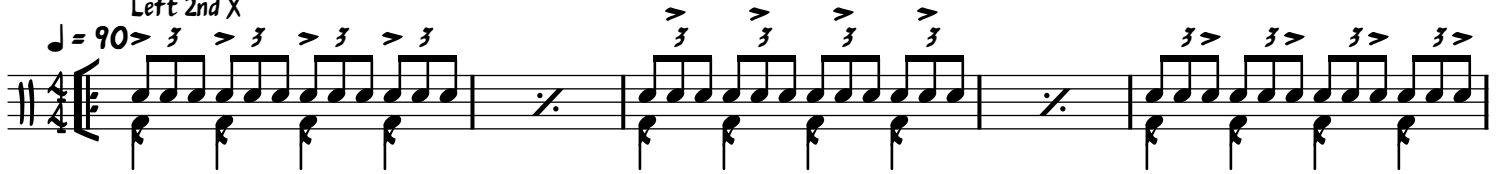


Drums Ray Luzier's Warm Ups for Endurance

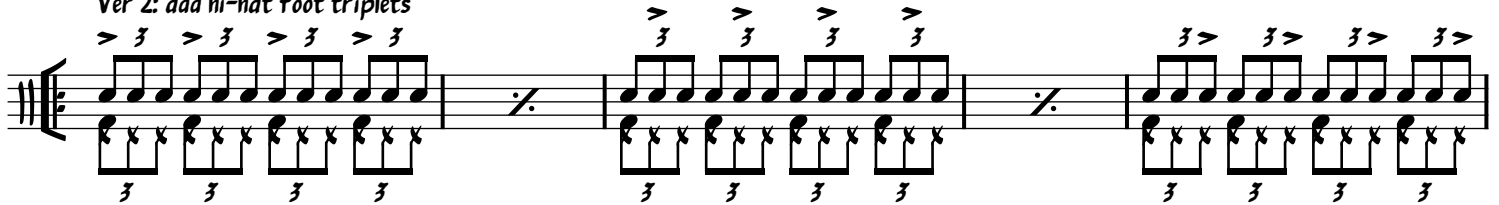
Ver 1: all Right Hand 1st time

Left 2nd X

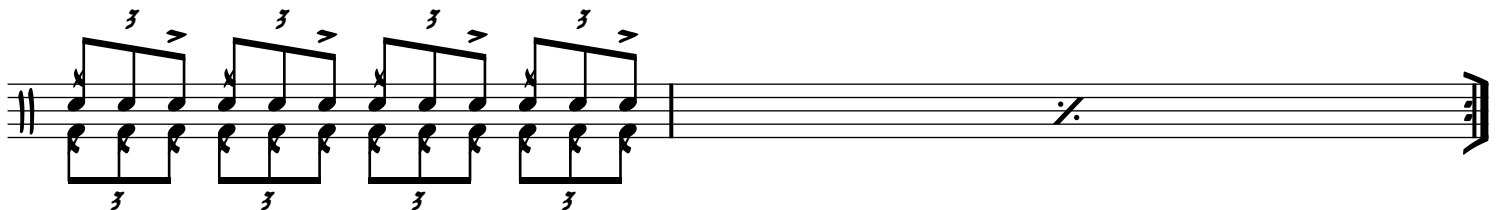
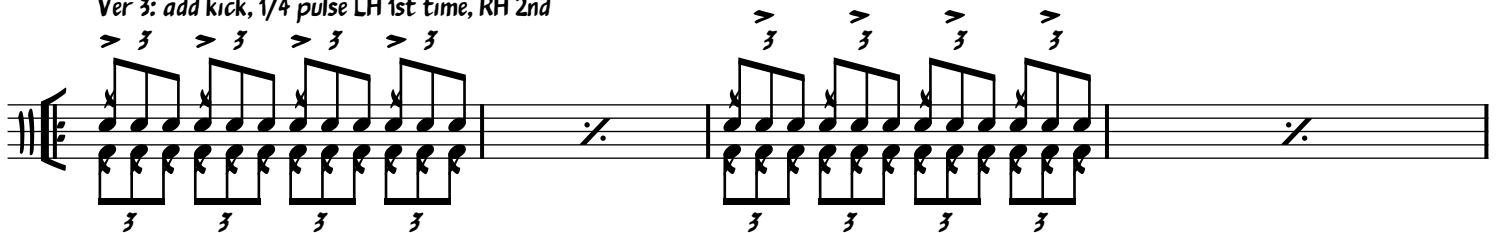
♩ = 90



