

Bass Drum Warm-Up #1

1. RLFF
2. LRFF
3. R RFF
4. LLFF



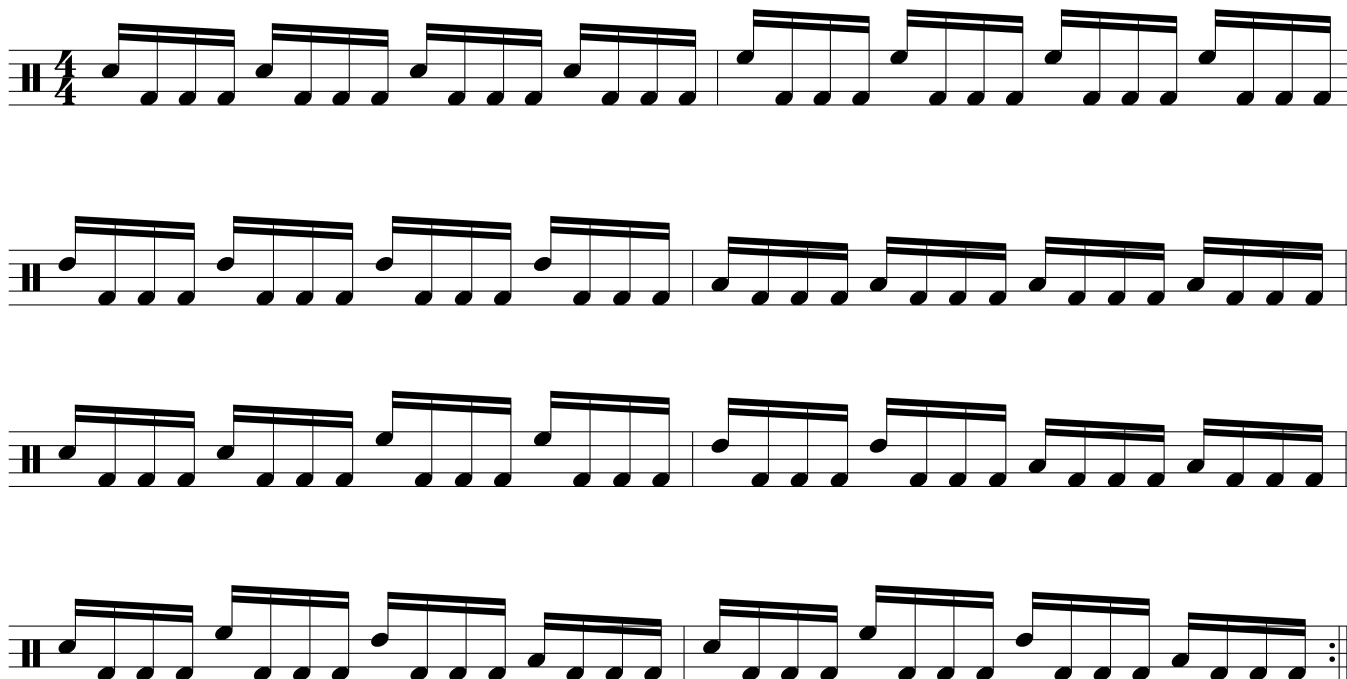
Bass Drum Warm-Up #2

1. RLF
2. LRF
3. RRF
4. LLF



Bass Drum Warm-Up #3

1. R F F F
2. L F F F
3. R F F F L F F F



Bass Drum Warm-Up #4

1. R F F
2. L F F
3. R F F L F F

