

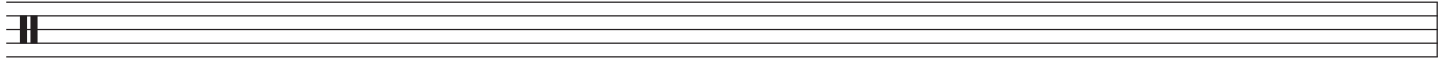
Timbale Fundamentals Practice Routine

Worksheet

5-10 Minutes - Stretching Routine

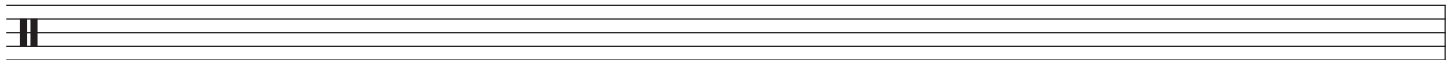
2-5 Minutes - Exercise #1

60bpm



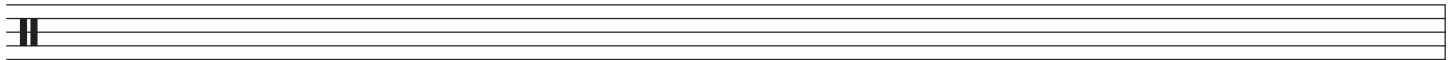
2-5 Minutes - Exercise #2

70bpm



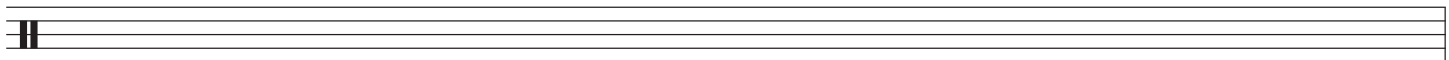
2-5 Minutes - Exercise #3

120bpm | 160bpm



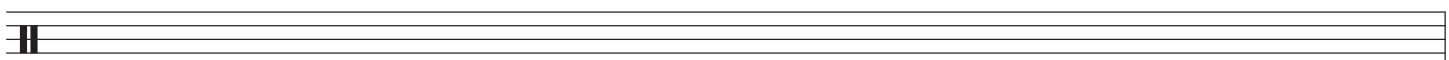
1-2 Minutes - Exercise #4

150bpm



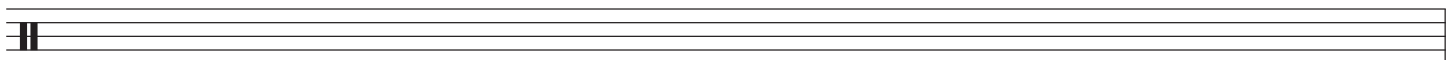
2-5 Minutes - Exercise #5

120bpm | 160bpm



2-5 Minutes - Exercise #6

100bpm | 160bpm



5-10 Minutes - Exercise #7

75bpm | 90bpm



5-10 Minutes - Exercise #8

120bpm | 90bpm Cut Time



1-2 Minutes - Exercise #9

160bpm | 120bpm Cut Time

