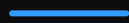


SNARE **BICS**



14-DAY
ACCENT
CHALLENGE

14 PROGRESSIVE EXERCISES

Before You Begin

These exercises are designed to **develop your rhythm reading** — so let's approach them the way you would in real life.

WHAT YOU'LL NEED

A **timer** and a **metronome** set to **80 BPM**.

STEP 1 — LOOK BEFORE YOU PLAY

Set a timer for 30 seconds. Use this time to **scan the 16 bar exercise** to find any rhythms which look scary. Take a mental note of those sections and use the remaining time to work through them. When the timer runs out, it's time to go.

STEP 2 — PRESS PLAY AND DON'T STOP

Start your metronome (80 BPM) and play from beginning to end — no matter what. **Don't stop**, don't rewind. The band won't wait for you, so neither should the click.

STEP 3 — ADJUST AND REPEAT

- Found it challenging? Slow the metronome down and run it again. Whatever speed you land on becomes your starting point for the next exercise.
- Found it easy? Speed it up.

ACCENTS

Contrast is what makes music feel alive. When you see an **accented note**, **play it loudly** — **every other note, keep it down**. This will make the exercises far more fun and exciting to play.

EXTRA POINTS — add your own dynamics or phrasing by singing the rhythms. The best way to **phrase rhythms musically** is to **sing them first**. Your playing will feel far more fluid and make you sound more human (we don't need any more robots)!

DAY 1 RHYTHM EXERCISE

The first rhythm exercise is written in 4/4 time and consists of four staves. Each staff begins with a double bar line and a 4/4 time signature. The notation includes quarter notes, eighth notes, and sixteenth notes, with various rests and accents (marked with a > symbol) throughout. The exercise concludes with a double bar line at the end of the fourth staff.

DAY 2 RHYTHM EXERCISE

The second rhythm exercise is written in 4/4 time and consists of four staves. Each staff begins with a double bar line and a 4/4 time signature. The notation includes quarter notes, eighth notes, and sixteenth notes, with various rests and accents (marked with a > symbol) throughout. The exercise concludes with a double bar line at the end of the fourth staff.

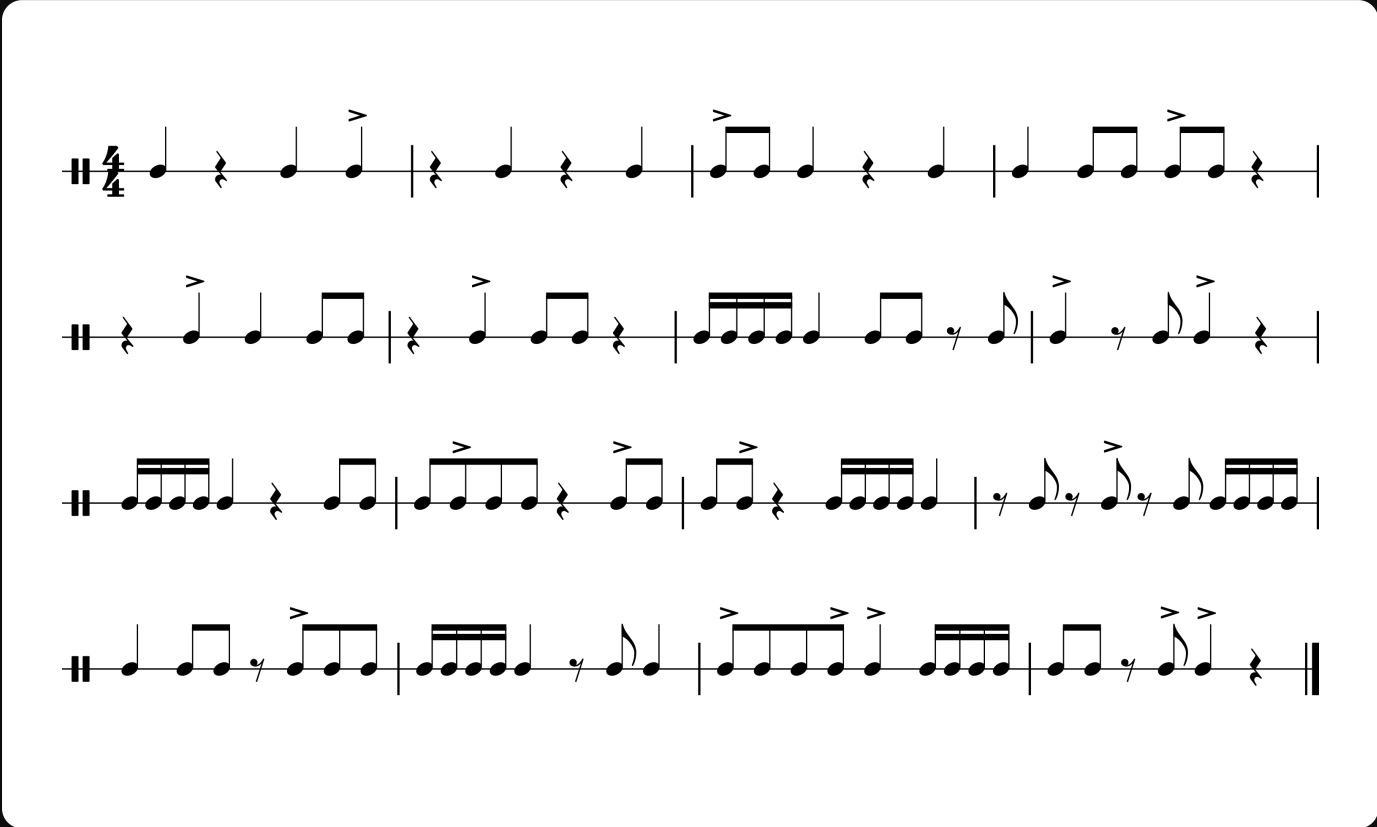
DAY 3 RHYTHM EXERCISE

The Day 3 Rhythm Exercise is presented in 4/4 time and consists of four staves of rhythmic notation. Each staff begins with a double bar line and a 4/4 time signature. The notation includes quarter notes, eighth notes, and sixteenth notes, with various rests and accents (marked with a > symbol) throughout. The exercise concludes with a double bar line at the end of the fourth staff.

