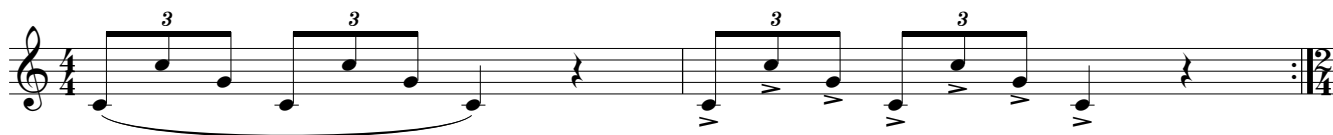


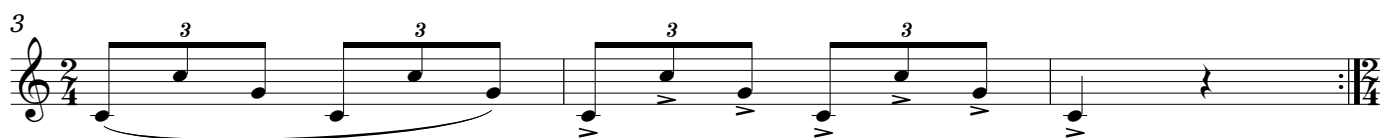
# Opvarmingsøvelser

Efter idé af:  
Ida Hovde

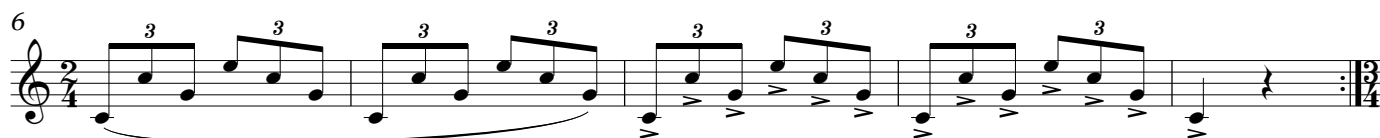
Hver gentagelse med følgende greb: 0-2-1-3-23-13-123  
For basun: 1. pos. - 2. pos. - 3. pos. - osv.



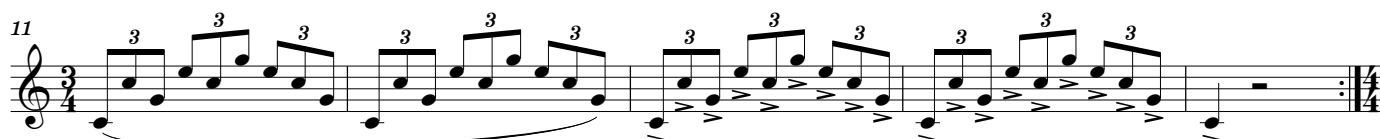
Original idé  
Samme fremgangsmåde som forrige øvelse



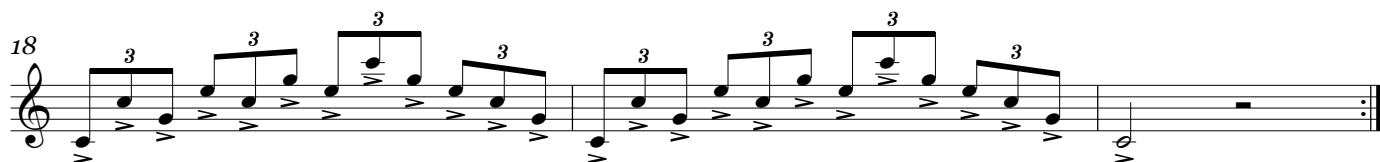
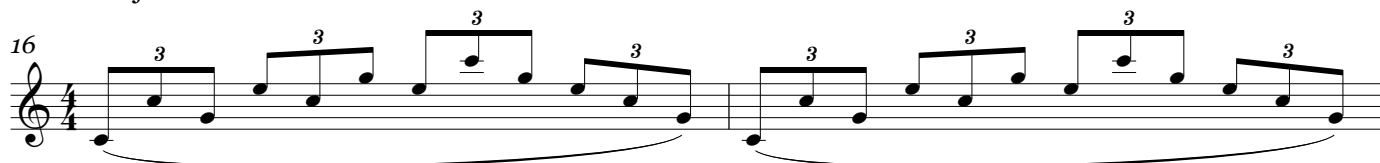
Første udvidelse



Anden udvidelse



Tredje udvidelse



Eller:

