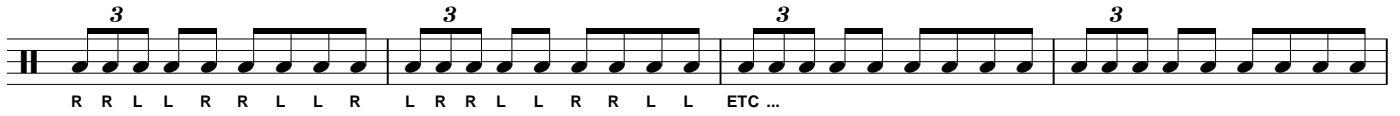


# Doubles Strength Training


Anchor Bay Drumline  
2005

1. All Sticking is RR LL RR LL.
2. Read down first column, up second column, etc.  
This will work on your reading ability.
3. This exercise forces you to control your doubles instead of relying on the rebound of the stick.



1  
R R L L R R L L R L R R L L ETC ...

5 ↓



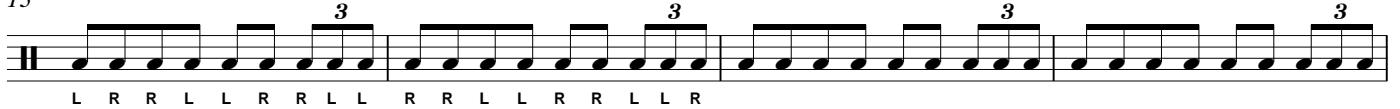
R L L R R L L R R L L R R L ETC...

9




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

13



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

17



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

21



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

25



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

29



L L R R L L R R L L R R L L R R L L R R ETC ...

33



R R L L R R L L R R L L R R L L R R L L ETC ...