Double-stop practice sequence

Due to growing up in a household with a concert-pianist father, one of the theme tunes of my childhood was this piano exercise by Rafael Joseffy. It repeats a semitone up each time through the whole octave:

As a college student I adapted this sequence for the violin, and it has remained a favourite element of warming up, and a specific practice method, ever since:

Use overlapping bowing:

Also slur with one or two bows to a bar, and play separate bows.

As a general double-stop shifting exercise, you can cycle all the way through the scale; or play just a few steps in different places on the fingerboard. When practising a piece with lots of thirds in it, such as the Paganini D major Concerto, practise the sequence before practising the passage itself:

Practise the thirds sequence starting on the last bar of the example above.
The sequence works very well in tenths:

There is always less work needed to polish this famous passage from the Bruch concerto after practising the sequence as a preparatory exercise:

Begin the tenths sequence on the D-F# and continue up beyond the range of the passage:

One of the challenges of playing sixths is the lateral movement of the fingers across the strings. After playing the sequence in sixths in one position, a normal passage of sixths feels much easier:

The sequence is also useful in single notes as a warming-up exercise for intonation. Play through the whole cycle up one string: