

duration ca. 4:00

No Pain, No Gain

by Lennie Niehaus

FULL SCORE

MODERATE SWING TEMPO ♩ = CA. 152 (+ or -)

1st Eb Alto Sax

2nd Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

1

2

3

4

5

6

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CHORDS CUED ON PART

F6 Ab9 Dbma9 Gm17(b5) C+7(#9)

F6 Ab9 Dbma9 Gm17(b5) C+7(#9)

No Pain, No Gain - 2

9 SOLI - UNIS.

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

7 8 9 10 11 12 13

SOLO

mf

PLAY END X ONLY

FMA⁹ Ami⁷ Bbm⁷ Eb⁹ FMA⁷ Ami⁷ Bbm⁷ Eb⁹ Abma⁷

Gm⁷(b9)

SOXES - UNIS.

18 ✂

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No Pain, No Gain - 4

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

20

21

22

23

24

25

Chord progression for Guitar and Piano:

- Gm17 C9 Fm17 Gm17 Am17 Bb6 A7 Dm17 G9 Gm17 Am17 Bb6 B0 Gm17/C C9
- Gm17 C9 Fm17 Gm17 Am17 Bb6 A7 Dm17 G9 Gm17 Am17 Bb6 B0 Gm17/C C9

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No Pain, No Gain - 5

26 32

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

BRASS - UNIS.

SHOTS

END

61544

26 27 28 29 30 31 32 33

No Pain, No Gain - 6

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

34

35

36

37

38

39

40

41

SOLO

Chord progression for Guitar and Piano:

- Bbm7, Eb9, Abma7, Bbm7, Cm7, Fm7, Dm7, G9, Gm7, C9, Fma9

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No Pain, No Gain - 8

50

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

50

51

52

53

54

55

56

57

Chord progression for Guitar and Piano:

- 50: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 51: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 52: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 53: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 54: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 55: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 56: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9
- 57: F#m7, A#m7, Bbm7, Eb9, F#m7, A#m7, Bbm7, Eb9, Abm7, Gm7(b9), C9, A#m7, Ab9, Gm7, C9, F6, F9

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Ami7 Abo Gmi7 C7(b9) Fma7 Gmi7 Ami7 Bbma7 A7(b9) Dmi7 G9

Ami7 Abo Gmi7 C7(b9) Fma7 Gmi7 Ami7 Bbma7 A7(b9) Dmi7 G9

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No Pain, No Gain - 10

66

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

66 67 68 69 70 71 72 73

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No Pain, No Gain - 11

74

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

74 75 76 77 78 79 80 81

Ami7 Bbm7 Eb9 E6 F6 Ami7 Bbm7 Eb9 Abma7 Ab6 Gmi7(b9) C+7(#9) C+7(b9) Ema7 Fma7 Ab9 F#mi7 Gmi7 Db9 C13(b9)

F#ma7 Ami7 Bbm7 Eb9 E6 F6 Ami7 Bbm7 Eb9 Abma7 Ab6 Gmi7(b9) C+7(#9) C+7(b9) Ema7 Fma7 Ab9 F#mi7 Gmi7 Db9 C13(b9)

ans FILL

No Pain, No Gain - 12

2.S. AL

82

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

61544

82

83

84

85

86

87

88

89

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SOLI

SAX SOLI

END

FMA7 F6 Ami7 Bbmi7 Eb9 E6 F6 Ami7 Bbmi7 Eb9 Abma7 Ab6 Gmi7(b9) C+7(#9) C+7(b9) EMA7 FMA7 Ab9 F#mi7 Gmi7 C7(b9) F6 Cb7(b5) Bbma7

No Pain, No Gain - 13

CODA

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

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90

91

92

93

94

95

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66 Ab9 Dbma9 Gm7(bs) C+7(#9)

66 Ab9 Dbma9 Gm7(bs) C+7(#9)

No Pain, No Gain - 14

1st Eb Alto Sax

Eb Alto Sax

1st Bb Tenor Sax

2nd Bb Tenor Sax

Eb Baritone Sax

1st Bb Trumpet

2nd Bb Trumpet

3rd Bb Trumpet

4th Bb Trumpet

1st Trombone

2nd Trombone

3rd Trombone

4th Trombone

Guitar

Piano

Bass

Drums

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96

97

98

99

100

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