

E

R L R L R L R L R L R L R L R L R L

R L R L R L R L R L R L R L R L R L

For the rest of the page, choose your own combinations of limbs!

This exercise is good for practicing short bursts of speed:

F

Try and picture these grooves matching a guitar/bass riff:

G

See if you can play some random unison rhythms with your hands, and add the classic 16th note kick rhythm in between.