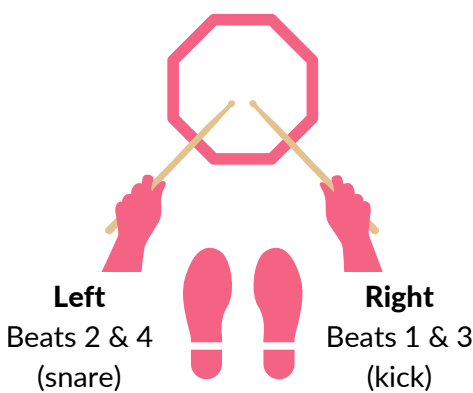


Step to the beat



Exercise Routine

1



Marching

Find Your Feet

Start at a steady walking pace of 100 bpm to *Back in Black* - AC/DC. Find the first beat and step with your right foot, and then your left. Keep marching until it feels natural to find and count the beat.

2

Right Foot & Hand

Kick/Bass Drum

Add your right hand to reinforce coordination with your right foot. This is the kick drum, the boom sound you hear at the start of a piece of music. These are **beats 1 and 3**.



3

Left Foot & hand

Snare Drum

Now introduce your left foot and hand to play **beats 2 and 4**. This is the snare drum where you would normally clap along. Now combine your right & left hands/feet playing all 4 beats together. **(R-L-R-L)**



4

Balance

Find Your Centre

Turn up the speed and start playing at a moderate pace (110-130 bpm). Try *Smells Like Teen Spirit* - Nirvana. This will help get your left and right brain hemispheres working together with the left and right side of your body.



5

Jumps

Vertical & Lateral

Finally, add vertical & lateral jumps on the **chorus** of **uptempo songs** over 130 bpm like *Mr Brightside* - The Killers. Jump on **beats 1 & 3** and play **beats 2 & 4** with both sticks as you come down.

