

drumeo

5-Minute Drum-Set Warm-Up

By: Jared Falk

Beginner: 60 - 80 bpm

Intermediate: 80 - 100 bpm

Advanced: 100+ bpm

1) R L R L R L R L R L R L R L

2) R L R L R L R L R L R L R L

3) R L R R L R L L R L R R L R L L

4) R L R L R L R L R L R L R L R L R L R L R L

5) RR L L RR L L RR L L RR L L RR L L RR L L RR L L