



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

By Nick Ceroli

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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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