

# Heart Mind Bell Isometry Warm Up

JC Heisler

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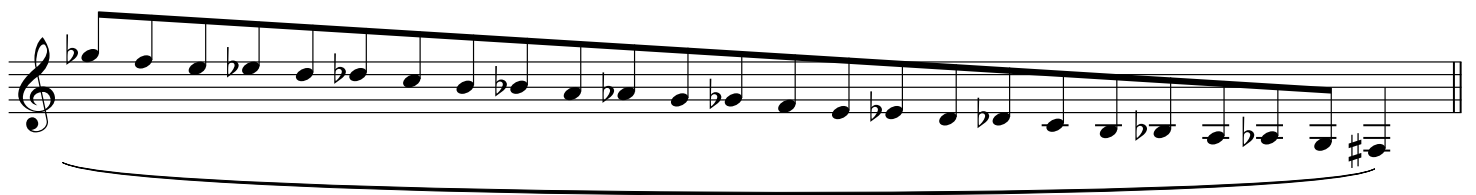
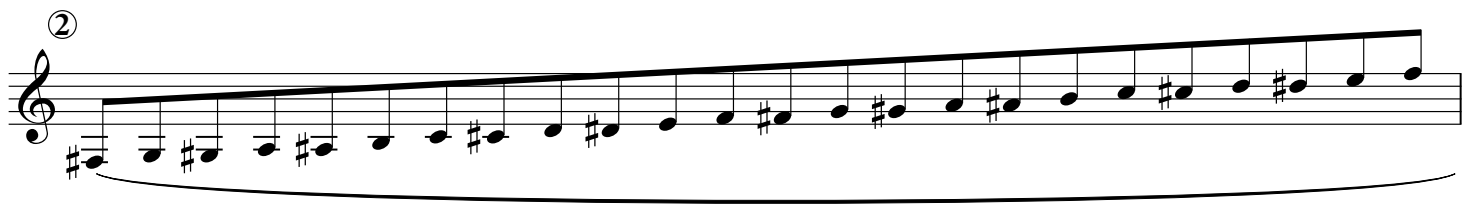
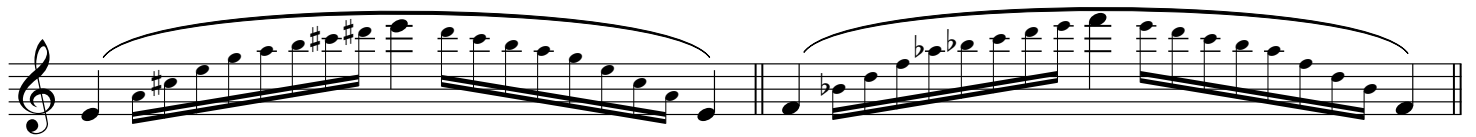
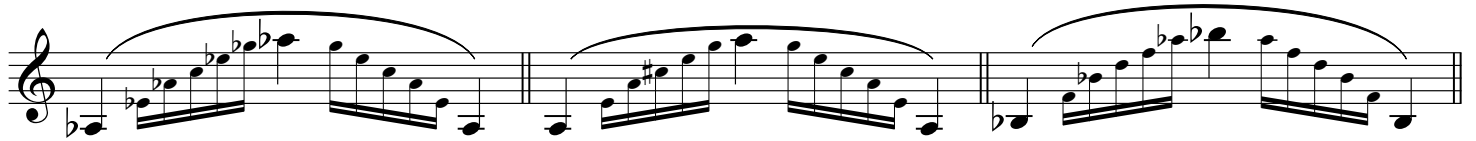
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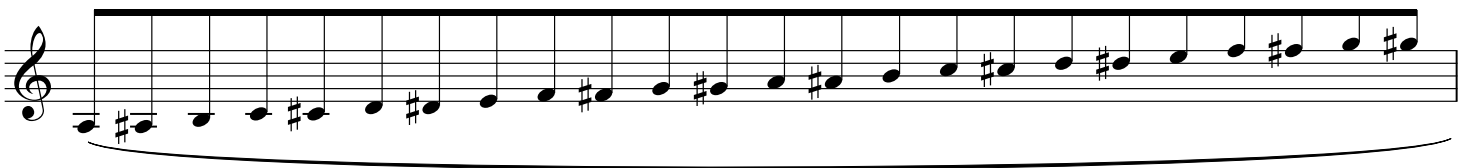
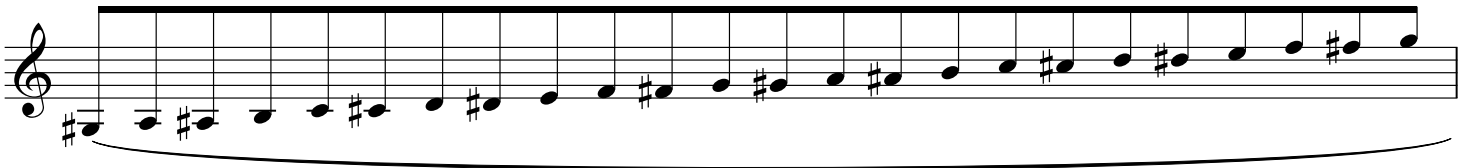
