

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**PIEDI 4.0.1**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Titolo/Versione | Bpm = |  |  |  |  |  |  |  |  |  |
| UNIT - 1Studio-1Warm Up | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 2Studio – 1aWarm Up Easy 0a | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 3Studio – 1aWarm Up Easy 1a | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 3Studio – 2Warm Up Easy 2 | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 3Studio – 2aWarm Up Easy 2a | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 3Studio – 3Warm Up Easy 1d | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 4Studio – 1Warm Up 16th 1b | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 4Studio – 2Warm Up 16th 1c | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 4Studio – 3Warm Up 16th 1d | 45 |  |  |  |  |  |  |  |  |  |

www.thedrumbooster.com

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Unit – 4Studio – 1Warm Up 16th 1e  | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 5Studio – 2Warm Up Ternario Easy1 | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 5Studio – 2aWarm Up Ternario Easy1a | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 5Studio – 2bWarm Up Ternario Easy1b | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 6Studio – 1Warm Up Ternario Easy2a | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 6Studio – 2Warm Up Ternario Easy2b | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 1Warm Up Ternario 1b | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 2Warm Up Ternario 2d | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 3Warm Up Ternario 2e | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 4Warm Up Ternario 2f | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 5Warm Up Ternario 2g | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 8Studio – 1Warm Up 16th 1e | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 8Studio – 2Warm Up 16th 1f | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 8Studio – 3Warm Up 16th 1d | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 8Studio – 4Warm Up 16th 1h | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 9Studio – 1aWarm Up Ternario 0c | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 9Studio – 2Warm Up Ternario 1c | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 9Studio – 3Warm Up Ternario 1d | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 10Studio – 1Lettura #1Solo Singoli 16th | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 11Studio – 1Lettura #2Solo Doppi 16th | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 12Studio – 1Lettura #3Singoli+Doppi 16th | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 13Studio – 1Lettura #4Solo Singoli Tern | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 14Studio – 1Lettura #5Solo Doppi Tern | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 15Studio – 1Lettura #6Singoli+Doppi Tern | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 1Warm Up 16th Aumentato 1a | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 2Warm Up 16th Aumentato 1b | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 3Warm Up 16th Aumentato 1a | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 4Warm Up 16th Aumentato 1b | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 5Warm Up 16th Aumentato 1c | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 6Warm Up 16th Aumentato 2b | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 7Warm Up 16th Aumentato 2c | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 8Warm Up 16th Aumentato 2d | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 9Warm Up 16th Aumentato 3a | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 10Warm Up 16th Aumentato 3b | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 11Warm Up 16th Aumentato 3c | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 12Warm Up 16th Aumentato 3d | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 16Studio – 13Lettura #7 Tripli+Quadrupli 16th | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 17Studio – 1Warm Up Ternario E | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 17Studio – 2Warm Up Ternario F | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 17Studio – 3Warm Up Ternario G | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 17Studio – 4Lettura #8 | 75 |  |  |  |  |  |  |  |  |  |
| Unit – 18Studio – 1Lettura #9Sin+Dopp+Tri+QuadBinario Mani Separate, Singoli | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 19Studio – 1Lettura #9Sin+Dopp+Tri+QuadTernario Mani Separate, Singoli | 80 |  |  |  |  |  |  |  |  |  |
| Unit – 20Studio – 1Lettura #9Sin+Dopp+Tri+QuadBinario+TernarioNo mani | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 20Studio – 2Lettura #9Sin+Dopp+Tri+QuadBinario+Ternario, Mani Separate, Singoli | 60 |  |  |  |  |  |  |  |  |  |

www.thedrumbooster.com