

# Simple four limb warmups

Play with p. 38 of Synocopation, or something similar

Todd Bishop  
www.cruiseshipdrummer.com

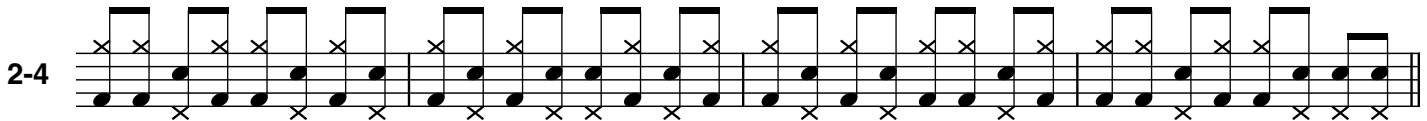


1



1. RH - cym / LH - snare 2. LH - cym / RH - snare 3. alternating sticking

2-4

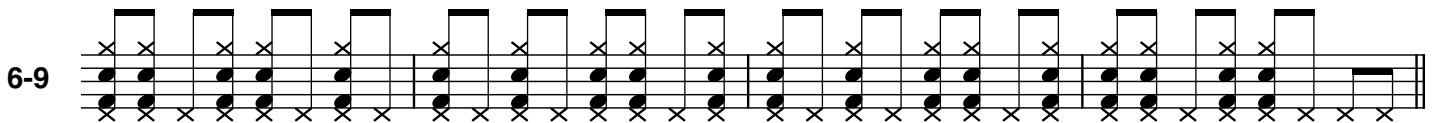


5



Play running 8ths with one limb, melody rhythm with other three limbs in unison.

6-9

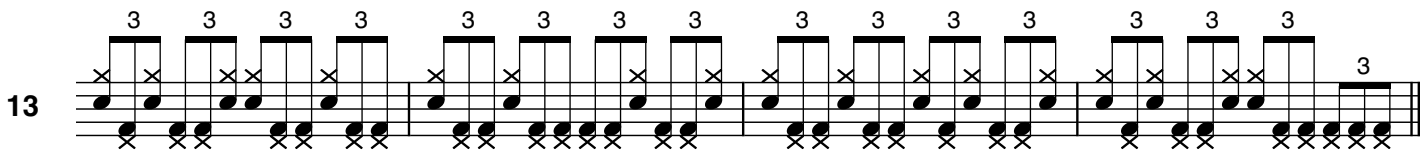


1. RH - cym / LH - snare 2. LH - cym / RH - snare 3. alternating sticking

10-12



13



Play running 8ths with one limb, melody rhythm with other three limbs in unison

14-17

