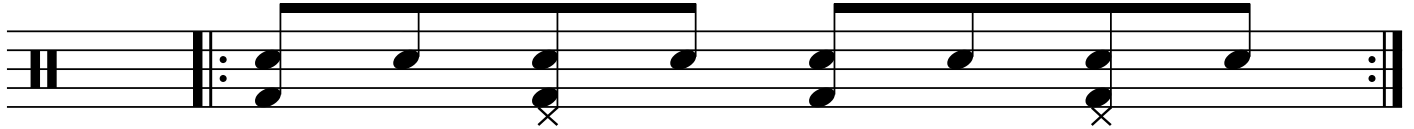


TECHNICAL DAILY WARM UP ROUTINE

1/8th's

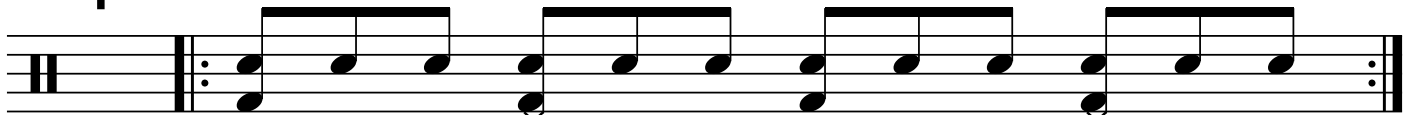
1 + 2 + 3 + 4 +



SINGLES	R.H. Lead - R	L	R	L	R	L	R	L
	L.H. Lead - L	R	L	R	L	R	L	R
DOUBLES	R.H. Lead - R	R	L	L	R	R	L	L
	L.H. Lead - L	L	R	R	L	L	R	R
PARADIDDLES	R.H. Lead - R	L	R	R	L	R	L	L
	L.H. Lead - L	R	L	L	R	L	R	R

Triplets

1 trip - let 2 trip - let 3 trip - let 4 trip - let



SINGLES	R.H. Lead - R	L	R	L	R	L	R	L	R	L	R	L
	L.H. Lead - L	R	L	R	L	R	L	R	L	R	L	R
DOUBLES	R.H. Lead - R	R	L	L	R	R	L	L	R	R	L	L
	L.H. Lead - L	L	R	R	L	L	R	R	L	L	R	R
PARADIDDLES	R.H. Lead - R	L	R	R	L	R	L	R	L	R	L	L
	L.H. Lead - L	R	L	L	R	L	R	L	R	L	R	R

1/16th's

1 e + a 2 e + a 3 e + a 4 e + a



SINGLES	R.H. Lead - R	L	R	L	R	L	R	L	R	L	R	L	R	L
	L.H. Lead - L	R	L	R	L	R	L	R	L	R	L	R	L	R
DOUBLES	R.H. Lead - R	R	L	L	R	R	L	L	R	R	L	L	R	R
	L.H. Lead - L	L	R	R	L	L	R	R	L	L	R	R	L	L
PARADIDDLES	R.H. Lead - R	L	R	R	L	R	L	L	R	R	L	L	R	R
	L.H. Lead - L	R	L	L	R	L	R	L	R	L	R	L	R	R

ROUTINE

8 bars single stroke

8 bars double stroke

8 bars parradiddles

Then, switch opposite hand lead

