Everyone should play these as written.
You can play up or down a partial as directed.
Long Tones: Start by having one person play the notes while everyone else buzzes.

Lip Slurs: Don't cheat! Slur the entire passage.

Add-a-note: Play a Bb concert scale by adding a note each time you start.
Articulation: Play this pattern using fingers: 0, 2, 1, 12, 23, 12, 1, 2, 0