

Warm Ups for Hands & Bass Drum

1 R R R R L L L L R R R R L L L L

2 3 R R R R L L L L R R R R L L L L

3 5 R R R R L L L L R R R R L L L L

4 7 R R R R L L L L R R R R L L L L

5 9 R R R R L L L L R R R R L L L L

6 11 R R R R L L L L R R R R L L L L

7 13 R R R R L L L L R R R R L L L L

| Tempo Viertel | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 | 115 | 120 | 125 | 130 | 140 | 150 | 160 |
|---------------|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Übung 1 | | | | | | | | | | | | | | | | | | |
| Übung 2 | | | | | | | | | | | | | | | | | | |
| Übung 3 | | | | | | | | | | | | | | | | | | |
| Übung 4 | | | | | | | | | | | | | | | | | | |
| Übung 5 | | | | | | | | | | | | | | | | | | |
| Übung 6 | | | | | | | | | | | | | | | | | | |
| Übung 7 | | | | | | | | | | | | | | | | | | |