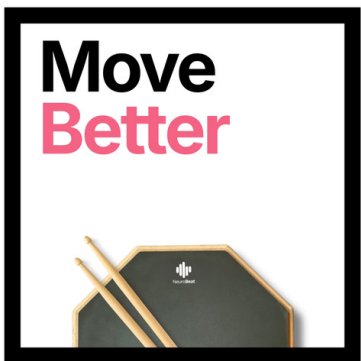
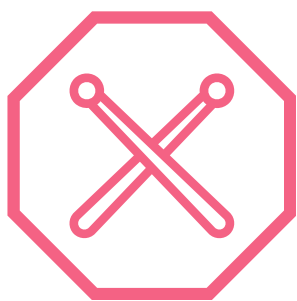


Step to the beat



Getting Started

1



Materials

12" Practice Pad And 5A Drumsticks

Start with a practice pad and a pair of drumsticks. Position the pad at waist height on a table, stool, kitchen counter, cat scratch barrel or a snare drum stand.

2

Music

Up Tempo Rock Music With a Strong Beat

Our go to album, is 'Time To Burn' by Giant, because it has a mix of uptempo songs, slower ballads and it has some really great grooves with a strong beat.



3



Workout

20-30 Minutes, Three Times a Week

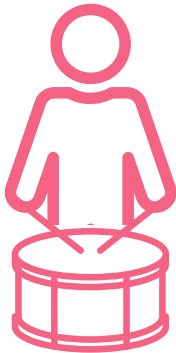
Go for short, high intensity sessions. Warm up for the first 5 minutes, then 15 minutes of more intensive workout, and finish with a 5 minute cooldown.

4

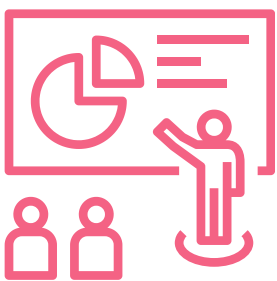
Method

Marching On The Spot

March on the spot to start, adding small jumps on the choruses. Use your right hand and foot to play the kick drum on beats 1 & 3, and your left hand and foot as the snare drum on beats 2 & 3 to get both sides of the brain working in sync.



5



Results

After 4-8 Weeks

Expect to see improvements in weight as you burn more calories. You can also expect to feel your energy levels improving as well as your mental health, cognitive functions and coordination.