

WORKOUT 1 | BASIC WORKOUT

LOW  
11 Range

Latin ♩ = 92

GMaj7 F13 GMaj7 AbMaj7(#11)

Mah meh mee moh moo

Bb7 EbMaj7 Ab7(#11) 1. Ab7(#11) 2. GMaj7

Mah meh mee moh moo

25 HIGH Range

Latin ♩ = 92

BbMaj7 Ab13 BbMaj7 BMaj7(#11)

Mah meh mee moh moo

Db7 GbMaj7 B7(#11) 1. B7(#11) 2. BbMaj7

Mah meh mee moh moo