

Flam workout

Flams are really good for warming up your hands before a gig, or at the start of a practice session. Feel free to adapt any of these exercises around the kit.

Start out with the standard flam exercises:

1

LR RL LR RL

2

LR R RL L LR R RL L

3

LR L R RL R L LR L R RL R L

4

LRL RR RLRL LL LRL RR RLRL LL

This one mixes the first 4 together - my personal favourite warm up!

5

LRLR RLRL LRLR RLRL LRLRR RLRL LRR RLRL LRR RLRL LRR RLRL LRR

RLRL LRLR RLRL LRLR RLRL LL LRR RLRL LRR RLRL LRR RLRL LRR RLRL

Some other ideas to try... fast!

Maybe with one hand staying on the snare, and the other moving around the kit?!

6

LR LR LR LR LR LR LR LR

7

RL RL RL RL RL RL RL RL

8

LR R LR R LR R LR R

9

RL L RL L RL L RL L

Time shifting! Probably best to try this with a metronome for a while first:

10

LR RL LR RL LR RL LR RL LR RL LR RL