

# Finger Strengthening Workout #1

Wayne Hawkins



TRACK 1

♩ = 80-160+

Musical notation for measures 1-4. Treble clef, 4/4 time. Treble staff: 1 2 3 1 2 4. Bass staff: 1 2 3 1 2 4.

Musical notation for measures 5-8. Treble clef, 4/4 time. Treble staff: 5 4 3 5 3 2 1 3 5 3. Bass staff: 1 2 3 1 3 4 5 3 1 3.

Musical notation for measures 9-12. Treble clef, 4/4 time. Treble staff: 5 1 2 5 5 1 3 5. Bass staff: 1 5 3 1 5 2 1.

Musical notation for measures 13-16. Treble clef, 4/4 time. Treble staff: 2 1 2 4 5 3 1 3. Bass staff: 1 2 3 2.

17

3 2 1 2

1 2 3 1 3

21

1 2 3 1 2 3 1 4 5 4

1 5 1 5

25

4 4

1 5 1 5 1 4 1 4 3 2

29

5 3 1 2 3 3

1 2 4 1

33

1 2 3 5 3 1

8 8

$\frac{1}{3}$

PIANO AEROBICS

37

4 5 3 2 1 2

5

41

3 3 4 5 5 3

45

1 2 4 5 1

49

1 2 4 5 1

53

1 2 3 5 1 2 3 5 1 2 4 5