Turning the thumb under the 2nd finger. Play the first measure four times.

(M.M. $\frac{\text{d}}{\text{40}}$ to 72)

Turning the thumb under the 3rd finger. Play the first measure four times.
Turning the thumb under the 4th finger. Play the first measure four times.

(M. M. \( \frac{4}{4} \) 60 to 108)
Another example of turning the thumb under.

Special exercise for the thumb: Play all quarter notes with the thumb while holding down the three whole notes; repeat each measure as indicated.