

Major Scale Workout

For instruments in concert key (Guitar, piano, bass, trombone, flute, etc.)

Use this sheet together with the Scale Practice audio tracks at the Phillips Guild website:

<http://phillipsguild.org/resourcescalepractice.html>

There are four practice tracks for the major scale. They vary in style and tempo, but they all use the following chord changes. Each row represents 8 bars. We remain in each of the 12 keys for 8 bars. You can play the major scale throughout the first 7 bars in each row. The 8th bar in each row -- e.g. "G7 C7" -- modulates to the new key, so you may want to adjust the notes you play in the 8th bar.

CM7	Dm7 G7	Em7 Am7	Dm7 G7	CM7	Dm7 G7	Em7 Am7	G7 C7	
FM7	Gm7 C7	Am7 Dm7	Gm7 C7	FM7	Gm7 C7	Am7 Dm7	C7 F7	
BbM7	Cm7 F7	Dm7 Gm7	Cm7 F7	BbM7	Cm7 F7	Dm7 Gm7	F7 Bb7	
EbM7	Fm7 Bb7	Gm7 Cm7	Fm7 Bb7	EbM7	Fm7 Bb7	Gm7 Cm7	Bb7 Eb7	
AbM7	Bbm7 Eb7	Cm7 Fm7	Bbm7 Eb7	AbM7	Bbm7 Eb7	Cm7 Fm7	Eb7 Ab7	
DbM7	Ebm7 Ab7	Fm7 Bbm7	Ebm7 Ab7	DbM7	Ebm7 Ab7	Fm7 Bbm7	Ab7 Db7	
GbM7	Abm7 Db7	Am7 Ebm7	Abm7 Db7	GbM7	Abm7 Db7	Bbm7 Ebm7	Db7 Gb7	
BM7	C#m7 F#7	D#m7 G#m7	C#m7 F#7	BM7	C#m7 F#7	D#m7 G#m7	F#7 B7	
EM7	F#m7 B7	G#m7 C#m7	F#m7 B7	EM7	F#m7 B7	G#m7 C#m7	B7 E7	
AM7	Bm7 E7	C#m7 F#m7	Bm7 E7	AM7	Bm7 E7	C#m7 F#m7	E7 A7	
DM7	Em7 A7	F#m7 Bm7	Em7 A7	DM7	Em7 A7	F#m7 Bm7	A7 D7	
GM7	Am7 D7	Bm7 Em7	Am7 D7	GM7	Am7 D7	Bm7 Em7	D7 G7	
CM7								

Dorian Scale Workout

For instruments in Bb (Trumpet, clarinet, tenor sax, etc.)

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DM7	Em7 A7	F#m7 Bm7	Em7 A7	DM7	Em7 A7	F#m7 Bm7	A7 D7	
GM7	Am7 D7	Bm7 Em7	Am7 D7	GM7	Am7 D7	Bm7 Em7	D7 G7	
CM7	Dm7 G7	Em7 Am7	Dm7 G7	CM7	Dm7 G7	Em7 Am7	G7 C7	
FM7	Gm7 C7	Am7 Dm7	Gm7 C7	FM7	Gm7 C7	Am7 Dm7	C7 F7	
BbM7	Cm7 F7	Dm7 Gm7	Cm7 F7	BbM7	Cm7 F7	Dm7 Gm7	F7 Bb7	
EbM7	Fm7 Bb7	Gm7 Cm7	Fm7 Bb7	EbM7	Fm7 Bb7	Gm7 Cm7	Bb7 Eb7	
AbM7	Bbm7 Eb7	Cm7 Fm7	Bbm7 Eb7	AbM7	Bbm7 Eb7	Cm7 Fm7	Eb7 Ab7	
DbM7	Ebm7 Ab7	Fm7 Bbm7	Ebm7 Ab7	DbM7	Ebm7 Ab7	Fm7 Bbm7	Ab7 Db7	
GbM7	Abm7 Db7	Am7 Ebm7	Abm7 Db7	GbM7	Abm7 Db7	Bbm7 Ebm7	Db7 Gb7	
BM7	C#m7 F#7	D#m7 G#m7	C#m7 F#7	BM7	C#m7 F#7	D#m7 G#m7	F#7 B7	
EM7	F#m7 B7	G#m7 C#m7	F#m7 B7	EM7	F#m7 B7	G#m7 C#m7	B7 E7	
AM7	Bm7 E7	C#m7 F#m7	Bm7 E7	AM7	Bm7 E7	C#m7 F#m7	E7 A7	
DM7								

Dorian Scale Workout

For instruments in Eb (Alto sax, baritone sax, etc.)

