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Exercise 1: Treble clef, 4/4 time. Bass clef, 4/4 time. Treble staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Bass staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter.

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Exercise 2: Treble clef, 4/4 time. Bass clef, 4/4 time. Treble staff: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Bass staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter.

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Exercise 3: Treble clef, 4/4 time. Bass clef, 4/4 time. Treble staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Bass staff: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter.

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Exercise 4: Treble clef, 4/4 time. Bass clef, 4/4 time. Treble staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Bass staff: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter.

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Exercise 5: Treble clef, 4/4 time. Bass clef, 4/4 time. Treble staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Bass staff: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter.

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Exercise 6: Treble clef, 4/4 time. Bass clef, 4/4 time. Treble staff: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Bass staff: quarter rest, quarter, quarter, quarter, quarter, quarter, quarter, quarter.