Instructions for Lip Flexibility

* Listen to me first, and then repeat
* Minimize any embouchure change from your bottom note to your top note
* Play softly (mp) on all runs
* Slur all notes
* Bang the valves down at all times
* Keep all notes even in tempo
* Do not play louder than a p and do not force your top note
* Remember to breathe deeply before each run
* Choose the tempo which suites you best
* Take off one day a week to rest your chops
* Rest about five minutes after playing this exercise before continuing to the next exercise