

30-DAY

Drum Workout



An Exercise Plan for Drummers

Includes:

- Daily warm-ups for hands and feet
- Two complete 30-day exercise routines
- Exercises on the snare and the complete drum set
- Lessons in hand and foot technique
- Reading music is clearly explained

Pete Sweeney



30-Day Drum Workout

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Pete Sweeney 30 Day Drum Workout

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Pete Sweeney 30 Day Drum Workout:

30-Day Drum Workout Pete Sweeney, Packed with two complete 30 day exercise routines this collection of warm ups sticking exercises polyrhythms and other skill builders increases coordination stamina finesse and sense of time without the tedium of doing the same old routine every day **30-Day Drum Workout** Pete Sweeney, 2000-07 Pete Sweeney provides instruction on warm ups exercises and technical tips for students learning how to play the drums **Drums for the Absolute Beginner** Pete Sweeney, 2005-05-03 This book teaches the complete novice everything they need to know to start playing drums right away The music lover who has never even sat behind a drum will be playing drum beats and rolls immediately learning everything from how to buy a drumset hold the sticks and make a good stroke to playing basic beats and fills on the drumset **Modern Drummer** ,2001 Drum ,2007 **The City Record** ,1897 *The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces* ,1873 **The Instrumentalist** Traugott Rohner, 1994 *Radio Daily-television Daily* ,1961 *Army and Navy Journal* ,1942 Newsweek ,1982 **Thom's Directory: Dublin City, County and Bray** ,1941 *The New Yorker* Harold Wallace Ross, Katharine Sergeant Angell White, 1989-10 The Continuing Study of Newspaper Reading Advertising Research Foundation, 1941 **The Cumulative Book Index** ,1959 **Forthcoming Books** Rose Arny, 2000-06 *Army and Navy Register* ,1954 The Grizzly Bear ,1922 **Army-Navy-Air Force Register and Defense Times** ,1954 Thom's Dublin and County Street Directory ,1983 Contents Street list in alphabetical order showing occupants of business and residential premises Alphabetical list of commercial professional government and institutional organisations

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