

# WARM - UP

INDEPENDENCE

BASIC  
 Alternate with  
 each no.)

BASIC

d = dampened  
 wither bass

♩ = 120. BPM

SPEED

DYNAMIC INDEPENDENCE

14amps!

## Some Warm-Up's

**WRIST STRETCH.** Use your beater to stretch your wrists and forearms. Hold it in both hands, with your palms up, elbows bent, sternum height, in front of your stomach. Lift hands slowly, one at a time, toward you, in, down and out, letting your hand rotate around the beater without letting go. Like many yoga moves, this loosens muscles and wows friends.

**WRIST SNAPS.** Holding the switch a few inches above the rim, snap the switch away from the head, using your wrist to bring the tip above the level of your arm. Repeat 100 times, thinking of turning on a water faucet.

**SWITCH TAPS.** This is a great exercise for building endurance, and raising awareness of parallel to the table, about an inch above, and wrist cocked at 90 degrees, top switch on table, alternating fingers. Your first finger and thumb are pivots.

3333	2222	1111	2222 x 10	) Do this whole cycle at least twice.
3322	1122	3322	1122 x 10	
3212	3212	3212	3212 x 10	