

STEVE SMITH'S DOUBLE STROKE ROLL EXERCISE (SINGLES VARIATION)

SINGLE STROKE ROLL (RH LEAD)

DOUBLE STROKE ROLL (RH LEAD)



SINGLE STROKE ROLL (RH LEAD)

INVERTED DOUBLE STROKE ROLL (RH LEAD)



SINGLE STROKE ROLL (LH LEAD)

DOUBLE STROKE ROLL (LH LEAD)



SINGLE STROKE ROLL (LH LEAD)

INVERTED DOUBLE STROKE ROLL (LH LEAD)



LEVEL 1: BPM = 50

LEVEL 2: BPM = 75

LEVEL 3: BPM = 100

LEVEL 4: BPM = 125

LEVEL 5: BPM = 150

LEVEL 6: BPM = 175

LEVEL 7: BPM = 200