



# BMS Orchestra Warm-up

## Body Warm-ups

- The Eagle
- Skim the Water
- Ski Poles Down, Out/Bass Pendulum
- Finger Taps

## Instrument Warm-up

- Stack: Ears, Shoulders, Hips, Feet
- Instruments to Body: Squats with Instrument
- Instrument Shoulder Taps
- Pinky Plucks
- Ride the Rails

## Bow Warm-up

- Pencil: Spyglass, Chew and Sneeze
- Elevator
- Subway
- Fishing Pole
- Skywriting