

LINEAR FILL WARM UP TRIPLETS

♩ = 70

1. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

R L K R L K R L K R L K Etc... R L K R L K R

2. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

L R K L R K L R K L R K Etc... L R K L R K L

3. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

K R L K R L K R L K R L Etc... K R L K R L K

4. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

K L R K L R K L R K L R Etc... K L R K L R K

5. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

R K L R K L R K L R K L Etc... R K L R K L R

6. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

L K R L K R L K R L K R Etc... L K R L K R L

7. 1 trip let 2 trip let 3 trip let 4 trip let

1. 4

2. 1 trip let 2 trip let 3 4

R K K R K K R K K R K K Etc... R K K R K K R

LINEAR FILL WARM UP TRIPLETS

8. 1 trip let 2 trip let 3 trip let 4 trip let

L K K L K K L K K L K K Etc...

1. 2.

4 1 trip let 2 trip let 3 4

L K K L K K L

9. 1 trip let 2 trip let 3 trip let 4 trip let

K K R K K R K K R K K R Etc...

1. 2.

4 1 trip let 2 trip let 3 4

K K R K K R K

10. 1 trip let 2 trip let 3 trip let 4 trip let

K K L K K L K K L K K L Etc...

1. 2.

4 1 trip let 2 trip let 3 4

K K L K K L K

11. 1 trip let 2 trip let 3 trip let 4 trip let

K R R K R R K R R K R R Etc...

1. 2.

4 1 trip let 2 trip let 3 4

K R R K R R K

14. 1 trip let 2 trip let 3 trip let 4 trip let

K L L K L L K L L K L L Etc...

1. 2.

4 1 trip let 2 trip let 3 4

K L L K L L K