

MAXIMUM STRENGTH WARMUP

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Snare

1-12: *f* R RL L R RL RL R | 2 R RL L R RL RL R | 3 R R R R R R R R | 4 L L L L L L L L | 5 R R R R R R R R | 6 L L L L L L L L | 7 R R R R R R R R | 8 L L L L L L L L

9-15: *mf* R R R R R R R R | 10 L L L L L L L L | 11 RL RL etc. | 12 R R R R R R R R | 13 L L L L L L L L | 14 R R R R R R R R | 15 L L L L L L L L

16-23: RL RL RL RL RL RL RL | 17 RL RL RL RL RL RL RL | 18 RL RL RL RL RL RL RL | 19 RL RL RL RL RL RL RL | 20 R R R R R R R R | 21 R R R R R R R R | 22 L L L L L L L L | 23 R R R R R R R R

24-32: L L L L L L L L | 25 R R R R R R R R | 26 L L L L L L L L | 27 R R R R R R R R | 28 L L L L L L L L | 29 R R R R R R R R | 30 L L L L L L L L | 31 R R R R R R R R | 32 L L L L L L L L

33-38: *ff* A A A A A A | 33 R R R R R R | 34 R R R R R R | 35 L L L L L L | 36 L L L L L L | 37 R R R R R R | 38 R R R R R R | 39 R R R R R R

39-46: L L L L L L | 40 L L L L L L | 41 R R R R R R | 42 R R R R R R | 43 L L L L L L | 44 L L L L L L | 45 L L L L L L | 46 R R R R R R | 47 R R R R R R | 48 R R R R R R | 49 R R R R R R | 50 R R R R R R | 51 R R R R R R | 52 R R R R R R | 53 R R R R R R | 54 R R R R R R | 55 R R R R R R | 56 R R R R R R

47-55: RL L R R RL R | 47 RL L R R RL R | 48 RL L R R RL R | 49 RL L R R RL R | 50 RL L R R RL R | 51 RL L R R RL R | 52 R RL RL RL RL RL RL | 53 RL RL RL RL RL RL RL | 54 RL RL RL RL RL RL RL | 55 RL RL RL RL RL RL RL

56-63: R alternate triplets | 56 3 3 3 3 | 57 3 3 3 3 | 58 3 3 3 3 | 59 3 3 3 3 | 60 3 3 3 3 | 61 3 3 3 3 | 62 3 3 3 3 | 63 3 3 3 3

64-71: R | 64 R | 65 R | 66 R | 67 R | 68 R | 69 R | 70 R | 71 R | 72 R | 73 R | 74 R | 75 R | 76 R | 77 R | 78 R | 79 R | 80 R | 81 R | 82 R | 83 R | 84 R | 85 R | 86 R | 87 R | 88 R | 89 R | 90 R | 91 R | 92 R | 93 R | 94 R | 95 R | 96 R | 97 R | 98 R | 99 R | 100 R