

# Daily Snare Workout

## LEVEL 1

### 1. 8-on-a-Hand ♩ = 100-120

Musical notation for the 8-on-a-Hand exercise in 4/4 time. The first staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L). The second staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), with a repeat sign and the instruction "repeat 5 times".

**COUNT OUT LOUD!**

### 2. Basic Buzzes ♩ = 60-76

repeat 5 times

Musical notation for the Basic Buzzes exercise in 4/4 time. The first staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), then a sequence of 16 eighth notes alternating between R and L. The second staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), with a repeat sign and the instruction "repeat 5 times".

**COUNT OUT LOUD!**

### 3. Single Paradiddles ♩ = 100-120

repeat 5 times

Musical notation for the Single Paradiddles exercise in 4/4 time. The first staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), then a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), then a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), and finally a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L). The second staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), with a repeat sign and the instruction "repeat 5 times".

**COUNT OUT LOUD!**

### 4. Basic Flams ♩ = 80-100

repeat 3 times

Musical notation for the Basic Flams exercise in 4/4 time. The first staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), then a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), then a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), and finally a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L). The second staff shows a sequence of 8 eighth notes on the right hand (R) followed by 8 eighth notes on the left hand (L), with a repeat sign and the instruction "repeat 3 times".

# Daily Snare Workout

## LEVEL 2

### 1. Basic Taps $\text{♩} = 100-120$

R R R R R R R R L L L L L L L L R R R R R R R R R R R R R R R R R R

L L L L L L L L R R R R R R R R L L L L L L L L L L L L L L L L R

repeat 5 times

**COUNT OUT LOUD!**

### 2. 9-Stroke Roll Exercise $\text{♩} = 70-100$

repeat 3 times

**COUNT OUT LOUD!**

### 3. 16th-Note Singles $\text{♩} = 90-110$

R R R R R R R R L L L L L L L L R L R L etc. R L R L R etc. R L

L L L L L L L L L L L L L L L R L R L etc. L R L R etc. L

repeat 6 times  
(3X top sticking, 3X bottom)

**COUNT OUT LOUD!**

### 4. Flam Taps $\text{♩} = 100-120$

R L R L R R L L R R L L R R L L R

repeat 3 times



# Daily Snare Workout

## LEVEL 3

### 1. More 16th-Note Singles ♩ = 85-110

repeat 6 times  
(3X top sticking, 3X bottom)

### 2. 9-Stroke Buzzes & Flams ♩ = 90-110

**COUNT OUT LOUD!**

repeat 3 times

**COUNT OUT LOUD!**

### 3. Paradiddles ♩ = 70-110

repeat 4 times  
(2X top sticking, 2X bottom)

**COUNT OUT LOUD!**

### 4. Triplet Singles ♩ = 110-120

repeat 3 times

# Daily Snare Workout

## LEVEL 4

### 1. 6/8 Basic Strokes ♩ = 80-110

Two staves of musical notation in 6/8 time. The first staff contains four measures of music with notes and rests, with 'R' and 'L' labels below. The second staff contains four measures of music with notes and rests, also with 'R' and 'L' labels below. The exercise is to be repeated 3 times.

**COUNT OUT LOUD!**

### 2. 5-Stroke Roll Exercise ♩ = 70-100

Two staves of musical notation in 4/4 time. The first staff contains six measures of music, each starting with a 5-stroke roll, with 'R' and 'L' labels below. The second staff contains six measures of music with notes and rests, with 'R' and 'L' labels below. The exercise is to be repeated 3 times.

**COUNT OUT LOUD!**

### 3. Doubles & Diddles ♩ = 80-144

Two staves of musical notation in 4/4 time. The first staff contains four measures of music with notes and rests, with 'R' and 'L' labels below. The second staff contains four measures of music with notes and rests, with 'R' and 'L' labels below. The exercise is to be repeated 3 times.

### 4. Flams & Flam Taps ♩ = 65-110

**COUNT OUT LOUD!**

repeat 3 times

Two staves of musical notation in 4/4 time. The first staff contains four measures of music with notes and rests, with 'R' and 'L' labels below. The second staff contains four measures of music with notes and rests, with 'R' and 'L' labels below. The exercise is to be repeated 3 times.