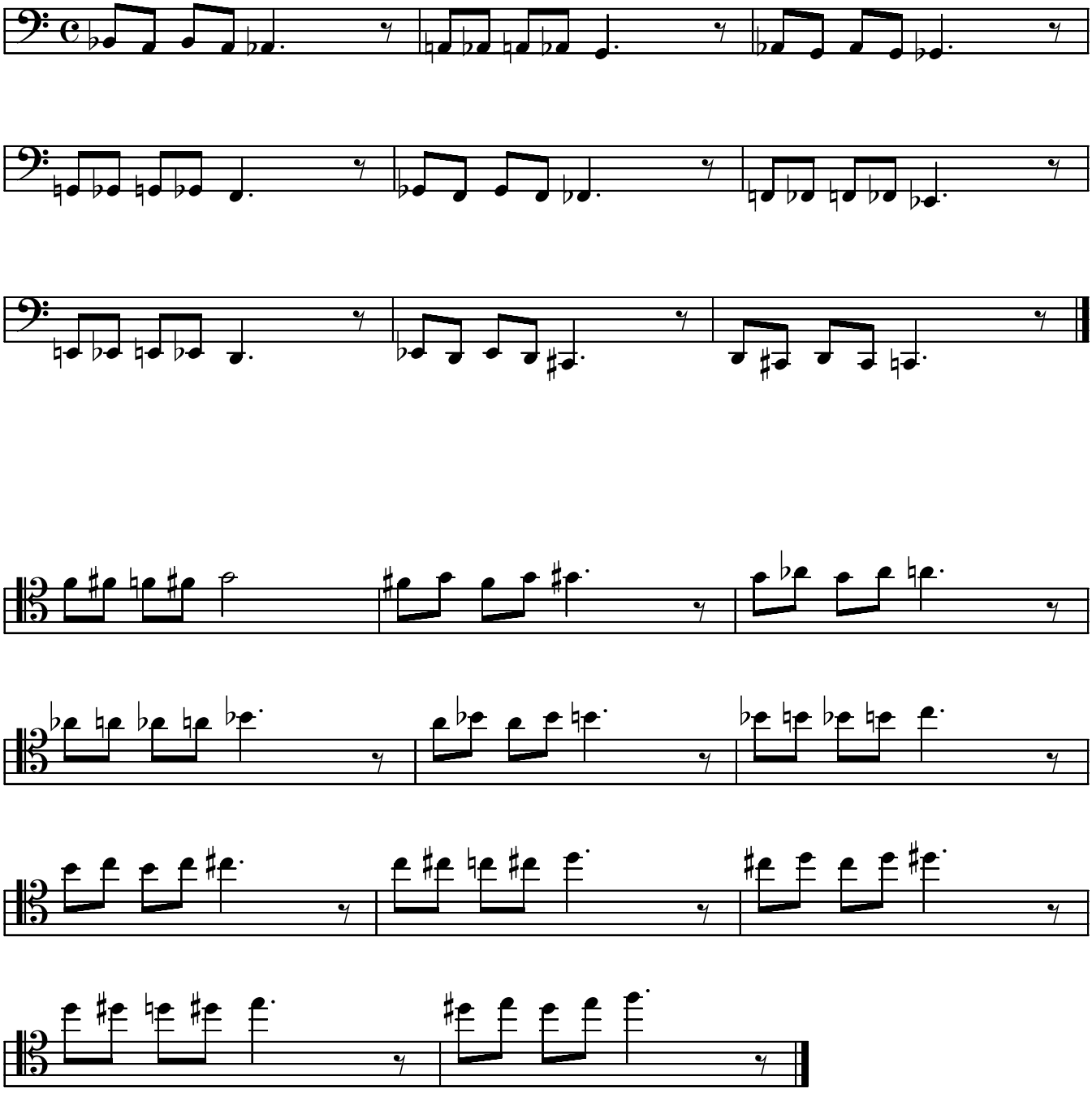
Alternating Low/High Glissando Warmups

Slur everything - use no tongue