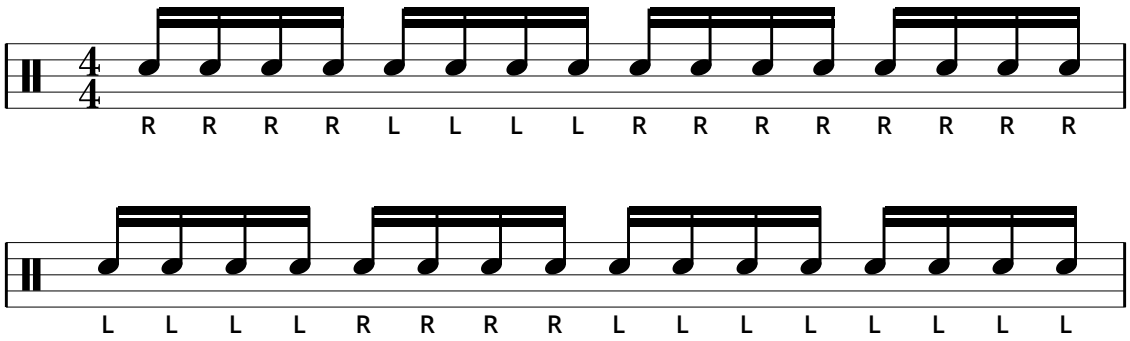
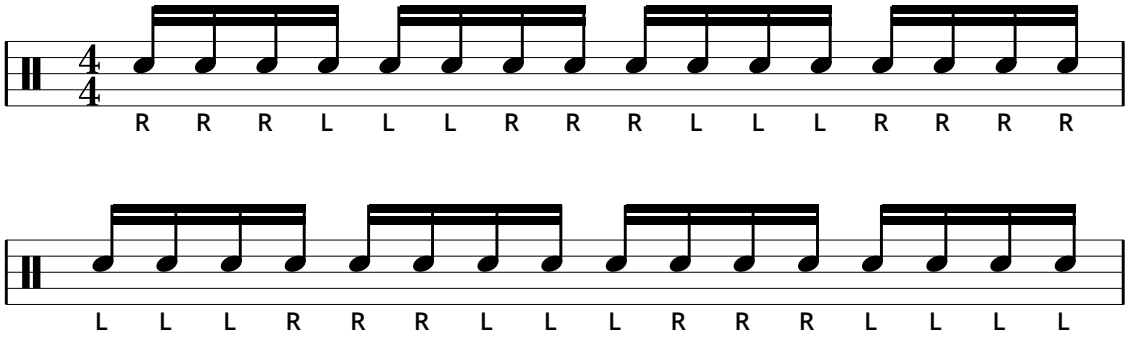

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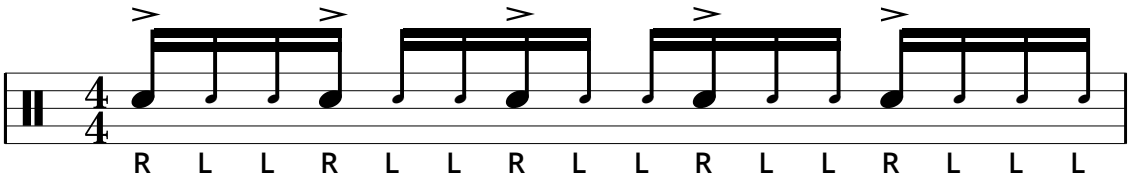
4's TO 8 TURNAROUND | GOAL 100BPM



