

# **30-Day Drum Workout**

By Sweeney, Pete



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Packed with two complete 30-day exercise routines, this collection of warm-ups, sticking exercises, polyrhythms and other skill-builders increases coordination, stamina, finesse and sense of time without the tedium of doing the same old routine every day. 64-page book and DVD, or DVD sold separately.



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## 30-Day Drum Workout By Sweeney, Pete Bibliography

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