

Body Fit

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Pacific Palisades, California

Television Theme

Steady Rock ♩=126

The musical score is arranged in a standard orchestral format with the following parts from top to bottom:

- Flute**: Treble clef, 4/4 time, playing eighth-note patterns.
- Oboe**: Treble clef, 4/4 time, playing eighth-note patterns.
- Clarinet in B♭**: Treble clef, 4/4 time, playing eighth-note patterns.
- Bassoon**: Bass clef, 4/4 time, playing eighth-note patterns.
- 1st Trumpet in B♭**: Treble clef, 4/4 time, rests.
- 2nd Trumpet in B♭**: Treble clef, 4/4 time, rests.
- 1st Trombone**: Bass clef, 4/4 time, rests.
- 2nd Trombone**: Bass clef, 4/4 time, rests.
- Sawtooth Synth**: Treble clef, 4/4 time, rests.
- Warm Synth**: Treble clef, 4/4 time, playing block chords.
- Bass Synth**: Bass clef, 4/4 time, playing a steady eighth-note bass line.
- Drum Set**: Percussion clef, 4/4 time, playing a steady rock beat with snare and bass drum.
- Electric Guitar**: Treble clef, 4/4 time, playing a steady eighth-note bass line.
- Violin 1**: Treble clef, 4/4 time, playing eighth-note patterns.
- Violin 2**: Treble clef, 4/4 time, playing eighth-note patterns.
- Viola**: Alto clef, 4/4 time, playing eighth-note patterns.
- Violoncello**: Bass clef, 4/4 time, playing eighth-note patterns.
- Electric Bass**: Bass clef, 4/4 time, playing eighth-note patterns.

Dynamic markings include *f* (forte) for the woodwinds, brass, warm synth, and strings. The electric guitar part is marked *f* and includes the instruction "mute".

5

Fl.

Ob.

Cl.

Bsn.

Tpt.1

Tpt.2

Tbn.1

Tbn.2

Saw Syn.

Wrm Syn.

B. Syn.

Dr.

E. Gtr.

Vln. 1

Vln. 2

Vla.

Vc.

E. Bass

Detailed description: This page of a musical score, labeled 'Full Score' and page number '2', contains measures 5 through 8. The score is for a large ensemble including a woodwind section (Flute, Oboe, Clarinet, Bassoon), a brass section (Trumpets 1 & 2, Trombones 1 & 2), a string section (Violins 1 & 2, Viola, Violoncello, Electric Bass), and a percussion/ensemble section (Saw Synthesizer, Warm Synthesizer, Bass Synthesizer, Drums, Electric Guitar). The music is in 4/4 time with a key signature of one sharp (F#). Measures 5 and 7 feature woodwinds and strings playing eighth-note patterns, while measures 6 and 8 feature woodwinds playing quarter-note patterns. The percussion section provides a steady rhythmic accompaniment throughout.

9

Fl. *mf*

Ob. *mf*

Cl. *mf*

Bsn. *mf*

Tpt.1

Tpt.2

Tbn.1

Tbn.2

Saw Syn. *f*

Wrm Syn. *mp*

B. Syn.

Dr.

E. Gtr.

Vln. 1 *mf*

Vln. 2 *mf*

Vla. *mf*

Vc. *mf*

E. Bass *mf*

Detailed description: This page of a full score contains measures 9 through 12. The woodwind section (Flute, Oboe, Clarinet, Bassoon) plays a rhythmic pattern of eighth notes with rests, marked *mf*. The brass section (Trumpets 1 & 2, Trombones 1 & 2) is silent. The strings (Violins 1 & 2, Viola, Violoncello, Double Bass) play a steady eighth-note accompaniment, marked *mf*. The percussion section includes a Saw Synthesizer playing a melodic line marked *f*, a Warm Synthesizer playing chords marked *mp*, and a Drummer playing a consistent eighth-note pattern.

13

Fl.

Ob.

Cl.

Bsn.

Tpt.1

Tpt.2

Tbn.1

Tbn.2

Saw Syn.

Wrm Syn.

B. Syn.

Dr.

E. Gtr.

Vln. 1

Vln. 2

Vla.

Vc.

E. Bass

Detailed description: This page of a musical score covers measures 13 through 16. The key signature is one sharp (F#) and the time signature is 4/4. The woodwind section includes Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), and Bassoon (Bsn.), all playing a melodic line with eighth and quarter notes. The brass section (Tpt.1, Tpt.2, Tbn.1, Tbn.2) is silent. The string section includes Violin 1 (Vln. 1), Violin 2 (Vln. 2), Viola (Vla.), Violoncello (Vc.), and Electric Bass (E. Bass). The strings play a rhythmic accompaniment of eighth notes. The percussion section includes a Saw Synthesizer (Saw Syn.) with a melodic line, a Warm Synthesizer (Wrm Syn.) with sustained chords, and a Drum set (Dr.) with a steady eighth-note pattern. An Electric Guitar (E. Gtr.) is also present but silent.