3's TO 4 TURNAROUND | GOAL 105BPM

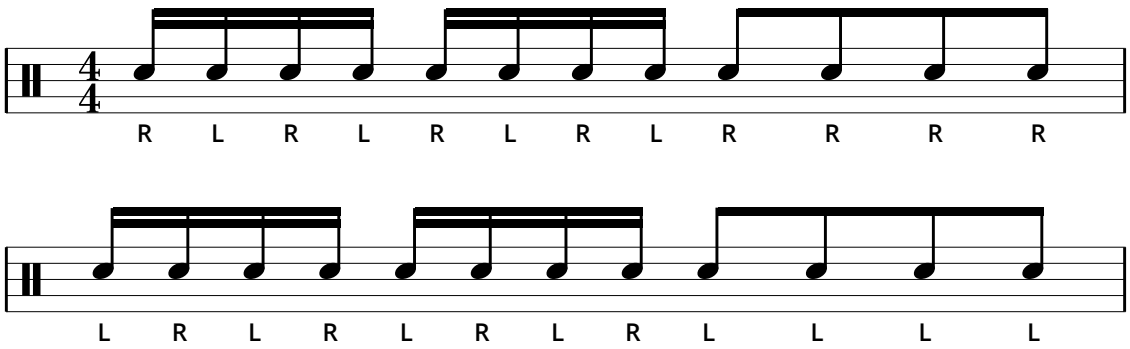


LEFT HAND BLASTER | GOAL 110BPM

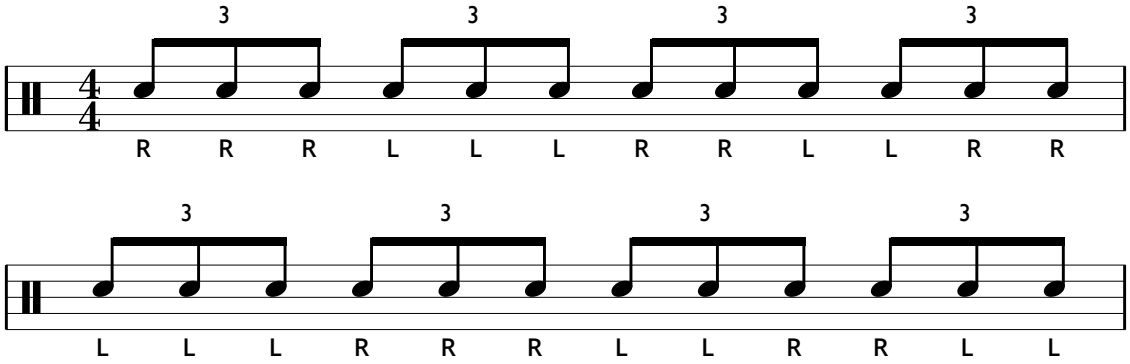


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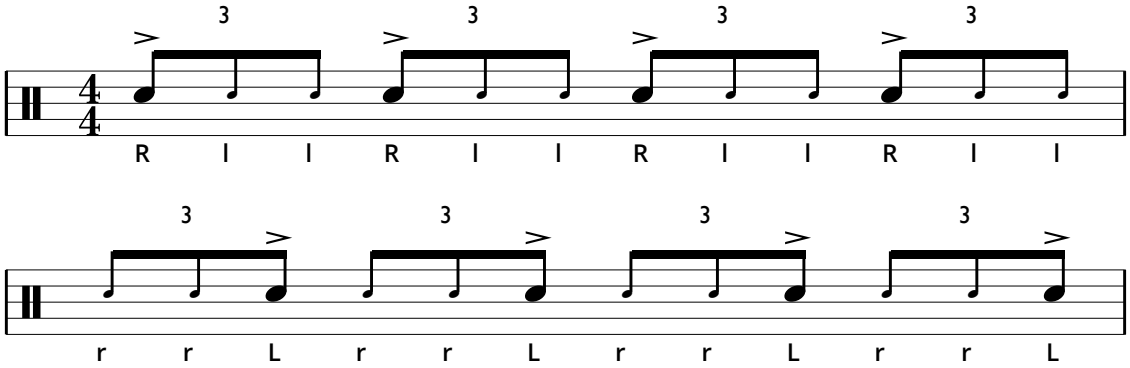
INTERLACED SINGLES BUILDER | GOAL 175BPM



