

LOOSEN UP

WARM UP EXERCISE

By MIKE LEWIS

DRUMS

MODERATE SWING TEMPO ♩ = 140

The drum notation is written on a five-line staff with a common time signature (C). The exercise consists of 36 measures, divided into groups of 4 measures each. The notation includes various drum sounds represented by 'x' marks on the staff lines, with stems indicating the rhythm. Specific drum parts are labeled: 'STICKS' and 'CYM.' (Cymbal) for measures 1-4; 'CYM.' and 'TOM' for measures 5-8; 'TOM' for measures 9-12; 'TOM 3' for measures 13-16; 'TOM 3' for measures 17-20; 'TOM' for measures 21-24; 'TOM' for measures 25-28; 'TOM' for measures 29-32; and 'TOM' for measures 33-36. A dynamic marking of 'mf' (mezzo-forte) is placed above measures 5-8. A '2' above a double bar line indicates a two-measure rest. Measure numbers 1 through 36 are printed below the staff. A circled number '13' is placed at the beginning of the 13th measure, and a circled number '25' is placed at the beginning of the 25th measure.

37

Musical notation for measures 37-40. Measure 37 starts with a circled '37'. Measures 38, 39, and 40 contain notes with 'TOM' markings above them. Measure 40 also features a triplet of notes.

Musical notation for measures 41-44. Measures 41, 42, 43, and 44 contain notes with 'TOM' markings above them. Measure 44 also features a triplet of notes.

Musical notation for measures 45-48. Measures 45, 46, 47, and 48 contain notes with 'TOM' markings above them. Measure 48 ends with a 'S.D.' marking and a double bar line.

49

Musical notation for measures 49-52. Measures 49 and 50 contain notes with 'TOM' markings above them. Measures 51 and 52 are marked with a percentage sign (%).

Musical notation for measures 53-56. Measures 53 and 54 contain notes with 'TOM' markings above them. Measures 55 and 56 are marked with a percentage sign (%).

Musical notation for measures 57-60. Measures 57 and 58 contain notes with 'TOM' markings above them. Measures 59 and 60 are marked with a percentage sign (%). Measure 60 also features a triplet of notes.

61

Musical notation for measures 61-64. Measures 61, 62, 63, and 64 contain notes with 'TOM' markings above them. Measure 64 also features a triplet of notes.

Musical notation for measures 65-68. Measures 65, 66, 67, and 68 contain notes with 'TOM' markings above them. Measure 68 also features a triplet of notes.

Musical notation for measures 69-72. Measures 69, 70, 71, and 72 contain notes with 'TOM' markings above them. Measures 70 and 72 also feature triplets of notes.

Musical notation for measures 73-77. Measures 73, 74, 75, 76, and 77 contain notes with 'TOM' markings above them. Measures 75 and 76 are marked with a percentage sign (%). Measure 77 ends with a double bar line.