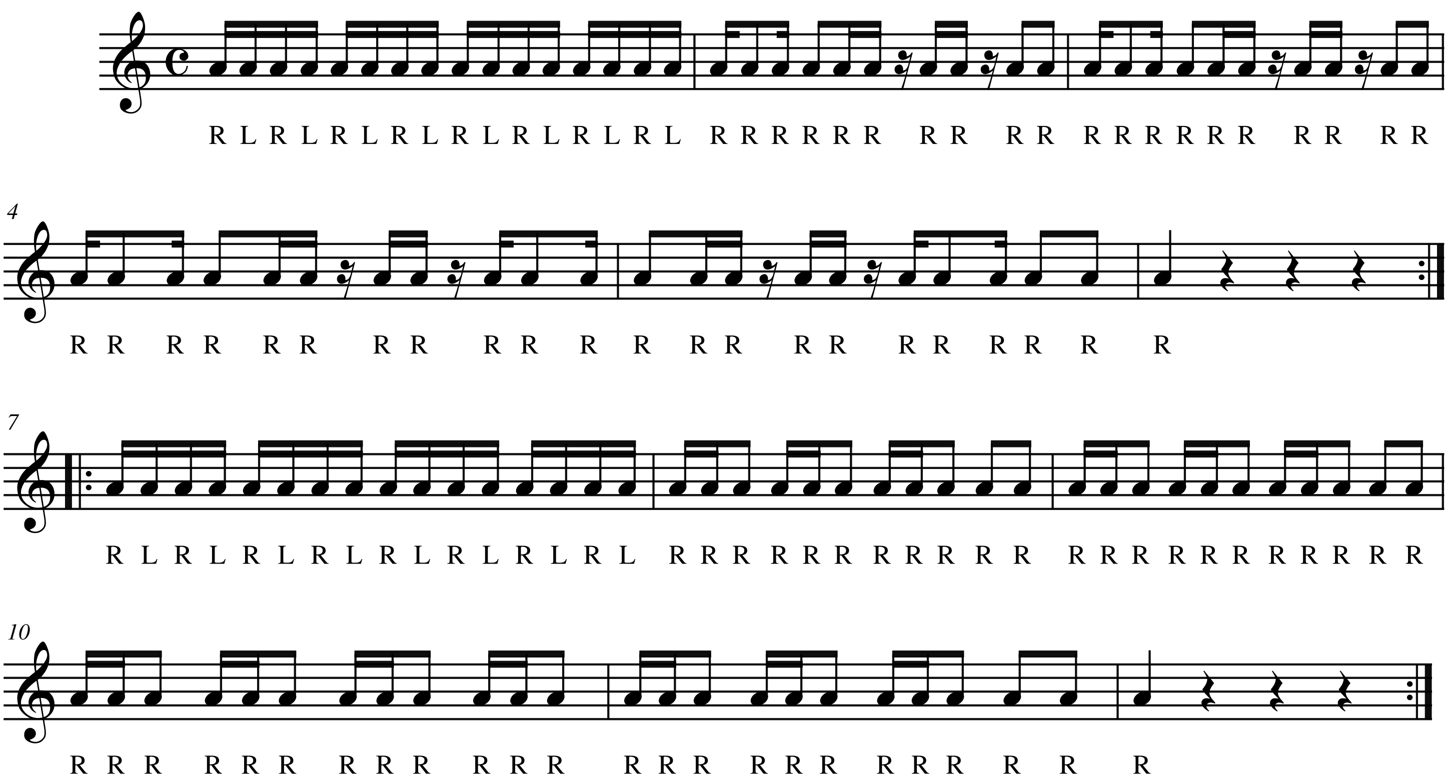
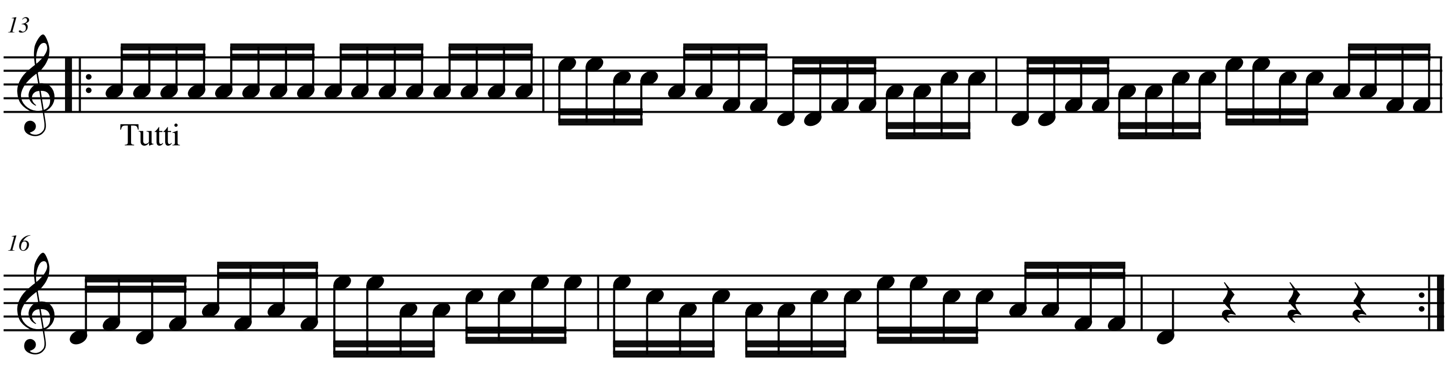
Double beat and Triple beat

Alternate between right and left hands for each exercise

Bass drums



Bass drums split for double & triple beat