

Flute

Singular Strike

Jam Project
Arr. 2Matt MC '22

EVERY SINGLE DAY!!! ♩ = 123

3

Musical staff 1: Flute part, measures 1-6. Measure 1 has a triplet of eighth notes. Measures 2-3 have eighth notes with slurs. Measures 4-5 have quarter notes with slurs. Measure 6 has a sixteenth-note triplet.

10

100 PUSH UPS

Musical staff 2: Flute part, measures 7-15. Measures 7-8 have whole notes with slurs. Measures 9-15 have sixteenth-note triplets.

16

Musical staff 3: Flute part, measures 16-20. Measures 16-17 have eighth notes with slurs. Measures 18-20 have sixteenth-note triplets.

21

100 SIT UPS

Musical staff 4: Flute part, measures 21-27. Measures 21-22 have eighth notes with slurs. Measures 23-27 have quarter notes with slurs.

28

100 SQUATS

Musical staff 5: Flute part, measures 28-33. Measures 28-29 have quarter notes with slurs. Measures 30-33 have eighth notes with slurs.

34

AND 10KM RUNNING

Musical staff 6: Flute part, measures 34-41. Measures 34-35 have sixteenth-note triplets. Measures 36-37 have quarter notes with slurs. Measures 38-41 have eighth notes with slurs.

42

Musical staff 7: Flute part, measures 42-48. Measures 42-48 have eighth notes with slurs. Measure 48 ends with a double bar line.

Clarinet in B \flat

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3

100 PUSH UPS

11

100 SIT UPS

16

100 SQUATS

21

AND 10KM RUNNING

28

AND 10KM RUNNING

34

AND 10KM RUNNING

42

AND 10KM RUNNING

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Tenor Saxophone

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2

8

100 PUSH UPS

14

21

100 SIT UPS

27

100 SQUATS

33

AND 10KM RUNNING

39

Baritone Saxophone

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4

9

100 PUSH UPS

18

100 SIT UPS

24

30

100 SQUATS

36

AND 10KM RUNNING

42

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10 100 PUSH UPS



17 100 SIT UPS



29 100 SQUATS



36 AND 10KM RUNNING



Euphonium

Singular Strike

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2



9

100 PUSH UPS



16

100 SIT UPS



23



29

100 SQUATS



35

AND 10KM RUNNING



41



Trumpet in Bb

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7

100 PUSH UPS



14



20

100 SIT UPS



26

100 SQUATS



32



38

AND 10KM RUNNING



42



Singular Strike

EVERY SINGLE DAY!!! ♩ = 123

4

10

100 PUSH UPS

18

100 SIT UPS

23

30

100 SQUATS

4

37

AND 10KM RUNNING

2

42

2

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9

100 PUSH UPS



15



22

100 SIT UPS



29

100 SQUATS



36

AND 10KM RUNNING



42



Singular Strike

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Musical notation for measures 1-8. Treble clef, key signature of two flats, 4/4 time. Measure 1 contains a triplet of eighth notes. The guitar tab below shows a triplet of eighth notes on the 4th string, 4th fret.

Musical notation for measures 9-14. Measure 9 is marked with a box containing "100 PUSH UPS". The guitar tab below shows rests for all strings.

Musical notation for measures 15-21. The guitar tab below shows rests for all strings.

Musical notation for measures 22-28. Measure 22 is marked with a box containing "100 SIT UPS". The guitar tab below shows rests for all strings.

Musical notation for measures 29-35. Measure 29 is marked with a box containing "100 SQUATS". The guitar tab below shows rests for all strings.

Musical notation for measures 36-41. Measure 36 is marked with a box containing "AND 10KM RUNNING". The guitar tab below shows rests for all strings.

Musical notation for measures 42-46. The guitar tab below shows rests for all strings.

Singular Strike

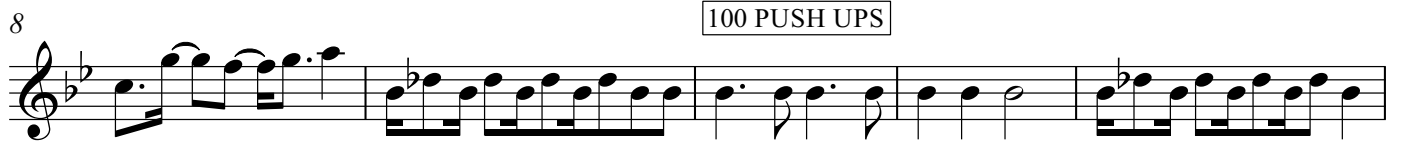
EVERY SINGLE DAY!!! ♩ = 123

3



8

100 PUSH UPS

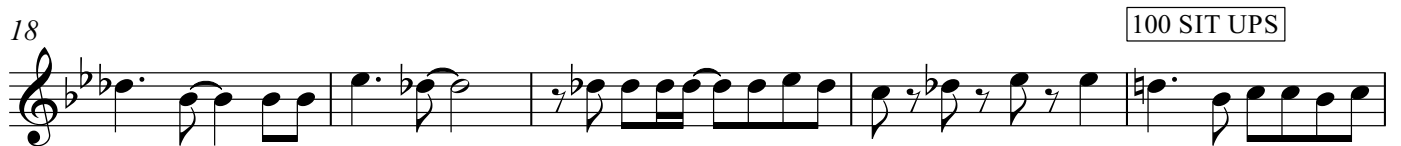


13



18

100 SIT UPS



23



28

100 SQUATS



33



38

AND 10KM RUNNING



42



Singular Strike

EVERY SINGLE DAY!!! ♩ = 123

Measures 1-7 of the electric bass line. The music is in 4/4 time with a key signature of one flat (Bb). The notation consists of eighth and quarter notes, with some beamed eighth notes. A guitar tablature line is shown below the staff, with a 'T' and 'B' symbol at the beginning.

8

100 PUSH UPS

Measures 8-15. Measure 8 starts with a rest. Measures 9-10 contain the text '100 PUSH UPS'. The notation continues with eighth and quarter notes. A guitar tablature line is shown below the staff.

16

Measures 16-21. The notation includes eighth notes, quarter notes, and a triplet of eighth notes. A guitar tablature line is shown below the staff.

22

100 SIT UPS

Measures 22-27. Measure 22 starts with a rest. Measures 23-24 contain the text '100 SIT UPS'. The notation continues with eighth and quarter notes. A guitar tablature line is shown below the staff.

28

100 SQUATS

Measures 28-33. Measure 28 starts with a rest. Measures 29-30 contain the text '100 SQUATS'. The notation continues with eighth and quarter notes. A guitar tablature line is shown below the staff.

34

AND 10KM RUNNING

Measures 34-39. Measure 34 starts with a rest. Measures 35-36 contain the text 'AND 10KM RUNNING'. The notation continues with eighth and quarter notes. A guitar tablature line is shown below the staff.

40

Measures 40-46. The notation continues with eighth and quarter notes, ending with a double bar line. A guitar tablature line is shown below the staff.

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