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| Scales (39): | Crab Over 4 Octaves | Babayan Legato 1-4 Oct. | Bouncy Wrist Over 4 | High Finger Over 4 | Flutter Mode (Additive) | Babayan Staccato 1-4 |
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| Arpeggios (41): | Crab Over 4 Octaves | Babayan Legato 1-4 Oct. | Bouncy Wrist Over 4 | High Finger Over 4 | Flutter Mode (Additive) | Babayan Staccato 1-4 |
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| Trill Exercise (46) m. 1-6 | Rotation Exercise (31) | Voicing Exercise | Weak Finger Exercise | Elbow Octaves (53) | Wrist Octaves (53) | Broken Octaves (56) |
| | | | D to D 1,345,34(5),34(5),345,34 | | | |
| German Chromatic (40) | French Chromatic Over 4 | Repeated Notes (47) | Thirds (52) and Sixths | Rachmaninov Exercise | Tremolo Exercise (60) | Bach Variation No. 26 |
| | R.H. 1234,123,1234,123,123,1234,1231 | | | CM6 cm6 co7 V6/5 | | |