TRICKY TRIPLET DOUBLES | GOAL 150BPM

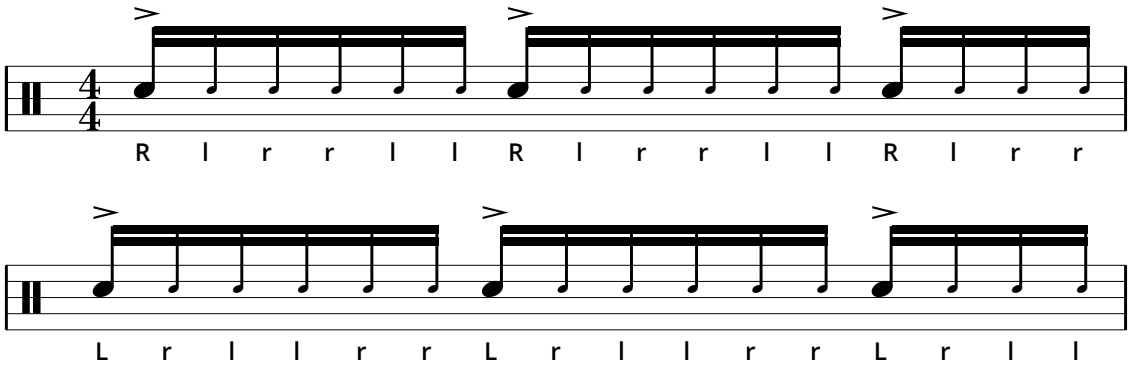


TRIPLET ACCENT SHIFTER | GOAL 180BPM

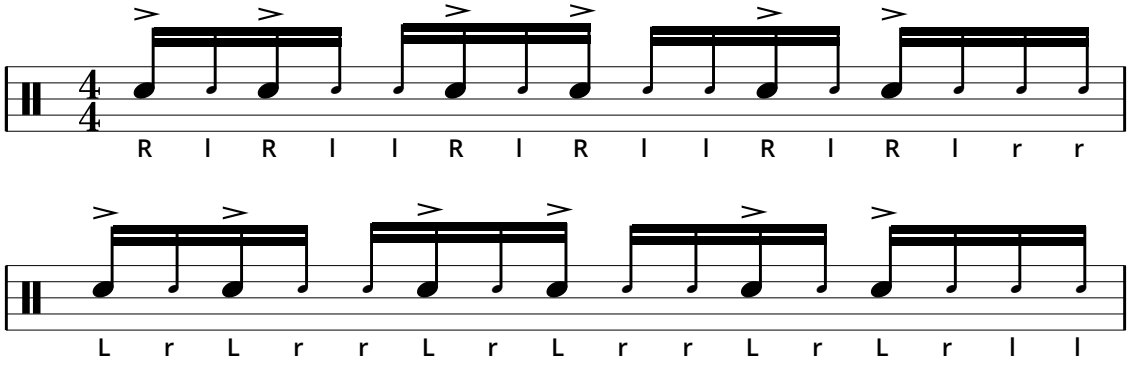


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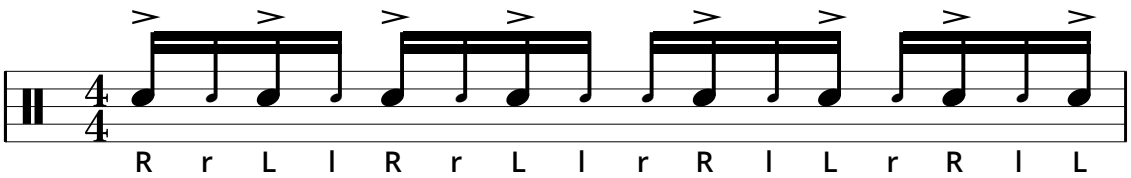
PARADIDDLE DIDDLE TURNAROUND | GOAL 150BPM



FAST FIVE TURNAROUND | GOAL 125BPM

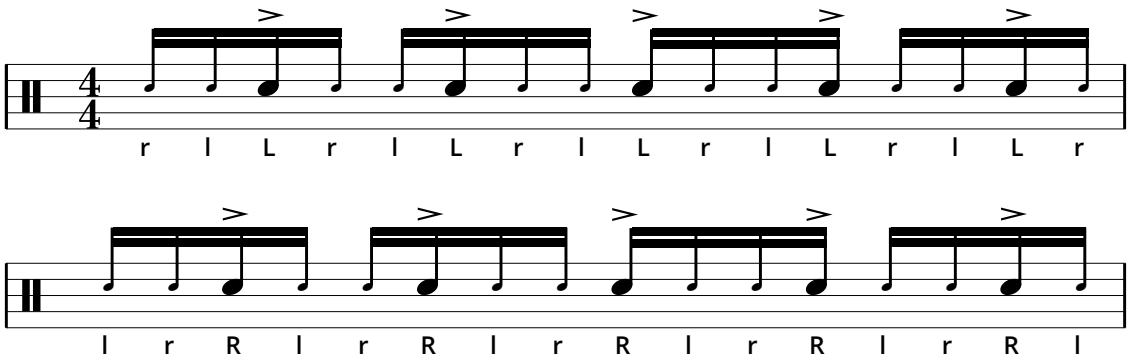


DOUBLE STROKE ACCENT SHIFTER | GOAL 90BPM



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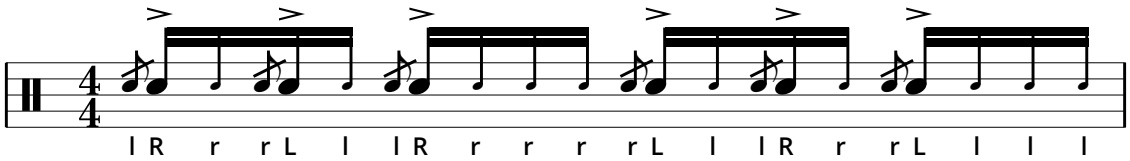
PULLOUT ACCENT BUILDER | GOAL 100BPM



