

Alto Exercises - Week 1

Focus: Ascending Thirds

Warm-Up Exercises

Exercise A

CD 1



Exercise B

CD 3



Exercise C

CD 1



Day 1

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2
Answer 45



Day 2

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 13
w/ click 14
Answer 46



Day 3

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2
Answer 47



Day 4

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 5
w/ click 6
Answer 48



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 13
w/ click 14
Answer 49



Alto Exercises - Week 2

Focus: Dotted Rhythms

Warm-Up Exercises

Exercise A

CD 3

Exercise B

CD 1

Exercise C

CD 3

Day 1

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4
Answer 50

Day 2

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2
Answer 51

Day 3

Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2
Answer 52



Day 4

Exercise A

CD 3
w/ click 4



Exercise B

CD 13
w/ click 14



Exercise C

CD 1
w/ click 2
Answer 53



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 3
w/ click 4



Alto Exercises - Week 3

Focus: Ascending Fifths

Warm-Up Exercises

Exercise A

CD 1



Exercise B

CD 3



Exercise C

CD 1



Day 1

Exercise A

CD 1
w/ click 2



Exercise B

CD 13
w/ click 14



Exercise C

CD 3
w/ click 4
Answer 54



Day 2

Exercise A

CD 1
w/ click 2



Exercise B

CD 5
w/ click 6



Exercise C

CD 3
w/ click 4



Day 3

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 13
w/ click 14
Answer 55

Day 4

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 5
w/ click 6

Day 5

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2
Answer 56

Alto Exercises - Week 4

Focus: Descending Thirds

Warm-Up Exercises

Exercise A

CD 3

Exercise B

CD 1

Exercise C

CD 3

Day 1

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 2

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 13
w/ click 14
Answer 57

Day 3

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 4

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4
Answer 58

Day 5

Exercise A

CD 5
w/ click 6

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Alto Exercises - Week 5

Focus: Ascending Fourths

Warm-Up Exercises

Exercise A

CD 1

Exercise B

CD 3

Exercise C

CD 1

Day 1

Exercise A

CD 5
w/ click 6

Exercise B

CD 1
w/ click 2

Exercise C

CD 5
w/ click 6
Answer 59

Day 2

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 3

Exercise A

CD 13
w/ click 14

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 4

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 5

Exercise A

CD 3
w/ click 4

Exercise B

CD 5
w/ click 6

Exercise C

CD 1
w/ click 2

Alto Exercises - Week 6

Focus: Descending Fourths

Warm-Up Exercises

Exercise A
CD 3

Exercise B
CD 1

Exercise C
CD 3

Day 1

Exercise A
CD 3
w/ click 4

Exercise B
CD 1
w/ click 2

Exercise C
CD 3
w/ click 4
Answer 60

Day 2

Exercise A
CD 1
w/ click 2

Exercise B
CD 3
w/ click 4

Exercise C
CD 1
w/ click 2

Day 3

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 3
w/ click 4



Day 4

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 5
w/ click 6



Day 5

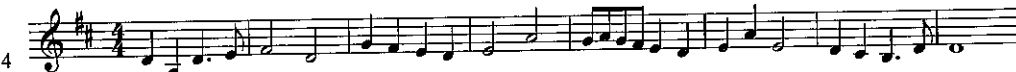
Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 13
w/ click 14



