Play melodically and lyrically with your best sound at a moderate volume.

Continue lower as range permits.
Transpose and descend chromatically by half steps in the same manner as the first sequence. As the sequences become longer, play somewhat progressively faster in order to play the sequence in one breath. Rest as needed and always play melodically and smoothly. It is not necessary to transpose every sequence every day. Alternate your practice routine as time and endurance require.