

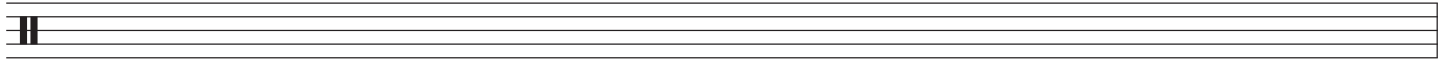
Bongo Fundamentals Practice Routine

Worksheet

5-10 Minutes - Stretching Routine

1-2 Minutes - Exercise #1

75bpm

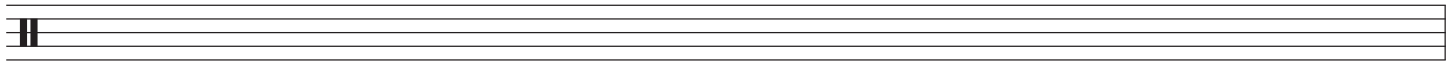


5-10 Minutes - Individual Tone Work

Open, Slap, Open Slap, Pop

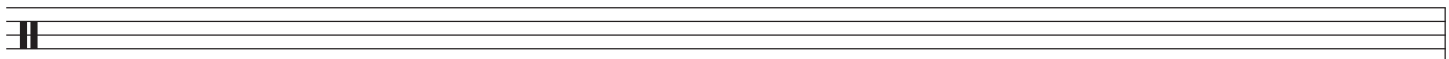
2-5 Minutes - Exercise #2

75bpm



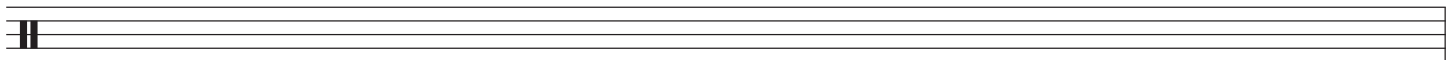
2-5 Minutes - Exercise #3

75bpm | 75bpm Cut Time



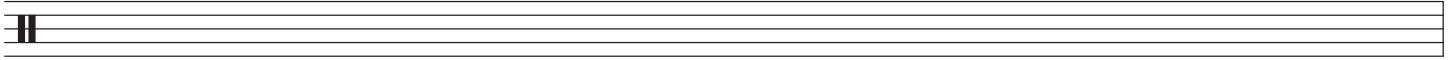
2-5 Minutes - Exercise #4

75bpm | 100bpm



2-5 Minutes - Exercise #5

100bpm | 75bpm Cut Time



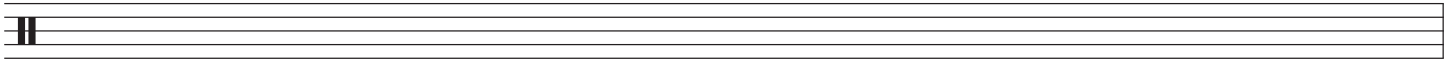
2-5 Minutes - Exercise #6

120bpm | 75bpm Cut Time



5-10 Minutes - Exercise #7

100bpm | 75bpm Cut Time | 90bpm Cut Time



5-10 Minutes - Exercise #8

100bpm | 75bpm Cut Time | 90bpm Cut Time