FUNKY FLAM FLOW | GOAL 110BPM

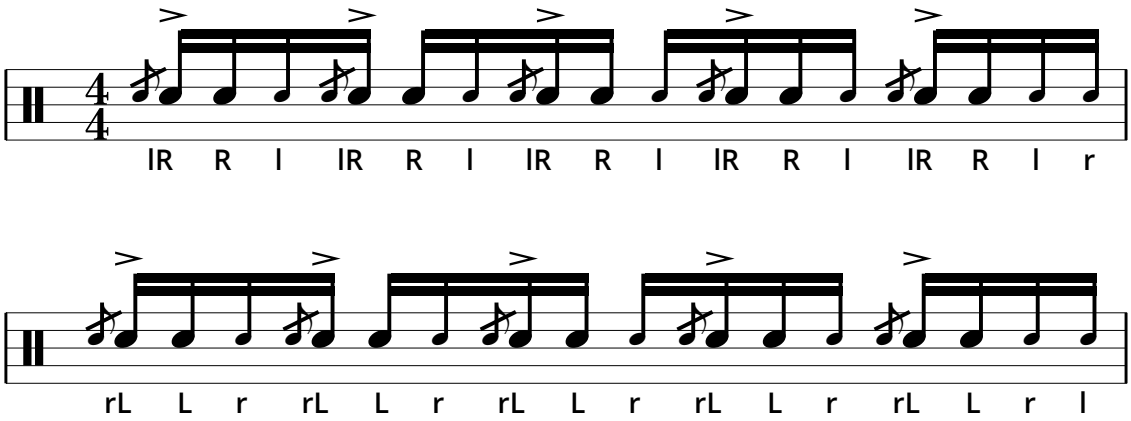


FLAM TAP TURNAROUND | GOAL 100BPM

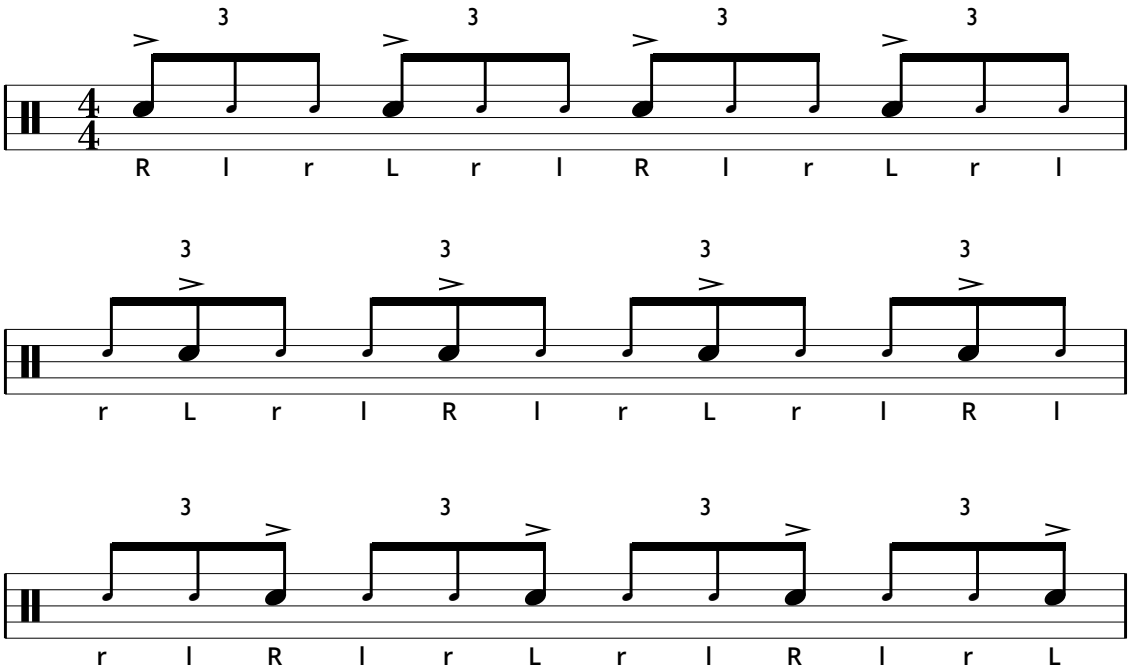


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SWISS TRIPLET TURNAROUND | GOAL 120BPM



TRIPLET ACCENT DISPLACEMENT | GOAL 160BPM



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PARADDIDLE ACCENT DISPLACEMENT | GOAL 110BPM



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I hope this workout gives you a good challenge and pushes you to the edge of your abilities.

If you practice this consistently, I know your hand speed and control will increase dramatically over time.

When you're ready to take things to the next level, join me on abbdrums.com, and I look forward to seeing you inside the courses.

See you there!

- Austin

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