

COUNTING AND CONDUCTING WARM-UP

(MM= 50 → 90)

COUNT AND CONDUCT EACH "METER BOX" FOUR TIMES —
NO PAUSE BETWEEN — PERFORM AS ONE CONTINUOUS EXERCISE:

SIMPLE TIME

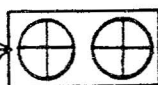
DUPE METER
BEAT



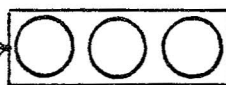
DIVISION



SUBDIVISION



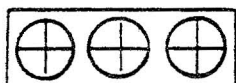
TRIPLE METER
BEAT



DIVISION



SUBDIVISION



QUADRUPLE METER
BEAT

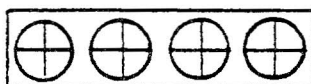


DIVISION



COMPOUND TIME

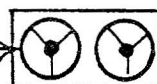
SUBDIVISION



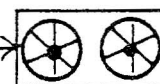
DUPE METER
BEAT



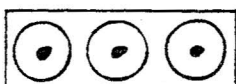
DIVISION



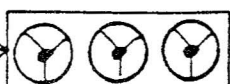
SUBDIVISION



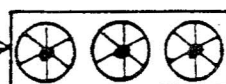
TRIPLE METER
BEAT



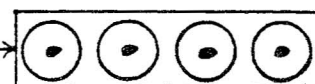
DIVISION



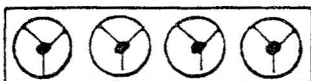
SUBDIVISION



QUADRUPLE METER
BEAT



DIVISION



SUBDIVISION

