

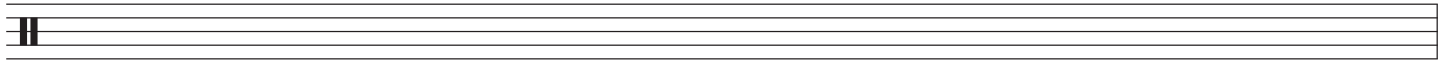
Conga Fundamentals Practice Routine

Worksheet

5-10 Minutes - Stretching Routine

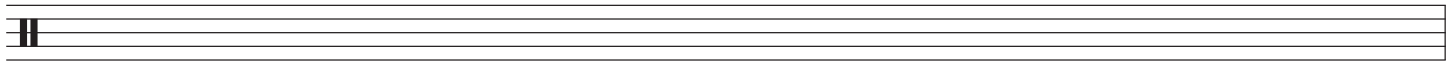
3-6 Minutes - Exercise #1

Eighths at 60bpm | Sixteenths at 60bpm | Sixteenths at 120bpm



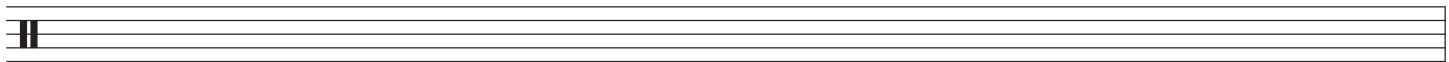
2-5 Minutes - Exercise #2

100bpm | 150bpm



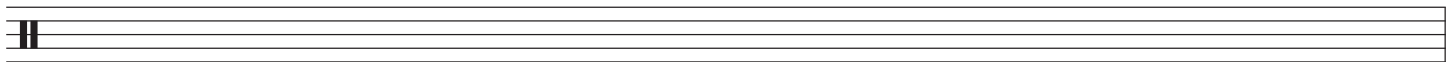
2-5 Minutes - Exercise #3

120bpm | 150bpm



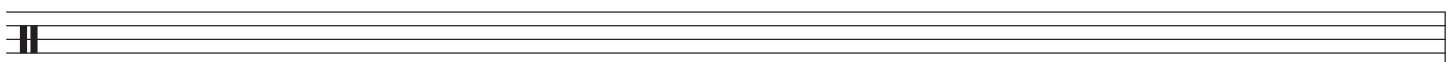
2-5 Minutes - Exercise #4

75bpm | 100bpm



2-5 Minutes - Exercise #5

75bpm | 100bpm



2-5 Minutes - Exercise #6

75bpm | 100bpm



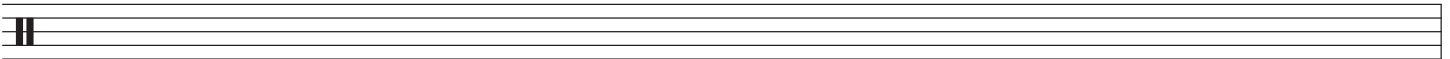
2-5 Minutes - Exercise #7

Eighths at 120bpm | Eighths at 120bpm in Cut Time



2-5 Minutes - Exercise #8

Eighths at 120bpm | Eighths at 120bpm in Cut Time



3-6 Minutes - Exercise #9

60bpm | 90bpm | 120bpm

