

# Head and Shoulders Knees and Toes

**CONTINUE**

**END HERE**

Detailed description: This diagram shows the 'CONTINUE' section of the 'Head and Shoulders Knees and Toes' exercise. It features a piano keyboard at the top with colored dots (green, blue, red, yellow) indicating finger positions. Below is a musical staff with a red midline. The exercise is divided into four systems by horizontal black lines. The first system has notes on lines 1, 3, 5, and 7. The second system has notes on lines 2, 4, 6, and 8. The third system has notes on lines 3, 5, 7, and 9. The fourth system has notes on lines 4, 6, 8, and 10. Fingerings are indicated by numbers 1-7 in colored circles. The section ends with a red arrow pointing to the right.

**START HERE**

**CONTINUE**

Detailed description: This diagram shows the 'START HERE' section of the 'Head and Shoulders Knees and Toes' exercise. It features a piano keyboard at the top with colored dots (green, blue, red, yellow) indicating finger positions. Below is a musical staff with a red midline. The exercise is divided into four systems by horizontal black lines. The first system has notes on lines 1, 3, 5, and 7. The second system has notes on lines 2, 4, 6, and 8. The third system has notes on lines 3, 5, 7, and 9. The fourth system has notes on lines 4, 6, 8, and 10. Fingerings are indicated by numbers 1-7 in colored circles. The section ends with a red arrow pointing to the left.