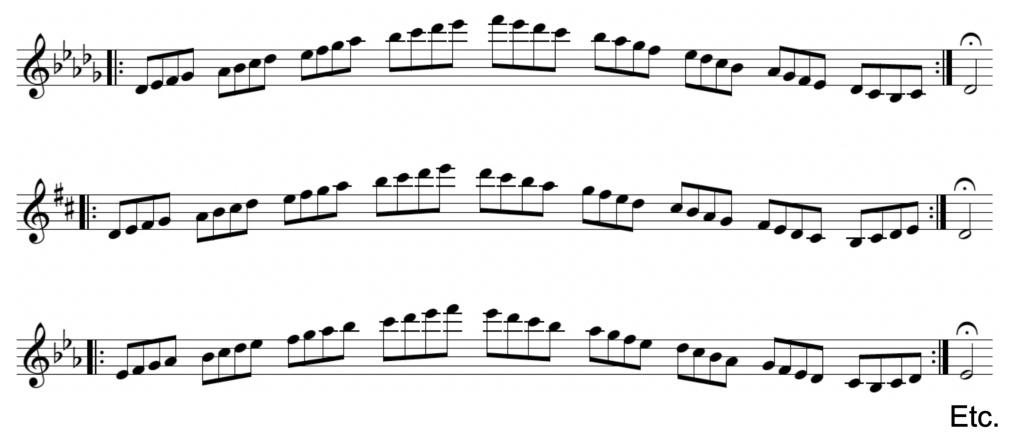
Taken from The Checklist by Peter Epstein https://peterepstein.com/the-checklist

scales



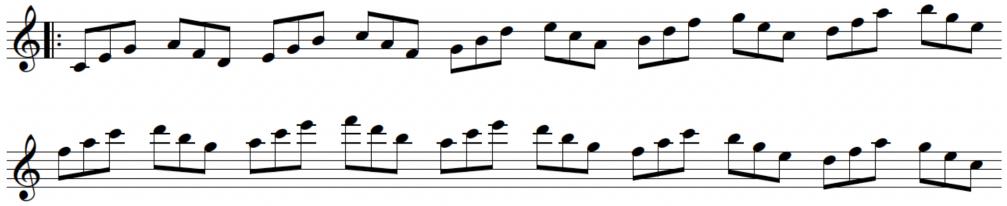
3rds



3-note arpeggios



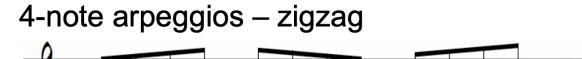


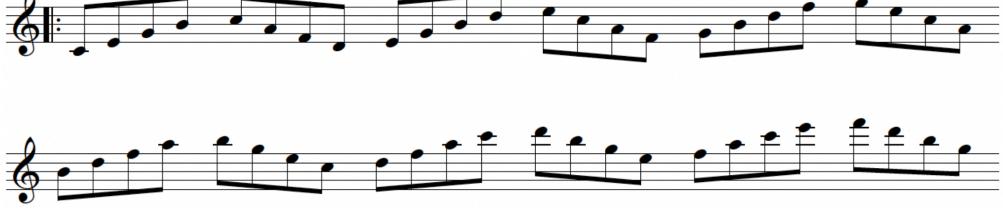


Etc.

4-note arpeggios





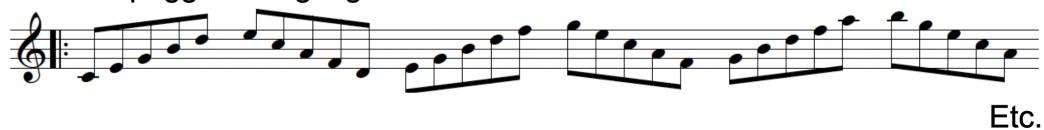


Etc.

5-note arpeggios



5-note arpeggios – zigzag



6-note arpeggios



6-note arpeggios - zigzag



7-note arpeggios



Etc.

7-note arpeggios - zigzag



Etc.