

Piano Time Sports

When we learn a new sport, we take it for granted that we will need to do warming up exercises. Learning the piano is no different. Just as in any sporting activity, a few technical exercises can increase control, reduce muscle stress, and prevent strain. This book introduces essential workouts for the hands in a gradual and fun way. Make these activities a regular part of lesson and practice time. Pick one or two each time you practise and use them to warm up.

There are 10 sessions, each focusing on a particular technical point. Each session contains:

- **Warm ups:** first, a very simple workout of a bar or two for repetition, so that you can concentrate on the technique rather than the notes. Try hands separately and together. Try them in different keys and in different octaves on the piano. Try playing them with different dynamics. 'Coach's tip' helps you get the best out of these. Second, a warm up, also based on the technique, for the piece on the opposite page.
- **Midweek training:** a short, simple piece practising the new technique.
- **Fitness level:** a more extended piece, also based on the technique, and designed to show off your new-found skill!

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