

XtremeStrength & Flexibility

1.

THE ALPENHORN

♩. = 60

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Rit.-----

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XtremeStrength & Flexibility

5.

SWING ALONG

$\text{♩} = 144$

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1

Detailed description: This block contains the first four measures of the piece. It begins with a treble clef, a common time signature (C), and a tempo marking of quarter note = 144. The music is written in a key with one sharp (F#). The first measure starts with a first finger fingering (1) over a dotted quarter note. The notes are G4, A4, B4, and C5. The following measures continue with eighth and quarter notes, mostly staying within the G4-C5 range.

5



Detailed description: This block contains measures 5 through 8. The music continues with eighth and quarter notes, showing some chromatic movement and slurs. The key signature remains one sharp.

9



Detailed description: This block contains measures 9 through 12. The musical pattern continues with eighth and quarter notes, ending with a quarter rest in the final measure.

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13



Detailed description: This block contains measures 13 through 16. The music continues with eighth and quarter notes, maintaining the rhythmic and melodic patterns established in the previous measures.

17



Detailed description: This block contains measures 17 through 20. The music continues with eighth and quarter notes, showing some chromatic movement and slurs.

21



Detailed description: This block contains measures 21 through 24. The music continues with eighth and quarter notes, maintaining the rhythmic and melodic patterns.

25



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Detailed description: This block contains measures 25 through 28. The music continues with eighth and quarter notes, ending with a quarter rest in the final measure. The copyright notice is overlaid on the notation.

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9.

FULL SAIL

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1 = 120

1 3 3 3 3

5 3 3 3

9 3 3 3

13 3 3 3

17 3 3 3 3

21 3 3 3 3

25 3 3 3 3

29 3 3 3 3

33 3 3 3

37 3 3 3

Rit.-----

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20.

MAKING THE GRADE

♩ = 136

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