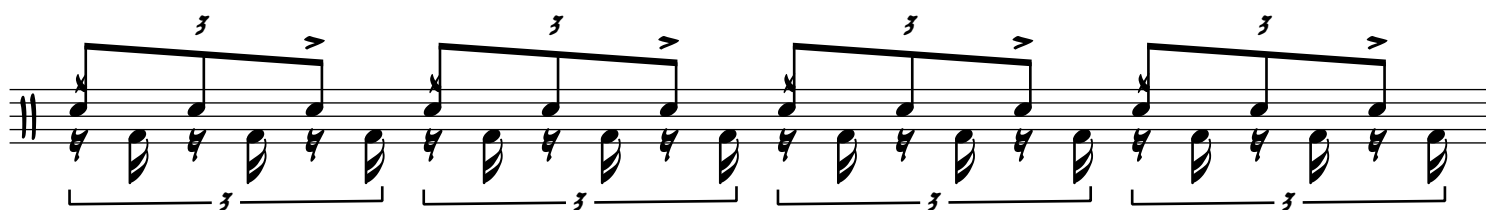
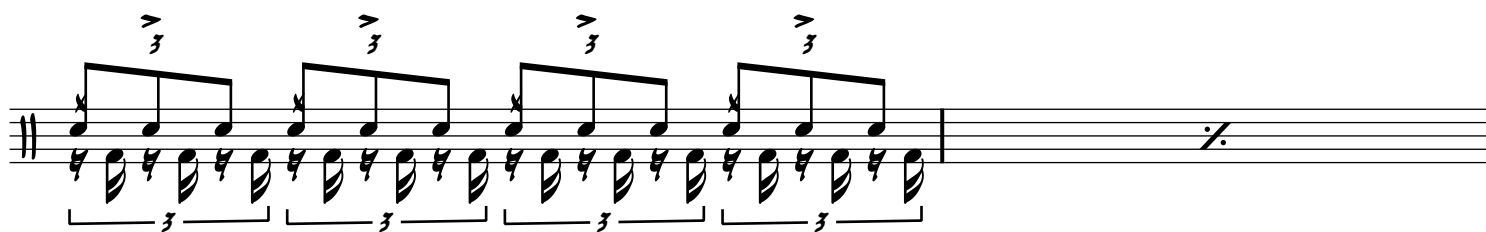
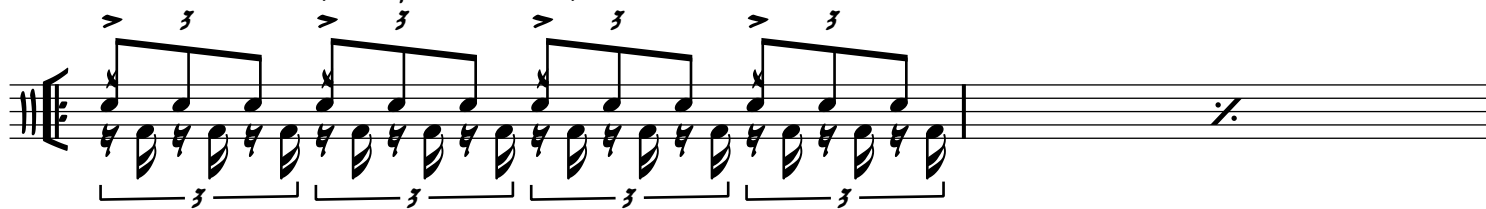
Ver 2: add hi-hat foot triplets



