



Speed and Endurance Studies: A Warm-Up Book for Drummers

By Nick Ceroli

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Speed and Endurance Studies: A Warm-Up Book for Drummers By Nick Ceroli

This book contains exercises designed to help build stamina and strength. The exercises in this book will serve the drummer well, and help keep his/her hands in great shape. Drummers can use this book to build up the speed and endurance needed to play in the professional world. A great warm-up book for both beginning and advanced players.

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