

1) WARMUPS

Handwritten musical notation for warmups. The first line shows a sequence of notes with rhythmic patterns: RL , RL , RL , RL , RL | $RLRL$, $RLRL$, $RLRL$, $RLRL$. The second line shows: $RLRL$, $RLRL$, $RLRL$, $RLRL$ | RL , LL , RL , RL , LL .

2) 7-over-4 metric modulation

Handwritten musical notation for 7-over-4 metric modulation. The notation is divided into two sections labeled 1 and 2. Section 1 shows a sequence of notes with a 7-over-4 modulation indicated by a red arrow and the number 3. Section 2 shows a sequence of notes with a 7-over-4 modulation indicated by a red arrow and the number 2. The notes are grouped into measures with blue boxes and numbers 3 and 4.

SNARE OFF

Handwritten musical notation for a drum set exercise. The notation shows a sequence of notes with 'x' marks above them, indicating snare hits. The notes are grouped into measures with blue boxes and numbers 3 and 4. The notation is divided into two sections labeled 1 and 2.