

# Quick and Simple Bass Warmup/Workout

Pattern 1:

Musical notation for Pattern 1, consisting of two systems. The first system shows a bass staff with notes and a corresponding tablature section with fingerings: LH: 1 2 1 2 1 2 1 2. The second system shows a bass staff with notes and a corresponding tablature section with fingerings: 5 6 5 6 5 6 5 6 6 7 6 7 6 7 6 7 7 8 7 8 7 8 8 9 8 9 8 9 8 9.

Pattern 2:

Musical notation for Pattern 2, consisting of two systems. The first system shows a bass staff with notes and a corresponding tablature section with fingerings: LH: 1 3 1 3 1 3 1 3. The second system shows a bass staff with notes and a corresponding tablature section with fingerings: 5 7 5 7 5 7 5 7 6 8 6 8 6 8 6 8 7 9 7 9 7 9 7 9 8 10 8 10 8 10 8 10 9 11 9 11 9 11 9 11 8 10 8 10 8 10 8 10 7 9 7 9 7 9 7 9 6 8 6 8 6 8 6 8 6 8.

Pattern 3:

LH: 1 4 1 4 1 4 1 4

5 8 5 8 5 8 5 8 6 9 6 9 6 9 6 9 7 10 7 10 7 10 7 10 8 11 8 11 8 11 8 11

9 12 9 12 9 12 9 12 8 11 8 11 8 11 8 11 7 10 7 10 7 10 7 10 6 9 6 9 6 9 6 9

Pattern 4:

LH: 2 3 2 3 2 3 2 3

5 6 5 6 5 6 5 6 6 7 6 7 6 7 6 7 7 8 7 8 7 8 7 8 8 9 8 9 8 9 8 9

9 10 9 10 9 10 9 10 8 9 8 9 8 9 8 9 7 8 7 8 7 8 7 8 6 7 6 7 6 7 6 7

Pattern 5:

LH: 2 4 2 4 2 4 2 4

5 7 5 7 5 7 5 7 6 8 6 8 6 8 6 8 7 9 7 9 7 9 7 9 8 10 8 10 8 10 8 10