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AM7	Bm7 E7	C#m7 F#m7	Bm7 E7	AM7	Bm7 E7	C#m7 F#m7	E7 A7	
DM7	Em7 A7	F#m7 Bm7	Em7 A7	DM7	Em7 A7	F#m7 Bm7	A7 D7	
GM7	Am7 D7	Bm7 Em7	Am7 D7	GM7	Am7 D7	Bm7 Em7	D7 G7	
CM7	Dm7 G7	Em7 Am7	Dm7 G7	CM7	Dm7 G7	Em7 Am7	G7 C7	
FM7	Gm7 C7	Am7 Dm7	Gm7 C7	FM7	Gm7 C7	Am7 Dm7	C7 F7	
BbM7	Cm7 F7	Dm7 Gm7	Cm7 F7	BbM7	Cm7 F7	Dm7 Gm7	F7 Bb7	
EbM7	Fm7 Bb7	Gm7 Cm7	Fm7 Bb7	EbM7	Fm7 Bb7	Gm7 Cm7	Bb7 Eb7	
AbM7	Bbm7 Eb7	Cm7 Fm7	Bbm7 Eb7	AbM7	Bbm7 Eb7	Cm7 Fm7	Eb7 Ab7	
DbM7	Ebm7 Ab7	Fm7 Bbm7	Ebm7 Ab7	DbM7	Ebm7 Ab7	Fm7 Bbm7	Ab7 Db7	
GbM7	Abm7 Db7	Am7 Ebm7	Abm7 Db7	GbM7	Abm7 Db7	Bbm7 Ebm7	Db7 Gb7	
BM7	C#m7 F#7	D#m7 G#m7	C#m7 F#7	BM7	C#m7 F#7	D#m7 G#m7	F#7 B7	
EM7	F#m7 B7	G#m7 C#m7	F#m7 B7	EM7	F#m7 B7	G#m7 C#m7	B7 E7	
AM7								

Dorian Scale Workout

For instruments in F (French horn, etc.)

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GM7	Am7 D7	Bm7 Em7	Am7 D7	GM7	Am7 D7	Bm7 Em7	D7 G7	
CM7	Dm7 G7	Em7 Am7	Dm7 G7	CM7	Dm7 G7	Em7 Am7	G7 C7	
FM7	Gm7 C7	Am7 Dm7	Gm7 C7	FM7	Gm7 C7	Am7 Dm7	C7 F7	
BbM7	Cm7 F7	Dm7 Gm7	Cm7 F7	BbM7	Cm7 F7	Dm7 Gm7	F7 Bb7	
EbM7	Fm7 Bb7	Gm7 Cm7	Fm7 Bb7	EbM7	Fm7 Bb7	Gm7 Cm7	Bb7 Eb7	
AbM7	Bbm7 Eb7	Cm7 Fm7	Bbm7 Eb7	AbM7	Bbm7 Eb7	Cm7 Fm7	Eb7 Ab7	
DbM7	Ebm7 Ab7	Fm7 Bbm7	Ebm7 Ab7	DbM7	Ebm7 Ab7	Fm7 Bbm7	Ab7 Db7	
GbM7	Abm7 Db7	Am7 Ebm7	Abm7 Db7	GbM7	Abm7 Db7	Bbm7 Ebm7	Db7 Gb7	
BM7	C#m7 F#7	D#m7 G#m7	C#m7 F#7	BM7	C#m7 F#7	D#m7 G#m7	F#7 B7	
EM7	F#m7 B7	G#m7 C#m7	F#m7 B7	EM7	F#m7 B7	G#m7 C#m7	B7 E7	
AM7	Bm7 E7	C#m7 F#m7	Bm7 E7	AM7	Bm7 E7	C#m7 F#m7	E7 A7	
DM7	Em7 A7	F#m7 Bm7	Em7 A7	DM7	Em7 A7	F#m7 Bm7	A7 D7	
GM7								