

Fitness

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♩ = 106-110

① *f p* *mf p* *f* *mf p* *mf* *f* *mp* *f* *f* (1.) (2.)

② *p* *mf* *p* *f* *mp* *f* (1.) (2.)

③ *f* *mf* *p* *f* *p* *mf* *mp* *f*

④ *f p* *f p* *f p* *mf p* *mf* *mp* *f*

⑤ *f* *p* *f* *mp* *f*

⑥ *mp* *f* *mp* *f* *mp* *f*

⑦ *mf* *p* *f* *mf* *f* *mp* *f*

⑧ *p* *f* *p* *f* *p* *f* *mp* *f*

The score consists of eight numbered exercises, each on a single staff. The key signature is one flat (B-flat) and the time signature is 2/4. Each exercise includes dynamic markings (p, mf, f, mp) and fingerings (5, 6, 3, 9). Exercises 1 and 2 include first and second endings. Exercises 3 through 8 end with repeat signs. Exercise 1 has a tempo range of 106-110 bpm.