Chapter 6: Warm-Ups

Before rehearsal I like to go through a series of warm-ups to loosen my hands, wrists, arms, shoulders and back. Since drumming is a very physical activity for long and repetitive periods it's even more important to warm up before a long rehearsal that might last two to three hours.

Here are a few warmups I use before I rehearse and especially before a performance or a church worship service. **Videos are included with this eBook download.**

- Single Stroke Rolls: (Show Video Example)
- Double Stroke Rolls: (Show Video Example)
- Grooves: (Show Video Example)
- Funk Shuffle
- 12/8 time (Michael Jackson Beat)
- Mid Tempo Groove
- Up Tempo Groove