if you follow the plan outlined on the next pages you will feel your finger exploding with confidence over the following 4 weeks!

This particular challenge is going to be VERY taxing on your fingers and embouchure. Ervin's book consists of 7 exercises which are to be done 7 days out of the week, so please remember to edit the amount per day and tempo as needed for you and where you are on your flute journey!

Happy Practicing!!

Week 1: Start Date:_____ End Date:_____

Chromatics - All slurred

Suggested Metronome Markings - M - 104, T - 92, W - 92, T - 120, F - 120, S - 60, S - 104

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Major Scales - All slurred

Suggested Metronome Markings - M - 112, T - 112, W - 120, T - 120, F - 120, S - 60, S - 120

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Minor Scales - All slurred

Suggested Metronome Markings - M - 112, T - 112, W - 120, T - 120, F - 120, S - 60, S - 120

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Major Chords - All slurred

Suggested Metronome Markings - M - 100, T - 100, W - 100, T - 100, F - 92, S - 92, S - 66

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Minor Chords - All slurred

Metronome Markings - M - 100, T - 100, W - 100, T - 100, F - 92, S - 92, S - 66

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Diminished 7th Chords - All slurred

Metronome Markings - M - 92, T - 92, W - 92, T - 72, F - 72, S - 100, S - 72

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Miscellaneous - All slurred

Metronome Markings - Do all comfortable to start

M - T - W - Th - F - Sa - Su -

Notes:

Week 2: Start Date:_____ End Date:_____

Chromatics - Slur two Tongue two (for 6's slur 4 tongue 2) (for triplets slur two tongue 1)

Suggested Metronome Markings - M - 112, T - 92, W - 92, T - 132, F - 132, S - 60, S - 112

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Major Scales - “ “

Suggested Metronome Markings - M - 120, T, 120, W - 132, T - 132, F - 132, S - 60, S - 112

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Minor Scales - “ “

Suggested Metronome Markings - M - 120, T - 120, W - 132, T - 132, F - 132, S - 60, S - 112

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Major Chords - “ “

Suggested Metronome Markings - M - 104, T - 104, W - 112, T - 112, F - 100, S - 100, S - 72

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Minor Chords - “ “

Suggested Metronome Markings - M - 104, T - 104, W - 112, T - 112, F - 100, S - 100, S - 72

My Metronome Markings: M - T - W - Th - F - Sa - Su

Diminished 7th Chords - “ “

Suggested Metronome Markings - M - 100, T - 100, W - 100, T - 80, F - 80, S - 104, S - 80

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Miscellaneous - “ “

Suggested Metronome Markings - Do all comfy and increase as you can

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Notes:

Week 3: Start Date_____ End Date_____

Chromatics - Tongue Two Slur Two (6's Tongue 2 slur 4) (triplet tongue 1 slur 2)

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Major Scales - “ “

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Minor Scales - “ “

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Major Chords - “ “

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Minor Chords - “ “

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Diminished 7th Chords - “ “

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Miscellaneous - “ “

My Metronome Markings: M - T - W - Th - F - Sa - Su -

Notes:

Week 4: Start Date _____ End Date _____

This week is all tongued and increasing metronome markings as possible. The goal is to have the most accuracy possible at the quickest tempo possible.

Chromatic: M - T - W - Th - F - Sa - Su -

Major Scales: M - T - W - Th - F - Sa - Su -

Minor Scales: M - T - W - Th - F - Sa - Su -

Major Chords: M - T - W - Th - F - Sa - Su -

Minor Chords: M - T - W - Th - F - Sa - Su -

Diminished 7th Chords: M - T - W - Th - F - Sa - Su -

Miscellaneous: M - T - W - Th - F - Sa - Su -

Notes:

Congrats You're Done!!