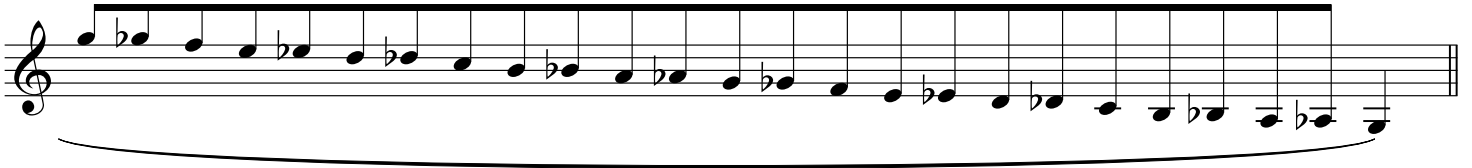
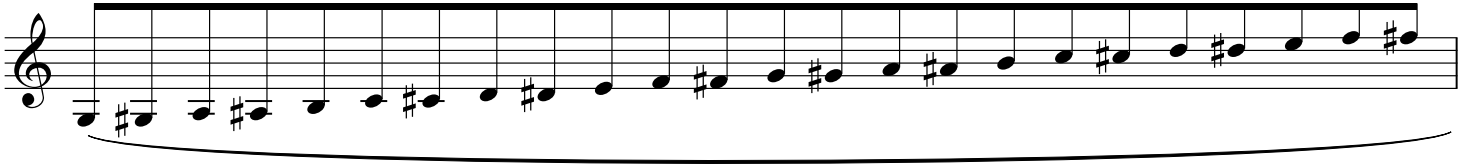
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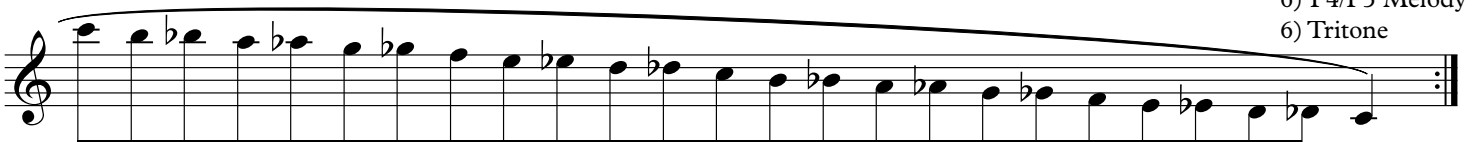
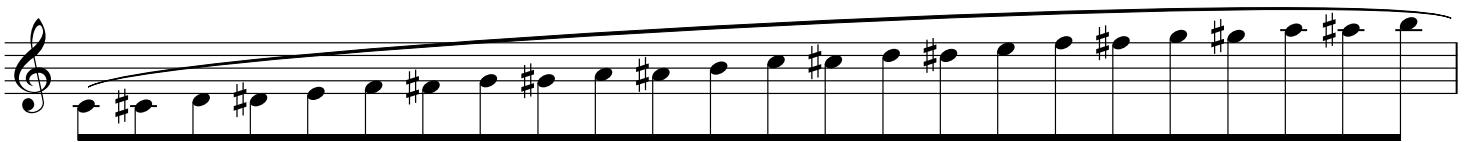
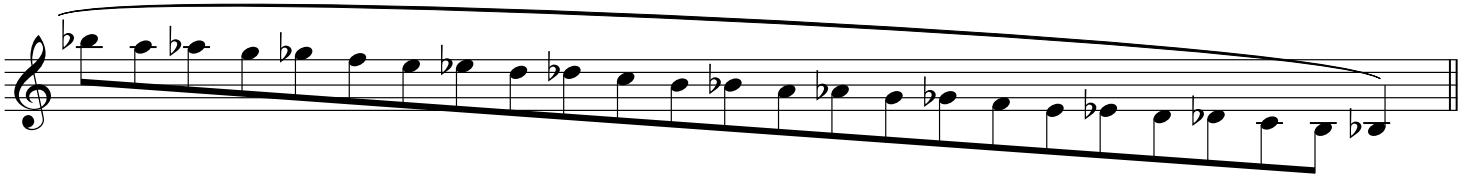
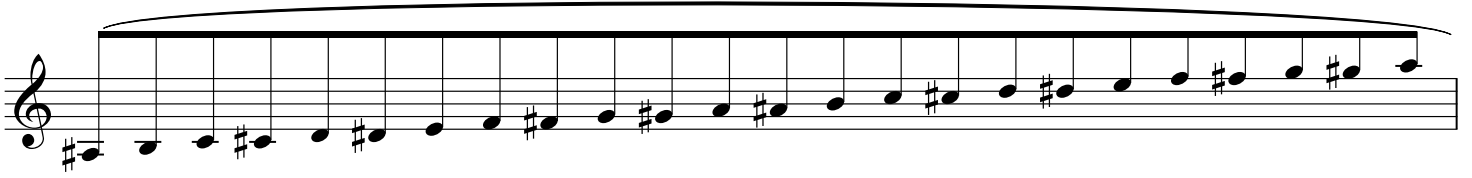
123 0 2

1 12 23

13 123







**Repeat #2 with:**

- 3) Whole Tone
- 4) Diminished
- 5) Augmented
- 6) P4/P5 Melody
- 6) Tritone