

Warm-up Exercises

Two-Mallets: Elite

B. Ross
based from K. Wylie Simple Steps

Warm-up #1




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


Warm-up #3

1-  RLRLRLRLRLRL R	6-  LLRRLRLRLRLR L
2-  RLLRLRLRLRL R	7-  LLLRLRLRLRLR L
3-  RRRLRLRLRLRL R	8-  LRRRLRLRLRLR L
4-  RLLLRLRLRLRL R	9-  RRRRLRLRLRLR LLLRLRLRLRL R
5-  LRLRLRLRLRLR L	10-  RLRRLRLRLRLR LLLLRLRLRLRL R

Warm-up #4



RLRLRLRL RLR RL RRL RL RLL



RL LRL RL RL R

Warm-up #5



RR RR RR RR RR RR LL LL LL LL LL LL LL LL

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Warm-up #6

A-  L R L R L R L R L R L R L R L

B-  R L R L R L R L R L R L R L R

C-  L R L R L R L R L R L R L R L

Warm-up #7


I-  L R R L R R L R R L R R L


II-  R L L R L L R R L L R L L R

III-  L R R L R R L R R L R R L

IV-  R L L R R L L R R L L R R L L R

Warm-up #8

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

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

Warm-up #9

 R L R L rlr R L R L rlr R L R L R L R L rlr R L R L R L R L rlr R L R L R L R L rlr R

 L R L R lrl L R L R lrl L R L R L R L R lrl L R L R L R L R lrl L

