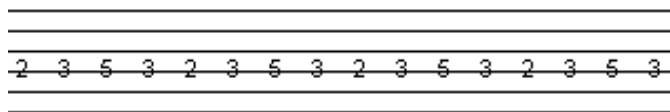
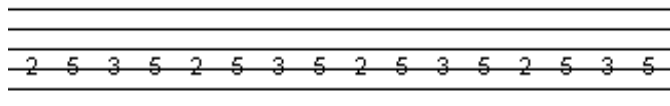


*Comece treinando bem devagar cada exercício, aumente a velocidade somente depois de executar com clareza e precisão.

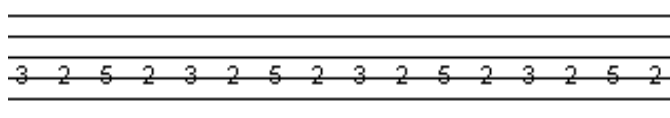
Exercício 1:



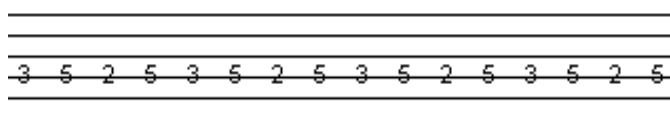
Exercício 2:



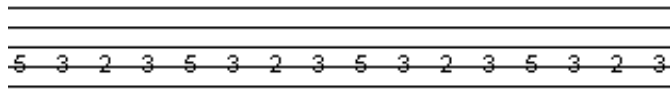
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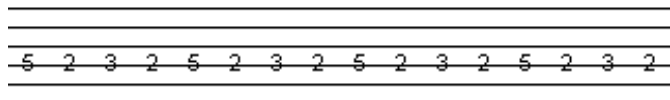
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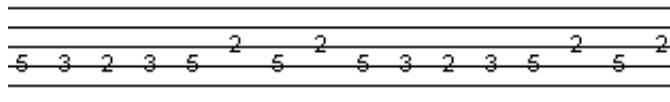
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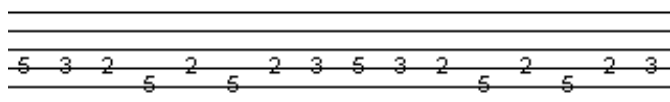
Exercício 6:



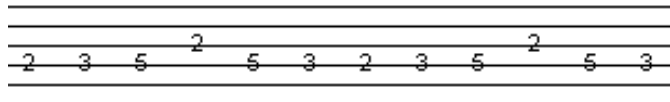
Exercício 7:



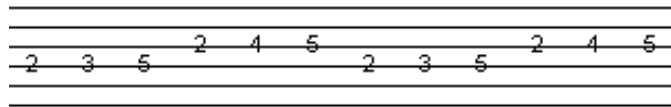
Exercício 8:



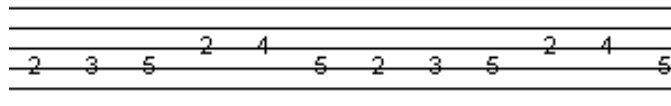
Exercício 9:



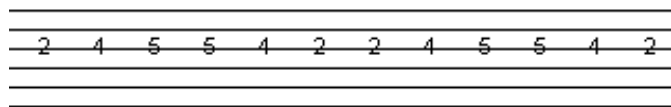
Exercício 10:



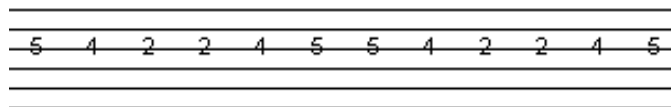
Exercício 11:



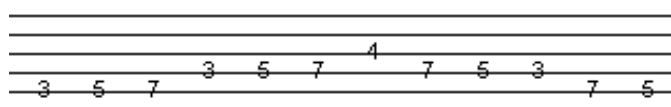
Exercício 12:



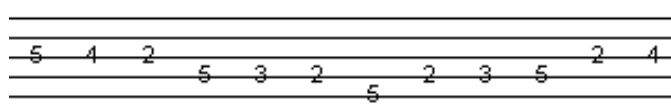
Exercício 13:



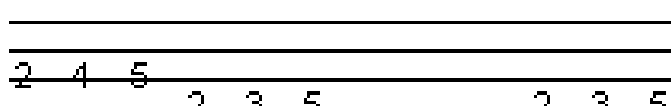
Exercício 14:



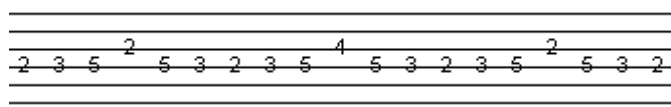
Exercício 15:



Exercício 16:



Exercício 17:



Exercício 26:

3-5-7	3-5-7	4-5-7	4-5-7	5-7-8	5	7-8-10-8-7	10-8-7	9-7-5	9-7-5	9-7
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5	8-7-5-7-8-10	7-9-10	7-9-10	7-9-11	8-10-12	8-10-12-14-12-10	13-12-10	12-11-9	12
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10-9	12-10-9	12-10-8-10-12-14	10-12-14	10-12	14	11-12-14	12-13-15	12-14-15-17-15-14	17-15-13
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16-14-12	16-14-12	15-14-12	15-14-12-14-15-17	14	15-17	14-16-17	14-16-17	15-17-19	15-17-19-15
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19-17-15	19-17-15	17-16-14	17-16-14	17-15-14	17	15-14-12-14-15	12-14-15	12-14-16	12-14-16	13-15
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17	14-15-17-15-14-12	15-13-12	14-12-11	14-12-10	14-12-10	14-12-10	14-12-10-8-10-12	9-10-12	9-10-12	9
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11-12	10-12-13	10-12-14-12-10-8	12-10-8	11-9	7	10-9-7	10-9-7	10-8-7-5-7-8	5-7-9
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5-7-9	5-7-9	7-8-10	7-8-10-8-7-5	8	7-5	7-5-4	7-5-4	7-5-3	7-5-3-2-3
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5	2-3-5	2-4-5	2-4-5	3-5-7	3-5-7	3
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Exercício 27:

A musical staff with a sequence of numbers: 2 4 2 3 5 3 2 4 2 4 2 3 5 3 2 4.

Exercício 28:

A musical staff with a sequence of numbers: 2 4 2 3 2 3 2 3 2 3 2 3 2 3 2 2 4 2 3 5 3 5 3 5 3 5 3 5 3 5 3 4.

Exercício 29:

A musical staff with a sequence of numbers: 2 4 2 3 5 3 5 3 5 3 5 3 5 2 4 2 4 2 3 2 3 2 3 2 3 2 3 2 3 4.

Exercício 30:

A musical staff with a sequence of numbers: 3-5-7 3-5-7 5-7-8 5-7-9 7-8-10 7-9-10 8-10-12 9-10-12 10-12-14 10-12-14 10-12-14 11-12-14. Below the staff are two diagrams showing "full" notes on a staff with numbers 14 and 15.

Exercício 31:

A musical staff with a sequence of numbers: 3-5-7 3 7-5-3 5-7 3-5-7 5-7-8 5 8-7-5 7-8 5-7-9-7-8-10 7 10-8-7-8-10 7-9-10 8-10-12 9 12-10-8-10-12 9-10-12 10-12-14 10 14-12-10-12-14 10-12-14 12-14-15 12 15-14-12-14-15 12-14-15 12-14-16 13-15-17-13.