

# Bass 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

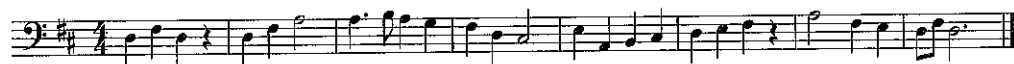
### Exercise A

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

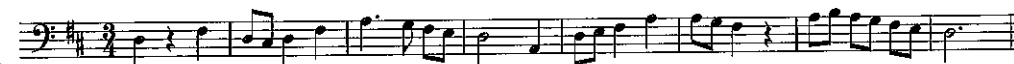
CD 5  
w/ click 6  
Answer 48



## 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



# Bass Exercises - Week 2

## Focus: Dotted Rhythms

### Warm-Up Exercises

Exercise A

CD 3

## Day 3

### Exercise A

CD 3  
w/ click 4

# Bass 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

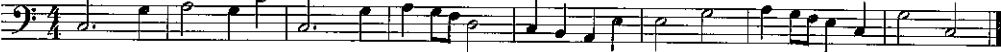
CD 3  
w/ click 4  
Answer 54



### 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



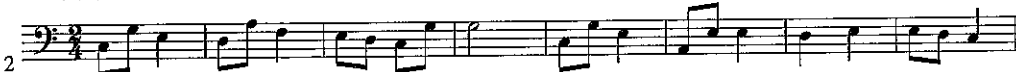
### Exercise B

CD 3  
w/ click 4



### Exercise C

CD 1  
w/ click 2  
Answer 56



# Bass 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





# Bass 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

# Bass 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

# Bass 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

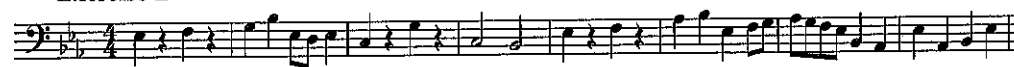
### Exercise A

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



# Bass Exercises - Week 8

Focus: Exercises which do not start on Tonic

## Warm-Up Exercises

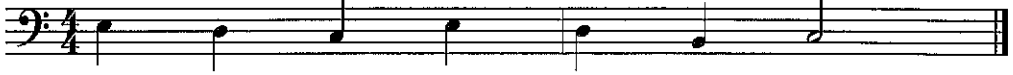
Exercise A

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



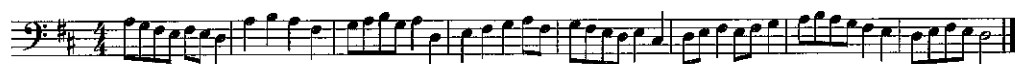
### Exercise B

CD 1  
w/ click 2



### Exercise C

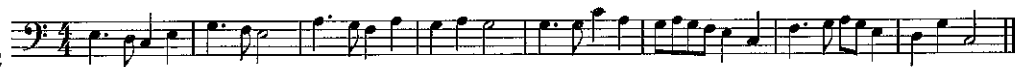
CD 3  
w/ click 4



## 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





# Bass Exercises - Week 9

Focus: Exercises which begin with an anacrusis

## Warm-Up Exercises

Exercise A

CD 1

## 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

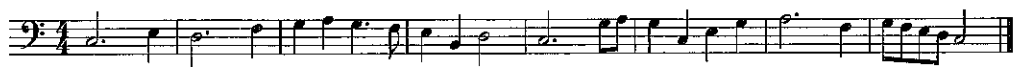




## Day 3

### Exercise A

CD 1  
w/ click 2



### Exercise B

CD 13  
w/ click 14



### Exercise C

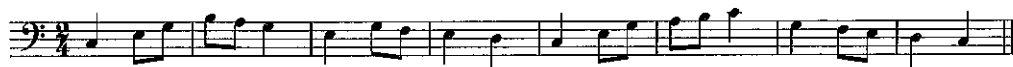
CD 3  
w/ click 4



## 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



# Bass 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



# Bass 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





# Bass 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





## 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



# Bass Exercises - Week 15

## Focus: Descending Fourths

### Warm-Up Exercises

Exercise A

CD 3



Musical notation for Exercise A, CD 3: A single staff in bass clef, key of D major (one sharp), 4/4 time signature. The melody consists of a descending line of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3.

Exercise B

CD 1



Musical notation for Exercise B, CD 1: A single staff in bass clef, key of D major (one sharp), 4/4 time signature. The melody consists of a descending line of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3.

Exercise C

CD 3



Musical notation for Exercise C, CD 3: A single staff in bass clef, key of D major (one sharp), 4/4 time signature. The melody consists of a descending line of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3.

### Day 1

Exercise A

CD 5  
w/ click 6



Musical notation for Exercise A, Day 1, CD 5: A single staff in bass clef, key of B minor (two flats), 4/4 time signature. The melody consists of a descending line of eighth notes: B3, A3, G3, F3, E3, D3, C3, B2.

Exercise B

CD 1  
w/ click 2



Musical notation for Exercise B, Day 1, CD 1: A single staff in bass clef, key of B minor (two flats), 3/4 time signature. The melody consists of a descending line of eighth notes: B3, A3, G3, F3, E3, D3, C3, B2.

Exercise C

CD 5  
w/ click 6  
Answer 69



Musical notation for Exercise C, Day 1, CD 5: A single staff in bass clef, key of B minor (two flats), 4/4 time signature. The melody consists of a descending line of eighth notes: B3, A3, G3, F3, E3, D3, C3, B2.

### Day 2

Exercise A


CD 3  
w/ click 4



Musical notation for Exercise A, Day 2, CD 3: A single staff in bass clef, key of D major (one sharp), 4/4 time signature. The melody consists of a descending line of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3.

Exercise B

CD 1  
w/ click 2



Musical notation for Exercise B, Day 2, CD 1: A single staff in bass clef, key of D major (one sharp), 3/4 time signature. The melody consists of a descending line of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3.

Exercise C

CD 3  
w/ click 4



Musical notation for Exercise C, Day 2, CD 3: A single staff in bass clef, key of D major (one sharp), 4/4 time signature. The melody consists of a descending line of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3.



# Bass 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



# Bass 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





## 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