

# CALENTAMIENTO PARA LÁMINAS

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**Objetivo:** Preparar la musculatura para evitar molestias o posibles lesiones

**Duración:** 10 – 15 min.

**Equipamiento:**

- Xilófono, Marimba, Vibráfono...
  - Baquetas blandas
  - Metrónomo
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## 2 BAQUETAS

**Escalas:**

- Modalidades Mayores y menores
- 2 octavas
- Diferentes figuras (negras, corcheas y semicorcheas)
- Diferentes dinámicas (desde piano a forte)

**Arpegios:**

- Tríadas (M-m) y cuatríadas (7ª Dom, 7ª M, 7ªm...)
- Estado fundamental e inversiones
- Progresiones cromáticas y diatónicas



## ESCALAS

The image displays 14 numbered musical scales in treble clef. Scales 1 through 6 are in 4/4 time, while scales 7 through 14 are in 2/4 time. Each scale is presented as a single melodic line with repeat signs at the beginning and end. Scale 1 is a major scale starting on C4. Scale 2 is a major scale starting on D4. Scale 3 is a major scale starting on E4. Scale 4 is a major scale starting on F4. Scale 5 is a major scale starting on G4. Scale 6 is a major scale starting on A4. Scale 7 is a major scale starting on C4. Scale 8 is a major scale starting on D4. Scale 9 is a major scale starting on E4. Scale 10 is a major scale starting on F4. Scale 11 is a major scale starting on G4. Scale 12 is a major scale starting on A4. Scale 13 is a major scale starting on B4. Scale 14 is a major scale starting on C5.



## ARPEGGIOS

