

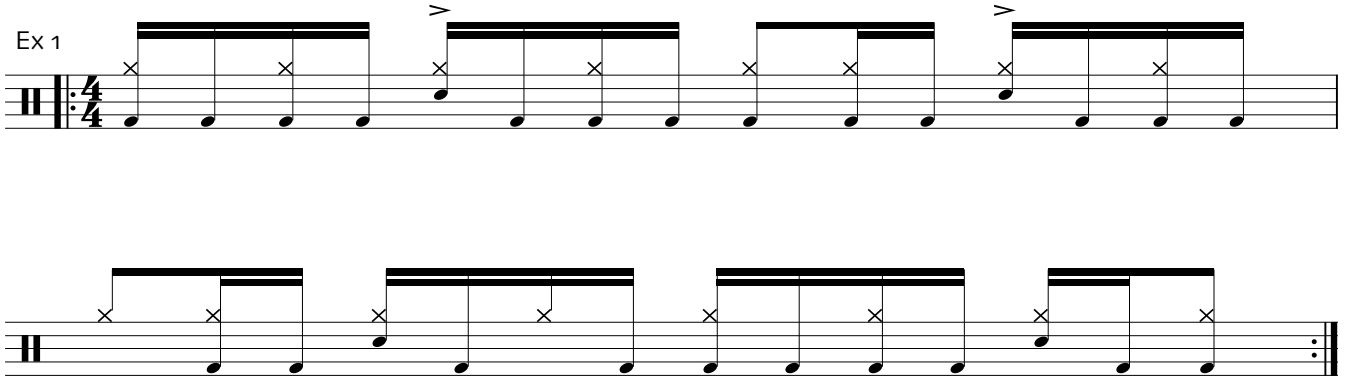
Single foot workout

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Below are some grooves to inspire you to get your right foot into shape! - There's a bit of a mixture - some Bonham stuff, Hip-hop stuff and cheeky Dubstep inspired groove - now go play til your leg burns!

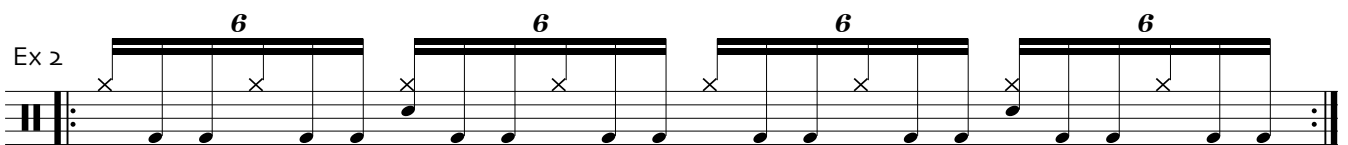
A good right foot workout - also try with left - target tempo should be 110bpm or more.

Ex 1



A great foot exercise playing sixteenth note triplets with the bass drum in between eighth note hi-hats - It's a Bonham special!

Ex 2



A groove with fast single kicks in broken triplets - try this at 100bpm or more!

Ex 3



To be played at 140bpm - a dubstep inspired groove with quick doubles

Ex 4



Here, the kick frequency increases from one to five sixteenths throughout the two bars - target speed 115bpm!

Ex 5