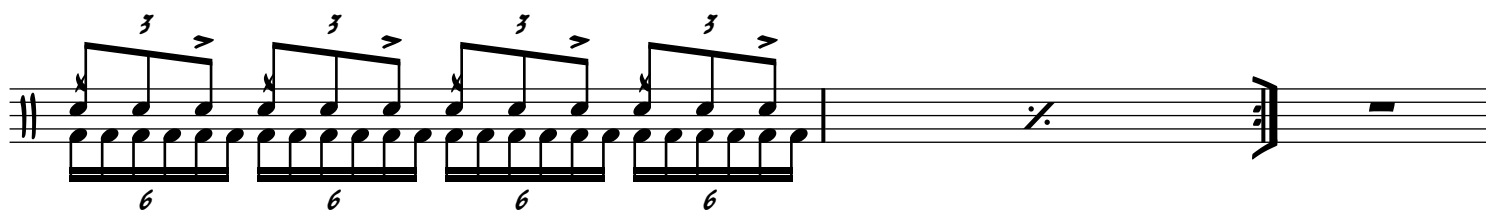
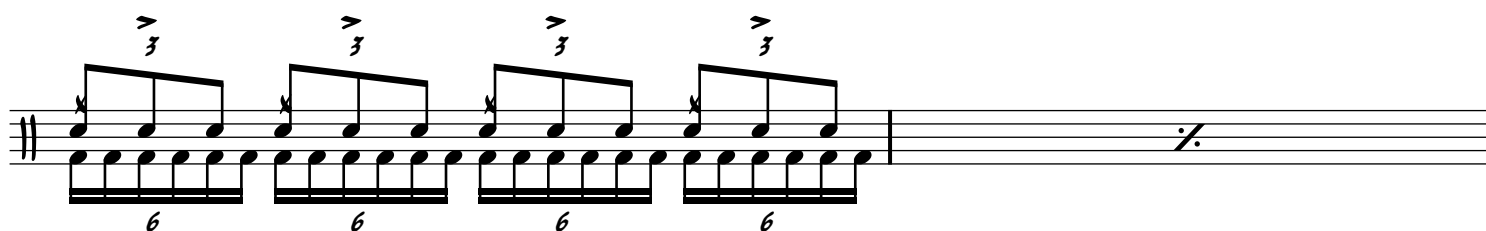
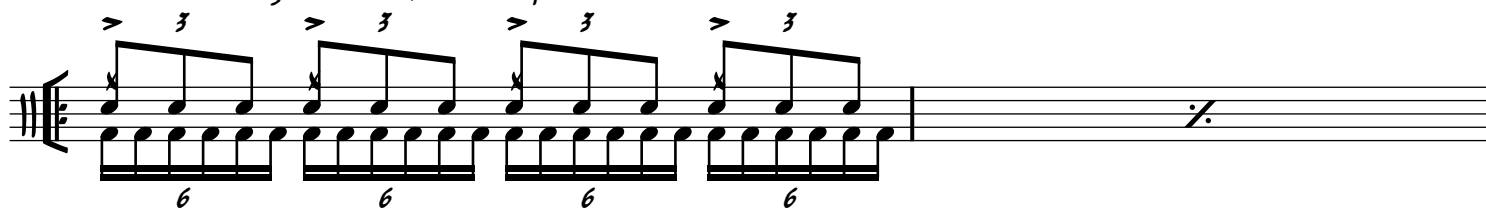
Ver 3: add kick, 1/4 pulse LH 1st time, RH 2nd



