

# Gymnastique des doigts / Finger stretching

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Fig1

Fig1 is a musical exercise for the bass clef in 4/4 time. The notation consists of two staves. The top staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The bottom staff shows fingerings: 5-6-7-8, 5-6-7-8, 5-6-7-8, 5-6-7-8.

Fig2

Fig2 is a musical exercise for the treble clef in 4/4 time. The notation consists of two staves. The top staff shows a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. The bottom staff shows fingerings: 5-6-7-8, 5-6-7-8.