

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**POLSI 1.0.1**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Titolo/Versione | Bpm = |  |  |  |  |  |  |  |  |  |
| UNIT - 1  Studio-1  Primi Colpi | 35 |  |  |  |  |  |  |  |  |  |
| Unit – 2  Studio – 1  Free Stroke | 35 |  |  |  |  |  |  |  |  |  |
| Unit – 3  Studio – 1  E.S.C. Bin\_Pt-1 | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 4  Studio – 1  E.S.C. Tern\_Pt-1 | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 5  Studio – 1  E.S.C. Bin\_Pt-2 | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 6  Studio – 1  E.S.C. Tern\_Pt-2 | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 7  Studio – 1 & 2  Gomitata (Unisoni) | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 7  Studio – 3 & 4  Esercizio per il Doppio Colpo | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 8  Studio – 1  Costruzione Rullo Singoli Bin | 30 |  |  |  |  |  |  |  |  |  |

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| Unit – 8  Studio – 2  Preparazione Endurance Bin  Singoli | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 8  Studio – 3  Endurance Bin  Singoli | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 9  Studio – 1  Costruzione Rullo Bin Dippi | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 9  Studio – 2  Endurance Bin Doppi Arto Forte | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 9  Studio – 3  Endurance Bin Doppi Arto Debole | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 10  Studio – 1  Costruzione Rullo Tern Singoli | 45 |  |  |  |  |  |  |  |  |  |

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| Unit – 10  Studio – 2  Preparazione Endurance Tern Singoli | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 10  Studio – 3  Endurance Tern  Singoli | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 11  Studio – 1  Costruzione Rullo Tern Doppi | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 11  Studio – 2  Endurance Tern Doppi Arto Forte | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 12  Warm Up #1 | 35 |  |  |  |  |  |  |  |  |  |
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