

# Four-Mallet Warm-Up

## 1 Double Vertical Strokes Ascending and descending chromatics

etc...

## 2 Double Vertical Interval Shifts Ascending and descending diatonics

etc...

## 3 Mirroring Exercise Ascending and descending chromatics

etc...

## 4 Independent Roll Exercise Ascending and descending chromatics

etc...

## 5 Arpeggios utilizing Double Lateral Sequential Stickings Play in all keys around the circle of fifths

etc...