

All exercises are to be done only per day. Choose the easiest variation for you. Only do as much of the exercise as is comfortable. Feel free to reduce the number of notes per exercise if uncomfortable. Do not force, ever!

Week 1:

- 1) Six notes

Do only one version: the version that is easiest for you.

Weeks 2 and 3:

- 1) Six Notes
- 2) Lips Mouthpiece Horn

Week 4-8:

- 1) Six Notes
- 2) Lips Mouthpiece Horn
- 3) Harmonic Series

Weeks 9-10

- 1) Six Notes
- 2) Lips Mouthpiece Horn
- 3) Harmonic Series
- 4) Chromatics Down

Weeks 11-12

- 1) Six Notes
- 2) Lips Mouthpiece Horn
- 3) Harmonic Series
- 4) Chromatics Down
- 5) Arpeggios Down

In the 3rd month, you may begin doing heavy lifting and flexibility exercises on alternating days. Only do one interval every second day, changing to a new interval after two weeks.

Heavy Lifting (do one exercise every OTHER day. Your lips need a day to recover)

1) Intervals, Pedal F#, Chromatic Scale

Flexibility

1) Noodles (choose 2)

2) Spiders (choose 2)

After six months of daily practice of the Caruso method, you may replace one day of intervals with a dynamic study instead.

Practice the opposite of what you're performing. If you are performing a lot of high notes, practice low. If you have a low week, consider the harmonic series and intervals, if they are already in your Caruso routine. If you have a loud week, play soft note tasting and soft pedal tones. Refer to the video on recovery.