

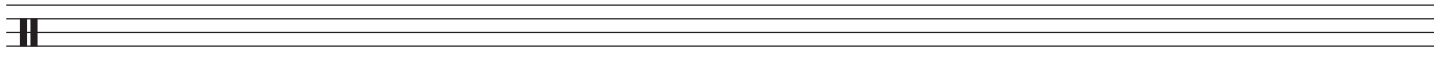
Congas 101 Practice Routine

Worksheet

5-10 Minutes - Stretching Routine

2-4 Minutes - Exercise #1

60bpm | 120bpm



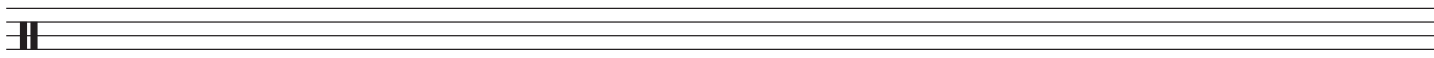
10-15 Minutes - Individual Tone Work

Open, Muffled, Slaps, Open Slaps, Bass

5-10 Minutes - Individual Tones w/Metronome

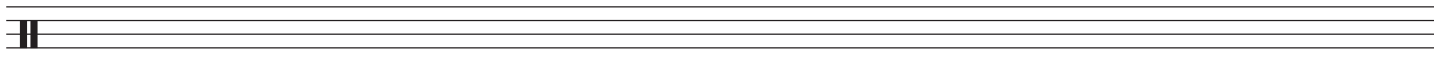
5-10 Minutes - Exercise #2 Combined Tone Work

60bpm | 100bpm



2-5 Minutes - Exercise #3

100bpm



2-5 Minutes - Exercise #4

Quarters at 120bpm | Eighths at 100bpm

