

VIBRATO BOOTCAMP – JUL 2021

THE CELLO DOLL

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
<p>All videos can be found on the Vibrato Bootcamp YouTube Playlist. Use our hashtag #VIBBootCamp & tag @TheCelloDoll so we can cheer each other on!</p>				<p>Subscribe to The Cello Doll Channel & Turn on Notifications!</p> 	<p>EXTRA CREDIT: Review Intro</p>	<p>NEW VIDEO Week 1 Vibrato Prep</p> 
04	05	06	07	08	09	10
REST DAY	<p>Week 1 Vibrato Prep</p>	<p>REST DAY</p> <p>EXTRA CREDIT: Review Intro</p>	<p>Week 1 Vibrato Prep</p>	<p>REST DAY</p> <p>EXTRA CREDIT: Review Intro</p>	<p>Week 1 Vibrato Prep</p>	<p>NEW VIDEO Week 2 Vibrato Sirens</p> 
11	12	13	14	15	16	17
REST DAY	<p>Week 2 Vibrato Sirens</p> <p>EXTRA CREDIT: Week 1 Vibrato Prep</p>	<p>Week 2 Vibrato Sirens</p>	<p>REST DAY</p> <p>EXTRA CREDIT: Week 1 Vibrato Prep</p>	<p>Week 2 Vibrato Sirens</p>	<p>Week 2 Vibrato Sirens</p>	<p>NEW VIDEO Week 3 Shrinking Sirens</p> 
18	19	20	21	22	23	24
<p>Week 3 Shrinking Sirens</p>	<p>Week 3 Shrinking Sirens</p> <p>EXTRA CREDIT: Week 2 Vibrato Sirens</p>	<p>Week 3 Shrinking Sirens</p>	<p>REST DAY</p> <p>EXTRA CREDIT: Week 2 Vibrato Sirens</p>	<p>Week 3 Shrinking Sirens</p>	<p>Week 3 Shrinking Sirens</p>	<p>NEW VIDEO Week 4 Metronome Wiggles</p> 
25	26	27	28	29	30	31
<p>Week 4 Metronome Wiggles</p>	<p>Week 4 Metronome Wiggles</p>	<p>LIVE STREAM: Vibrato Q&A 7:30-8:30pm EST</p> 	<p>Week 4 Metronome Wiggles</p> <p>EXTRA CREDIT: Week 3 Shrinking Sirens</p>	<p>Week 4 Metronome Wiggles</p>	<p>Week 4 Metronome Wiggles</p> <p>EXTRA CREDIT: Week 3 Shrinking Sirens</p>	<p>Week 4 Metronome Wiggles</p> <p>Congratulations on Completing #VIBBootCamp, YOU did it!!!</p>

Listen to YOUR BODY throughout the program, taking extra rest days as needed. **EXTRA CREDIT days are optional** & should only be done if your arms/hands feel well.

- There will be a **BONUS EPISODE** for the Bootcamp for Patreon Patrons, at the end of July. [Join for as little as \\$1!](#)
- [Support my upcoming album](#) & get **FREE MUSIC!**

Check out The Cello Doll on:



For lessons, recordings & business inquiries:
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