



PIEDI 4.0.1

Titolo/Versione	Bpm =									
UNIT - 1 Studio-1 Warm Up	40									
Unit - 2 Studio - 1a Warm Up Easy 0a	45									
Unit - 3 Studio - 1a Warm Up Easy 1a	45									

Unit – 3 Studio – 2 Warm Up Easy 2	45									
Unit – 3 Studio – 2a Warm Up Easy 2a	45									
Unit – 3 Studio – 3 Warm Up Easy 1d	45									
Unit – 4 Studio – 1 Warm Up 16th 1b	45									
Unit – 4 Studio – 2 Warm Up 16th 1c	45									
Unit – 4 Studio – 3 Warm Up 16th 1d	45									

Unit – 4 Studio – 1 Warm Up 16th 1e	45									
Unit – 5 Studio – 2 Warm Up Ternario Easy1	60									
Unit – 5 Studio – 2a Warm Up Ternario Easy1a	60									
Unit – 5 Studio – 2b Warm Up Ternario Easy1b	60									
Unit – 6 Studio – 1 Warm Up Ternario Easy2a	60									
Unit – 6 Studio – 2 Warm Up Ternario Easy2b	60									

Unit - 7 Studio - 1 Warm Up Ternario 1b	60									
Unit - 7 Studio - 2 Warm Up Ternario 2d	60									
Unit - 7 Studio - 3 Warm Up Ternario 2e	60									
Unit - 7 Studio - 4 Warm Up Ternario 2f	60									
Unit - 7 Studio - 5 Warm Up Ternario 2g	60									
Unit - 8 Studio - 1 Warm Up 16th 1e	45									

Unit – 8 Studio – 2 Warm Up 16th 1f	45									
Unit – 8 Studio – 3 Warm Up 16th 1d	45									
Unit – 8 Studio – 4 Warm Up 16th 1h	45									
Unit – 9 Studio – 1a Warm Up Ternario 0c	80									
Unit – 9 Studio – 2 Warm Up Ternario 1c	80									
Unit – 9 Studio – 3 Warm Up Ternario 1d	80									

Unit - 10 Studio - 1 Lettura #1 Solo Singoli 16th	60									
Unit - 11 Studio - 1 Lettura #2 Solo Doppi 16th	60									
Unit - 12 Studio - 1 Lettura #3 Singoli+Doppi 16th	60									
Unit - 13 Studio - 1 Lettura #4 Solo Singoli Tern	80									
Unit - 14 Studio - 1 Lettura #5 Solo Doppi Tern	80									
Unit - 15 Studio - 1 Lettura #6 Singoli+Doppi Tern	80									

Unit - 16 Studio - 1 Warm Up 16th Aumentato 1a	45									
Unit - 16 Studio - 2 Warm Up 16th Aumentato 1b	45									
Unit - 16 Studio - 3 Warm Up 16th Aumentato 1a	45									
Unit - 16 Studio - 4 Warm Up 16th Aumentato 1b	45									
Unit - 16 Studio - 5 Warm Up 16th Aumentato 1c	45									
Unit - 16 Studio - 6 Warm Up 16th Aumentato 2b	45									

Unit - 16 Studio - 7 Warm Up 16th Aumentato 2c	45									
Unit - 16 Studio - 8 Warm Up 16th Aumentato 2d	45									
Unit - 16 Studio - 9 Warm Up 16th Aumentato 3a	45									
Unit - 16 Studio - 10 Warm Up 16th Aumentato 3b	45									
Unit - 16 Studio - 11 Warm Up 16th Aumentato 3c	45									
Unit - 16 Studio - 12 Warm Up 16th Aumentato 3d	45									

Unit - 16 Studio - 13 Lettura #7 Tripli+Quadrupli 16th	60									
Unit - 17 Studio - 1 Warm Up Ternario E	80									
Unit - 17 Studio - 2 Warm Up Ternario F	80									
Unit - 17 Studio - 3 Warm Up Ternario G	80									
Unit - 17 Studio - 4 Lettura #8	75									
Unit - 18 Studio - 1 Lettura #9 Sin+Dopp+Tri+Quad Binario Mani Separate, Singoli	60									

Unit – 19 Studio – 1 Lettura #9 Sin+Dopp+Tri+Quad Ternario Mani Separate, Singoli	80									
Unit – 20 Studio – 1 Lettura #9 Sin+Dopp+Tri+Quad Binario+Ternario No mani	60									
Unit – 20 Studio – 2 Lettura #9 Sin+Dopp+Tri+Quad Binario+Ternario, Mani Separate, Singoli	60									

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