



**The Brass Gym - Tuba Edition By Sam Pilafian
and Patrick Sheridan (The Brass Gym; a
Comprehensive Daily Workout for Brass Players
[Tuba Edition])**

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The Brass Gym: A Comprehensive Daily Routine for Brass Players by Patrick Sheridan and Sam Pilafian. The Brass Gym includes a 108 page book and 78 minute play-along CD featuring the two authors. This book is used by many professionals as a daily workout routine. It will guide you as a player into utilizing all of your bodies potential as a music-making-force. This book is truly remarkable!

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