

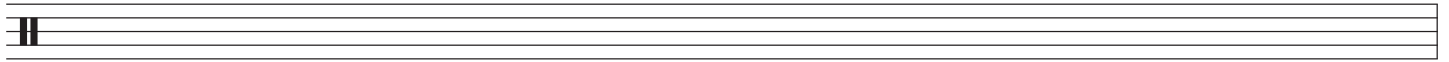
# Timbales 101 Practice Routine

## Worksheet

### 5-10 Minutes - Stretching Routine

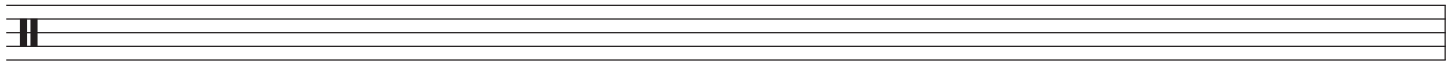
#### 5-10 Minutes - Exercise #1

75bpm



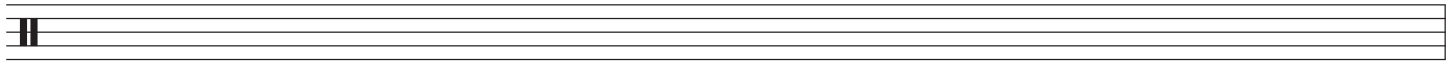
#### 5-10 Minutes - Exercise #2

75bpm | 120bpm



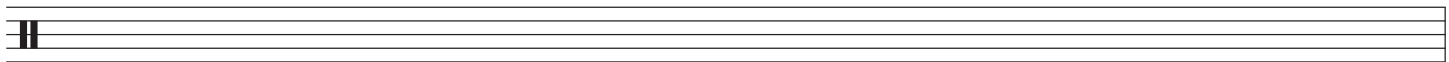
#### 2-5 Minutes - Exercise #3

120bpm | 85bpm Cut Time



#### 2-5 Minutes - Exercise #4

120bpm



#### 5-10 Minutes - Exercise #5

120bpm | 95bpm Cut Time

