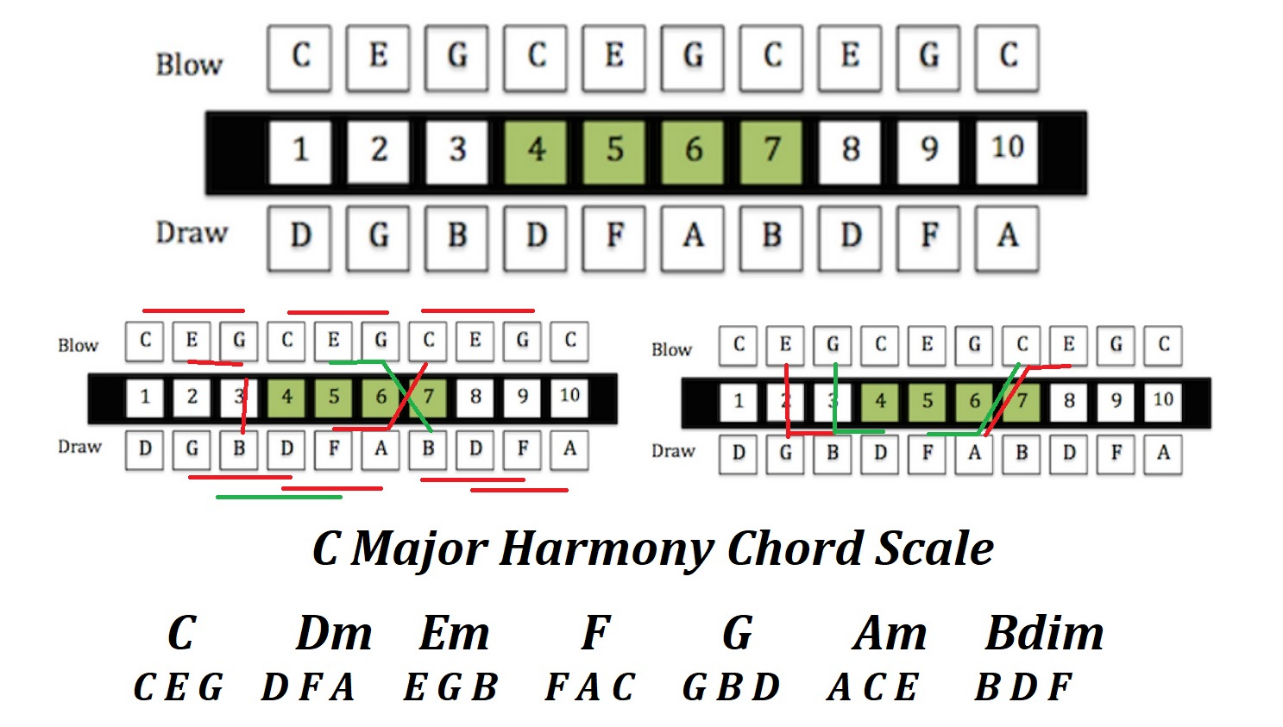
|  |  |  |
| --- | --- | --- |
| **57 Minute Workout** | | |
| **File Name** | **File Description** | **Time** |
|  | **MAJOR SCALE** |  |
| 1 MC1 EX 1 | LEARN - C Major Scale 72 BPM - 168 BPM 8-3 | 2:16 |
| 2 MS2 EX 2 | DRILL 1 - C Major Scale 72 BPM - 168 BPM 8 - 3X6 | 3:46 |
| 3 MC3 EX 3 | DRILL 2 - C Major Scale 90 BPM - 262 BPM 3X11 | 3:41 |
|  |  |  |
|  | **CHORD SCALE** |  |
| 4 CS EX 1 | C Harmony Chord Scale Modes Over C | 3:23 |
| 5 CS EX 2 | LEARN - C Harmony Chord Scale Modes Over Chords 72 BPM 1X | 3:23 |
| 6 CS EX 3 | DRILL - C Harmony Chord Scale Modes Over Chords 72 BPM - 120 BPM 5X | 7:03 |
|  |  |  |
|  | **ARPEGGIOS** |  |
| 7 ARP EX 1 | C Harmony ARPS LEARN 3 NOTE ARPS 7 CHORDS | 3:18 |
| 8 ARP EX 2 | C Harmony ARPS LEARN 4 NOTE ARPS 7 CHORDS | 4:06 |
| 9 ARP EX 3 | C Harmony ARPS LEARN 3 NOTES 4 CHORDS 8X | 4:58 |
| 10 ARP EX 4 | C Harmony ARPS LEARN 4 NOTES 7 CHORDS 4X | 6:18 |
| 11 ARP EX 5 | C Harmony ARPS DRILL 4 NOTES 4 CHORDS 8X | 4:59 |
|  |  |  |
|  | **JAMS** |  |
| 12 JAM 1 | C Harmony Scale BASS DRUMS PIANO JAM | 4:56 |
| 13 JAM 2 | C Harmony Scale DRUM TRACK JAM | 4:56 |
|  |  |  |



|  |  |  |
| --- | --- | --- |
| **6 Session Workout Session** | | |
| **Session 1** | | |
| No Track | Warm up for 5 to 10 minutes | Time |
| 1 MC1 EX 1 | LEARN - C Major Scale 72 BPM - 168 BPM 8-3 | 2:16 |
| 2 MS2 EX 2 | DRILL 1 - C Major Scale 72 BPM - 168 BPM 8 - 3X6 | 3:46 |
| 4 CS EX 1 | C Harmony Chord Scale Modes Over C | 3:23 |
|  |  |  |
| **Session 2** | | |
| No Track | Warm up for 5 to 10 minutes | Time |
| 1 MC1 EX 1 | LEARN - C Major Scale 72 BPM - 168 BPM 8-3 | 2:16 |