17

Fl.

Ob.

Cl.

Bsn.

Tpt.1

Tpt.2

Tbn.1

Tbn.2

Saw Syn.

Wrm Syn.

B. Syn.

Dr.

E. Gtr.

Vln. 1

Vln. 2

Vla.

Vc.

E. Bass

f

f

f

f

f

f

f

f

f

f

f

f

21

Fl.
Ob.
Cl.
Bsn.
Tpt.1
Tpt.2
Tbn.1
Tbn.2
Saw Syn.
Wrm Syn.
B. Syn.
Dr.
E. Gtr.
Vln. 1
Vln. 2
Vla.
Vc.
E. Bass

Detailed description: This page of a musical score covers measures 21 through 24. The score is for a full orchestra and includes the following parts: Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Bassoon (Bsn.), Trumpet 1 (Tpt.1), Trumpet 2 (Tpt.2), Trombone 1 (Tbn.1), Trombone 2 (Tbn.2), Saw Synthesizer (Saw Syn.), Warm Synthesizer (Wrm Syn.), Bass Synthesizer (B. Syn.), Drums (Dr.), Electric Guitar (E. Gtr.), Violin 1 (Vln. 1), Violin 2 (Vln. 2), Viola (Vla.), Violoncello (Vc.), and Electric Bass (E. Bass). The key signature is one sharp (F#) and the time signature is 4/4. Measures 21 and 22 show the woodwinds and brasses entering with specific melodic lines. The strings provide a rhythmic and harmonic foundation. The electric guitar and bass have specific parts in measures 21 and 22. Measures 23 and 24 continue the musical themes established in the previous measures.

25

Fl.

Ob.

Cl.

Bsn.

Tpt.1

Tpt.2

Tbn.1

Tbn.2

Sax Syn.

Wrm Syn.

B. Syn.

Dr.

E. Gtr.

Vln. 1

Vln. 2

Vla.

Vc.

E. Bass

29

Fl.
Ob.
Cl.
Bsn.
Tpt.1
Tpt.2
Tbn.1
Tbn.2
Saw Syn.
Wrm Syn.
B. Syn.
Dr.
E. Gtr.
Vln. 1
Vln. 2
Vla.
Vc.
E. Bass

Detailed description: This page of a musical score covers measures 29 and 30. The score is for a full orchestra and includes parts for woodwinds (Flute, Oboe, Clarinet, Bassoon), brass (Trumpets 1 & 2, Trombones 1 & 2), strings (Violins 1 & 2, Viola, Violoncello), and percussion (Saw Synthesizer, Warm Synthesizer, Bass Synthesizer, Drums, Electric Guitar). The key signature is one sharp (F#) and the time signature is 4/4. In measure 29, the woodwinds and strings play a melodic line, while the brass and percussion provide harmonic support. In measure 30, the woodwinds and strings continue their melodic line, and the brass and percussion provide harmonic support. The score is written in a standard musical notation style with a variety of note values, rests, and articulation marks.

31

Fl.
Ob.
Cl.
Bsn.
Tpt.1
Tpt.2
Tbn.1
Tbn.2
Saw Syn.
Wrm Syn.
B. Syn.
Dr.
E. Gtr.
Vln. 1
Vln. 2
Vla.
Vc.
E. Bass

Detailed description: This page of a musical score, labeled 'Full Score' and page '9', contains measures 31 through 33. The score is for a large ensemble. The instruments listed on the left are: Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Bassoon (Bsn.), Trumpet 1 (Tpt.1), Trumpet 2 (Tpt.2), Trombone 1 (Tbn.1), Trombone 2 (Tbn.2), Saw Synthesizer (Saw Syn.), Warm Synthesizer (Wrm Syn.), Bass Synthesizer (B. Syn.), Drums (Dr.), Electric Guitar (E. Gtr.), Violin 1 (Vln. 1), Violin 2 (Vln. 2), Viola (Vla.), Violoncello (Vc.), and Electric Bass (E. Bass). The music is in a key with three sharps (F#, C#, G#) and a common time signature. Measures 31 and 32 show complex rhythmic patterns with many sixteenth and thirty-second notes. Measure 33 features a change in texture with more sustained notes and some dynamic markings like 'v' (forte) and 'p' (piano). The electric guitar and electric bass parts are relatively sparse, often playing sustained chords or simple rhythmic lines.