Alto Exercises - Week 7

Focus: Descending Fifths

Warm-Up Exercises

Exercise A

CD 1

Exercise B

CD 3

Exercise C

CD 1

Day 1

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 5
w/ click 6
Answer 61

Day 2

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 3

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Day 4

Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 5
w/ click 6



Alto Exercises - Week 8

Focus: Exercises which do not start on Tonic

Warm-Up Exercises

Exercise A

CD 3




Exercise B

CD 1



Exercise C

CD 3



Day 1

Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2
Answer 62



Day 2

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 5
w/ click 6



Day 3

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 4

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 5

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Alto Exercises - Week 9

Focus: Exercises which begin with an anacrusis

Warm-Up Exercises

Exercise A

CD 1



Exercise B

CD 3



Exercise C

CD 1



Day 1

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2
Answer 63



Day 2

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C

CD 5
w/ click 6



Day 3

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Day 4

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 13
w/ click 14



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2



Alto Exercises - Week 10

Focus: Ascending Thirds

Warm-Up Exercises

Exercise A

CD 1

Exercise B

CD 3

Exercise C

CD 1

Day 1

Exercise A

CD 3
w/ click 4

Exercise B

CD 5
w/ click 6

Exercise C

CD 1
w/ click 2
Answer 64

Day 2

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 3

Exercise A

CD 1
w/ click 2

Exercise B

CD 13
w/ click 14

Exercise C

CD 3
w/ click 4

Day 4

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 5

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Alto Exercises - Week 11

Focus: Dotted Rhythms

Warm-Up Exercises

Exercise A

CD 3

Exercise B

CD 1

Exercise C

CD 3

Day 1

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2
Answer 65

Day 2

Exercise A

CD 3
w/ click 4

Exercise B

CD 5
w/ click 6

Exercise C

CD 1
w/ click 2

Day 3

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Day 4

Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2



Day 5

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Alto Exercises - Week 12

Focus: Ascending Fifths

Warm-Up Exercises

Exercise A

CD 1 

Exercise B

CD 3 

Exercise C

CD 1 

Day 1

Exercise A

CD 3
w/ click 4 

Exercise B

CD 1
w/ click 2 

Exercise C

CD 3
w/ click 4
Answer 66 

Day 2

Exercise A

CD 1
w/ click 2 

Exercise B

CD 3
w/ click 4 

Exercise C

CD 1
w/ click 2 

Day 3


Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2



Day 4

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 5
w/ click 6



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 3
w/ click 4



Alto Exercises - Week 13

Focus: Descending Thirds

Warm-Up Exercises

Exercise A

CD 3

Exercise B

CD 1

Exercise C

CD 3

Day 1

Exercise A

CD 1
w/ click 2

Exercise B

CD 13
w/ click 14

Exercise C

CD 3
w/ click 4
Answer 67

Day 2

Exercise A

CD 1
w/ click 2

Exercise B

CD 5
w/ click 6

Exercise C

CD 3
w/ click 4

Day 3

Exercise A

CD 1
w/ click 2



Exercise B

CD 5
w/ click 6



Exercise C

CD 3
w/ click 4



Day 4

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 5
w/ click 6



Day 5

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Alto Exercises - Week 14

Focus: Ascending Fourths

Warm-Up Exercises

Exercise A

CD 1 

Exercise B

CD 3 

Exercise C

CD 1 

Day 1

Exercise A

CD 3
w/ click 4 

Exercise B

CD 1
w/ click 2 

Exercise C

CD 3
w/ click 4
Answer 68 

Day 2

Exercise A

CD 1
w/ click 2 

Exercise B

CD 5
w/ click 6 

Exercise C

CD 3
w/ click 4 

Day 3

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 4

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 5

Exercise A

CD 5
w/ click 6

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Alto Exercises - Week 15

Focus: Descending Fourths

Warm-Up Exercises

Exercise A

CD 3

Musical notation for Exercise A: Treble clef, key signature of two sharps (F# and C#), 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F#4, E4, D4, C4, B3, A3, G3.

Exercise B

CD 1

Musical notation for Exercise B: Treble clef, 4/4 time signature. The melody consists of a descending line of quarter notes: G4, F4, E4, D4, C4, B3, A3, G3.

Exercise C

CD 3

Musical notation for Exercise C: Treble clef, key signature of two sharps (F# and C#), 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F#4, E4, D4, C4, B3, A3, G3.

Day 1

Exercise A

CD 5
w/ click 6

Musical notation for Exercise A: Treble clef, key signature of two flats (Bb and Eb), 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3.

Exercise B

CD 1
w/ click 2

Musical notation for Exercise B: Treble clef, 3/4 time signature. The melody consists of a descending line of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3.

Exercise C

CD 5
w/ click 6
Answer 69

Musical notation for Exercise C: Treble clef, key signature of two flats (Bb and Eb), 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3.

Day 2

Exercise A

CD 3
w/ click 4

Musical notation for Exercise A: Treble clef, key signature of two sharps (F# and C#), 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F#4, E4, D4, C4, B3, A3, G3.

Exercise B

CD 1
w/ click 2

Musical notation for Exercise B: Treble clef, 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3.

Exercise C

CD 3
w/ click 4

Musical notation for Exercise C: Treble clef, key signature of two sharps (F# and C#), 4/4 time signature. The melody consists of a descending line of eighth notes: G4, F#4, E4, D4, C4, B3, A3, G3.

Day 3

Exercise A

CD 1
w/ click 2



Exercise B

CD 5
w/ click 6



Exercise C

CD 3
w/ click 4



Day 4

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 5
w/ click 6



Exercise C

CD 1
w/ click 2



Alto Exercises - Week 16

Focus: Descending Fifths

Warm-Up Exercises

Exercise A

CD 1

Exercise B

CD 3

Exercise C

CD 1

Day 1

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4
Answer 70

Day 2

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 3

Exercise A

CD 3
w/ click 4



Exercise B

CD 1
w/ click 2



Exercise C

CD 3
w/ click 4



Day 4

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 5
w/ click 6



Day 5

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 5
w/ click 6



Alto Exercises - Week 17

Focus: Exercises which do not start on Tonic

Warm-Up Exercises


Exercise A

CD 3



Exercise B

CD 1



Exercise C

CD 3



Day 1

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 5
w/ click 6
Answer 71



Day 2

Exercise A

CD 1
w/ click 2



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Day 3

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C


CD 1
w/ click 2



Day 4

Exercise A

CD 5
w/ click 6



Exercise B

CD 3
w/ click 4



Exercise C

CD 1
w/ click 2



Day 5

Exercise A

CD 3
w/ click 4



Exercise B

CD 13
w/ click 14



Exercise C

CD 1
w/ click 2



Alto Exercises - Week 18

Focus: Exercises which begin with an anacrusis

Warm-Up Exercises

Exercise A



Exercise B



Exercise C



Day 1

Exercise A



Exercise B



Exercise C



Day 2

Exercise A



Exercise B



Exercise C



Day 3

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4

Day 4

Exercise A

CD 1
w/ click 2

Exercise B

CD 3
w/ click 4

Exercise C

CD 1
w/ click 2

Day 5

Exercise A

CD 3
w/ click 4

Exercise B

CD 1
w/ click 2

Exercise C

CD 3
w/ click 4