



Using a metronome set for 70 BPM, play each exercise for 60 seconds. These exercises are designed for playing on a practice pad, snare drum, or even tapping on your legs with your hands. Focus on developing accurate timing for each note. Remember to count out loud with each click of the metronome. (4 clicks = 4 counts).
 R = right hand, L = left hand.

Exercise 1

1	2	3	4		1	2	3	4
R					R			

Exercise 2

1	2	3	4		1	2	3	4
R		R			R	R		R

Exercise 3

1	2	3	4		1	2	3	4
R		R	R		R	R	L	L

Exercise 4

1	2	3	4		1	2	3	4
R	L	R	L		R	L	R	L