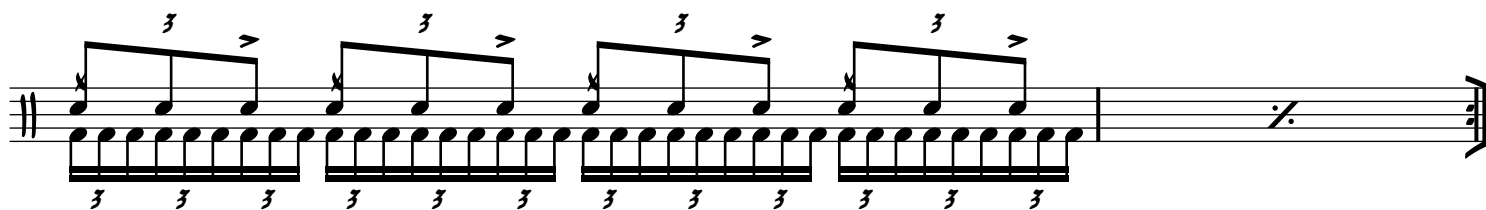
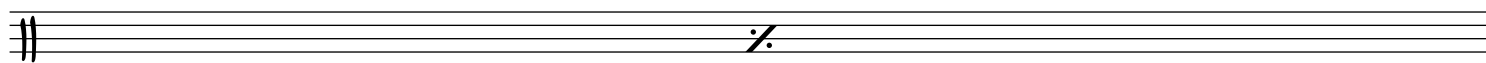
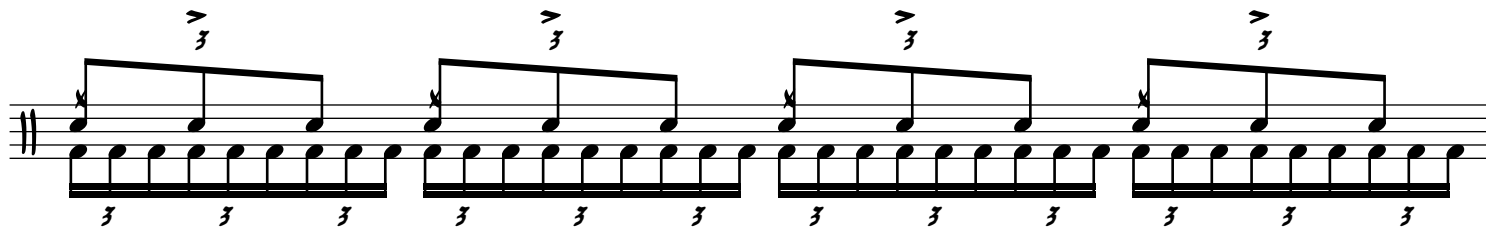
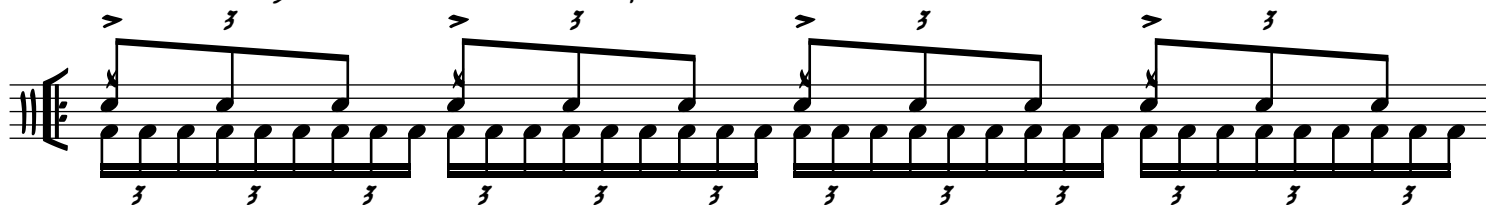
Ver 4: offset kick, RH/RF on pattern, then LH/LF



Ver 5: alternating kick strokes, same hand patterns as above



Ver 6: alternating kick strokes as 9-lets, same hand patterns as above



Bonus 16th Note Version

