

Practice Pad or Snare Drum Workout

Play this simple little exercise for 10 minutes
per day. After 30 days you will be **AMAZED** at
how much faster you are around the kit.

R R R R L L L L R R R R L L L L R R R R L L L L R R R R L L L L



R R R L L L R R R L L L R R R L L L R R R L L L R R R L L L R R



L L L L R R R R L L L L R R R R L L L L R R R R L L L L R R R R



L L L R R R L L L R R R L L L R R R L L L R R R L L L R R L L



**NOTE: Play this exercise to a metronome
to track your progress.**

Beginners drummers start at 75 - 90 bpm

Intermediate drummers start at 90 - 110

Advanced drummers start at 110 +