

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

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| 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 |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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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