③ ♪ = From **80**bpm → Add **5**bpm to **120**bpm ~~on~~ each set

④ ♪ = Start fr. 80 → Add 5 every 1 min up to 130 bpm, 7 sec. rest while
. increase the tempo. Timer req.

1 min → 7 sec rest.

⑤ ♪ = 120 - 145   ooo = 120+ oooo = 130+ ooooo = 145

IMPORTANT : Be well warmed up ~~when~~ when playing this exercise

etc .... x 8 x 16 x 32 x 64 →
→ x 32 x 16 x 8 x 4 x 2 x 1

x 1 → x 64 play with repeat (2 times/hand) x 32 → x 1 no repeat (1 time, hand)