



Drumset Supersets

Blake Paulson

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Drumset Supersets is designed to quickly and efficiently improve your speed, endurance, control, coordination, and reading on the drumset. What are drumset supersets? Traditionally, super-setting is a weightlifting training method that uses consecutive exercises to develop a more effective workout. Because of the similarities in approach, the advanced drumming method in this book has been given the same name. The included lessons combine multiple drumset exercises into workouts that simultaneously train your hands, feet, and mind. When done properly, supersets help you save time and greatly improve your drumming!

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