



## Top 10 Warmups for Speed & Stamina

These exercises are designed to warm up your hands, build endurance, and improve control. Before you play hard, play smart. Get your blood flowing and your muscles firing.

Instructions: Do each exercise for 2-3 minutes at three tempos:

- Slow (60 BPM) to focus on control
- Medium (90 BPM) to develop muscle memory
- Fast (120+ BPM) to push your limits

1. Single Stroke Roll - RLRLRL...
2. Double Stroke Roll - RLLRRL...
3. Paradiddles - RLRR LRLL
4. Inverted Paradiddles - RRLR LLRL
5. Flam Taps - Flams alternating hands
6. Five Stroke Roll - RLLLR and repeat
7. Six Stroke Roll - RLLRRL with accents
8. Single Stroke Four - RLRL with accents every 4
9. Swiss Army Triplets - R flam R L R flam L R...
10. Accent-Tap Exercises - Emphasize every 4th note

Recommended Daily Routine:

- Choose 5 warmups per day
- Cycle through all tempos
- Log your BPM progress weekly