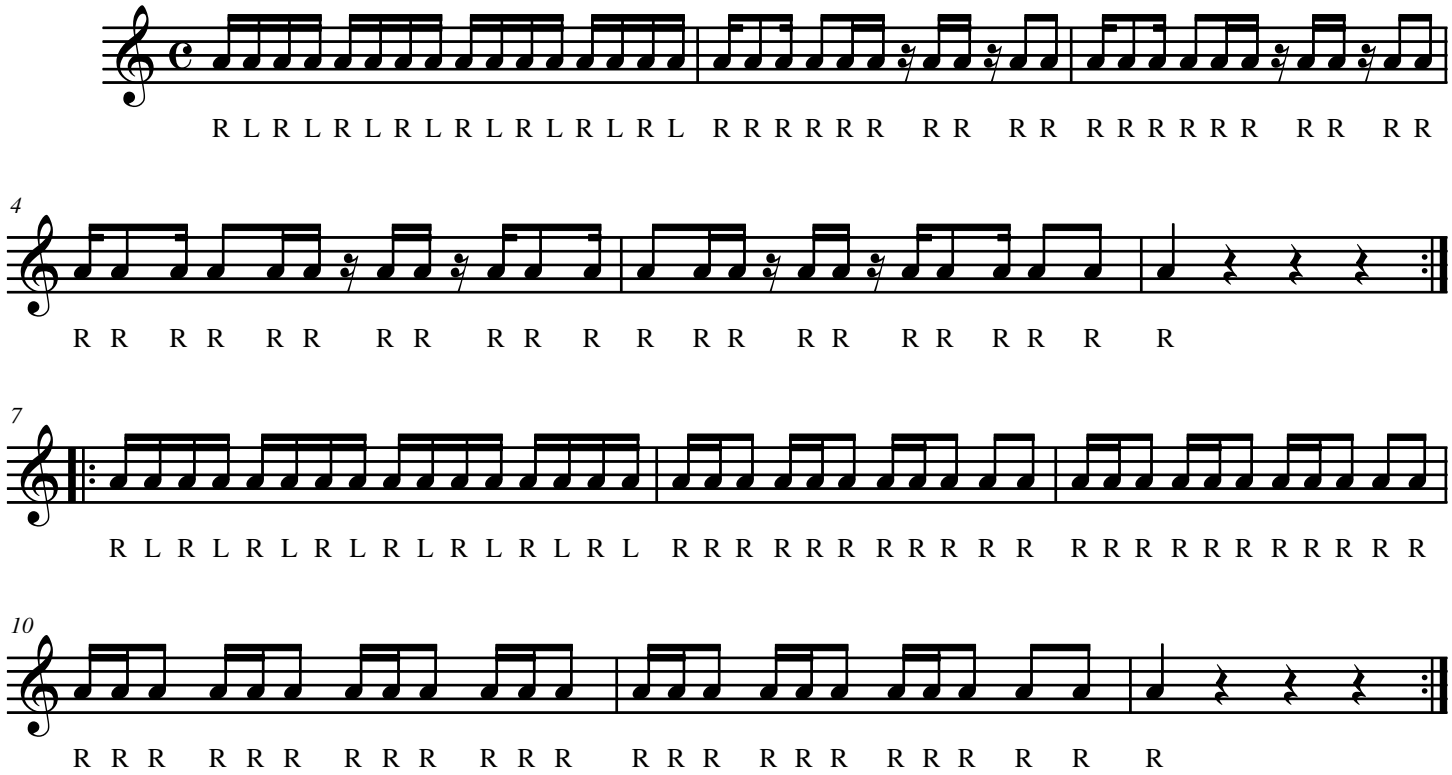
# Double beat and Triple beat

Alternate between right and left hands for each exercise

Snare and Quads


R L R L R L R L R L R L R L R L R L R R R