| Key | Exercise # | Time Stamp |
|---|---|---|
| Low C | First Line | :10 |
| | Second Line | :28 |
| | Third Line | :53 |
| | Fourth Line | 1:10 |
| Middle G | First Line | :04 |
| | Second Line | :23 |
| | Third Line | :47 |
| | Fourth Line | 1:04 |
| Middle C | First Line | :04 |
| | Second Line | :23 |
| | Third Line | :44 |
| | Fourth Line/Challenge | 1:03 |
| Scales | 2 Octave G Major Scale | :06 |
| | A Major | :31 |
| | Db Major | :51 |
| | B Major | 1:08 |
| | Ab Major | 1:25 |
| | E Major | 1:43 |
| | Eb Major | 2:03 |
| | C Major | 2:22 |
| | G Major 1 Octave | 2:42 |
| | F Major | 3:00 |
| | D Major | 3:17 |
| | Bb Major | 3:34 |
| C Major | Wiggles | :04 |
| | High Five | :15 |
| | Chromatic | :30 |
| | Herbert | :55 |
| | Scale | 1:11 |
| | Arpeggio | 1:25 |
| | Air Slur | 1:40 |
| F Major | Wiggles | :04 |
| | High Five | :21 |
| | Chromatic | :38 |
| | Herbert | 1:07 |
| | Scale | 1:27 |
| | Arpeggio | 1:45 |
| | Air Slur | 2:00 |
| G Major | Chromatic | :10 |
| | Herbert | :40 |
| | Scale | :58 |
| | Arpeggio | 1:14 |
| | Air Slur | 1:31 |
| | 2 Octave G Major Scale | 1:55 |

| | | |
|---|---|---|
| | Wiggles | 2:26 |
| | High Five | 2:44 |
| Bb Major | Wiggles | :04 |
| | Herbert | :19 |
| | Scale | :38 |
| | Arpeggio | :51 |
| | Chromatic | 1:06 |
| | Interval | 1:30 |
| | Air Slur | 1:53 |
| | Star Spangeled Banner | 2:18 |
| D Major | Wiggles | :04 |
| | Herbert | :15 |
| | Scale | :32 |
| | Arpeggio | :48 |
| | Chromatic | 1:00 |
| | Interval | 1:24 |
| | Air Slur | 1:45 |
| Eb Major | Wiggles | :05 |
| | Herbert | :22 |
| | Scale and Arpeggio | :39 |
| | Chromatic | 1:08 |
| | Intervals | 1:40 |
| | Air Slur | 2:00 |
| A Major | Wiggles | :07 |
| | Low Herbert | :22 |
| | Middle Herbert | :40 |
| | Scale and Arpeggio | 1:00 |
| | Chromatic | 1:30 |
| | Intervals | 1:52 |
| | Air Slur | 2:14 |
| Ab Major | Wiggles | :06 |
| | Herbert | :22 |
| | Scale and Arpeggio | :43 |
| | Chromatic | 1:07 |
| | Intervals | 1:33 |
| E Major | Wiggles | :05 |
| | Herbert | :15 |
| | Scale and Arpeggio | :33 |
| | Chromatic | 1:00 |
| | Intervals | 1:22 |
| | Air Slurs | 1:45 |
| Db Major | Wiggles | :04 |
| | Herbert | :17 |
| | Scale and Arpeggio | :35 |
| | Chromatic | 1:00 |

| | | |
|---|---|---|
| | Intervals | 1:25 |
| B Major | Wiggles | :04 |
| | Herbert | :18 |
| | Scale and Arpeggio | :36 |
| | Chromatic | 1:06 |
| | Intervals | 1:31 |
| Song Book | Twinkle Twinkle | :04 |
| | Ode to Joy | :45 |
| | Mary Had a Little Lamb | 1:15 |
| | London Bridge- Sing | 1:43 |
| | London Bridge- Playing | 2:13 |
| | Happy Birthday | 2:46 |
| | Happy Birthday- Single Pitch | 3:15 |
| | Hot Cross Buns | 3:42 |
| | Hot Cross Buns - Mouthpiece | 4:01 |
| | America | 4:28 |
| | Lullaby | 5:00 |
| | Frere Jacques | 5:23 |
| | Hickory Dickory Dock | 5:53 |
| | For They're Jolly Good People-Slow | 6:20 |
| | For They're Jolly Good People-Fast | 6:54 |
| | Skip to my Lou | 7:24 |
| | American Patrol | 8:02 |