| 3 MC3 EX 3 | DRILL 2 - C Major Scale 90 BPM - 262 BPM 3X11 | 3:41 |
| 5 CS EX 2 | LEARN - C Harmony Chord Scale Modes Over Chords 72 BPM 1X | 3:23 |
|  |  |  |
| **Session 3** | | |
| No Track | Warm up for 5 to 10 minutes | Time |
| 2 MS2 EX 2 | DRILL 1 - C Major Scale 72 BPM - 168 BPM 8 - 3X6 | 3:46 |
| 6 CS EX 3 | DRILL - C Harmony Chord Scale Modes Over Chords 72 BPM - 120 BPM 5X | 7:03 |
| 7 ARP EX 1 | C Harmony ARPS LEARN 3 NOTE ARPS 7 CHORDS | 3:18 |
| 12 JAM 1 | C Harmony Scale BASS DRUMS PIANO JAM | 4:56 |
|  |  |  |
| **Session 4** | | |
| No Track | Warm up for 5 to 10 minutes | Time |
| 3 MC3 EX 3 | DRILL 2 - C Major Scale 90 BPM - 262 BPM 3X11 | 3:41 |
| 5 CS EX 2 | LEARN - C Harmony Chord Scale Modes Over Chords 72 BPM 1X | 3:23 |
| 7 ARP EX 1 | C Harmony ARPS LEARN 3 NOTE ARPS 7 CHORDS | 3:18 |
| 8 ARP EX 2 | C Harmony ARPS LEARN 4 NOTE ARPS 7 CHORDS | 4:06 |
| 13 JAM 2 | C Harmony Scale DRUM TRACK JAM | 4:56 |
|  |  |  |
| **Session 5** | | |
| No Track | Warm up for 5 to 10 minutes | Time |
| 6 CS EX 3 | DRILL - C Harmony Chord Scale Modes Over Chords 72 BPM - 120 BPM 5X | 7:03 |
| 9 ARP EX 3 | C Harmony ARPS LEARN 3 NOTES 4 CHORDS 8X | 4:58 |
| 11 ARP EX 5 | C Harmony ARPS DRILL 4 NOTES 4 CHORDS 8X | 4:59 |
| 12 JAM 1 | C Harmony Scale BASS DRUMS PIANO JAM | 4:56 |
|  |  |  |
| **Session 6** | | |
| No Track | Warm up for 5 to 10 minutes | Time |
| 8 ARP EX 2 | C Harmony ARPS LEARN 4 NOTE ARPS 7 CHORDS | 4:06 |
| 10 ARP EX 4 | C Harmony ARPS LEARN 4 NOTES 7 CHORDS 4X | 6:18 |
| 6 CS EX 3 | DRILL - C Harmony Chord Scale Modes Over Chords 72 BPM - 120 BPM 5X | 7:03 |
| 13 JAM 2 | C Harmony Scale DRUM TRACK JAM | 4:56 |