

About the audio download:

The tracks are numbered by page, followed by the letter, number or description of specific exercise.

If the page you are reading does not have any numbers or letters, the numbering in the tracks goes LEFT to RIGHT **across rows**.

If you want to slow down any of the tracks, I recommend downloading the app ANYTUNE to your device. You can access your mp3 player through Anytune, pick the track, and then slow it down in 5% increments.

Thank you for purchasing this book and downloading this audio.

Have fun drumming !!!

And please wash your hands !!

all the beats,

Lisa