DAY 4 RHYTHM EXERCISE

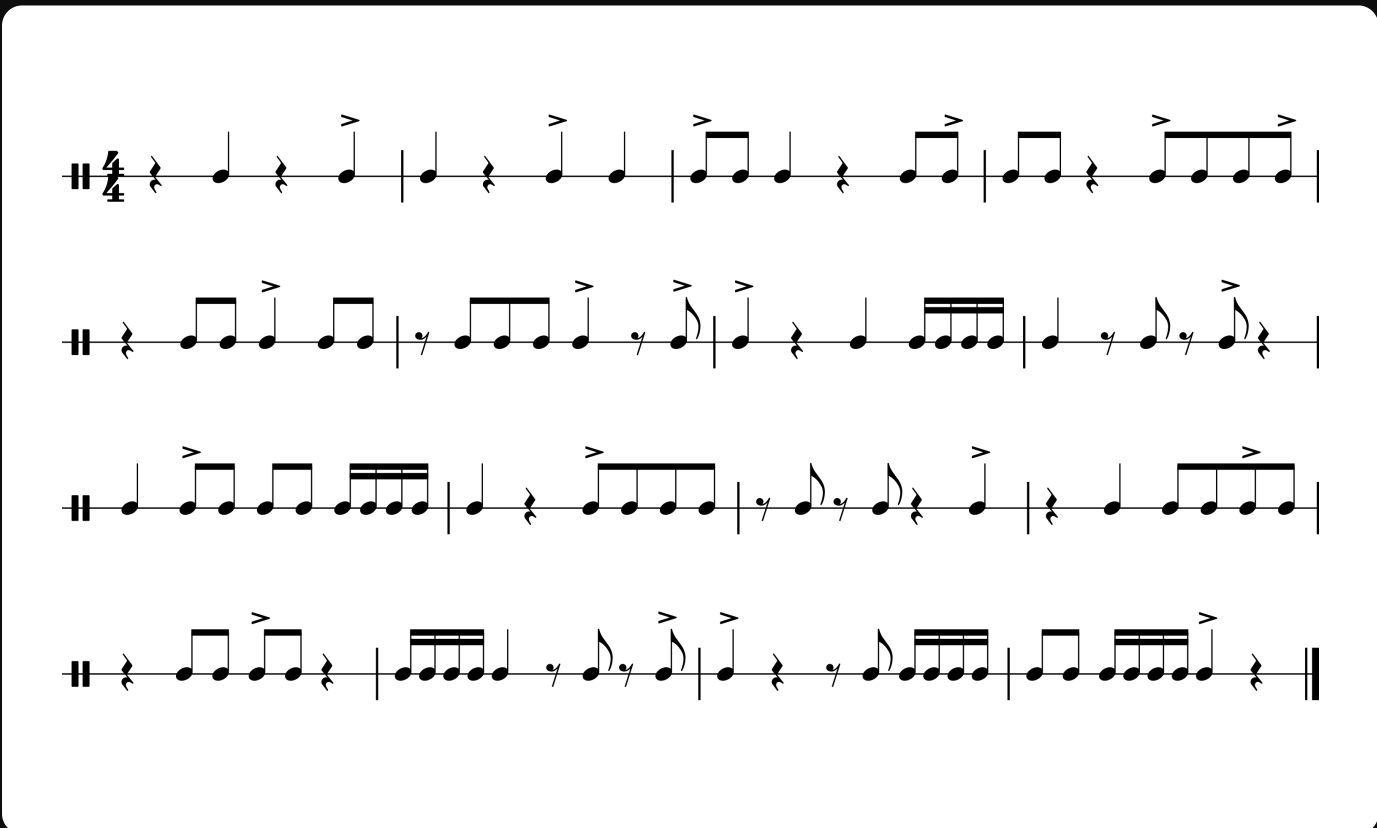
The Day 4 Rhythm Exercise is presented in 4/4 time and consists of four staves of rhythmic notation. Each staff begins with a double bar line and a 4/4 time signature. The notation includes quarter notes, eighth notes, and sixteenth notes, with various rests and accents (marked with a > symbol) throughout. The exercise concludes with a double bar line at the end of the fourth staff.

DAY 5 RHYTHM EXERCISE



Musical notation for Day 5 Rhythm Exercise, consisting of four staves in 4/4 time. The notation includes various rhythmic patterns such as quarter notes, eighth notes, and sixteenth notes, with accents (>) placed above several notes. The exercise concludes with a double bar line.

DAY 6 RHYTHM EXERCISE



Musical notation for Day 6 Rhythm Exercise, consisting of four staves in 4/4 time. The notation includes various rhythmic patterns such as quarter notes, eighth notes, and sixteenth notes, with accents (>) placed above several notes. The exercise concludes with a double bar line.

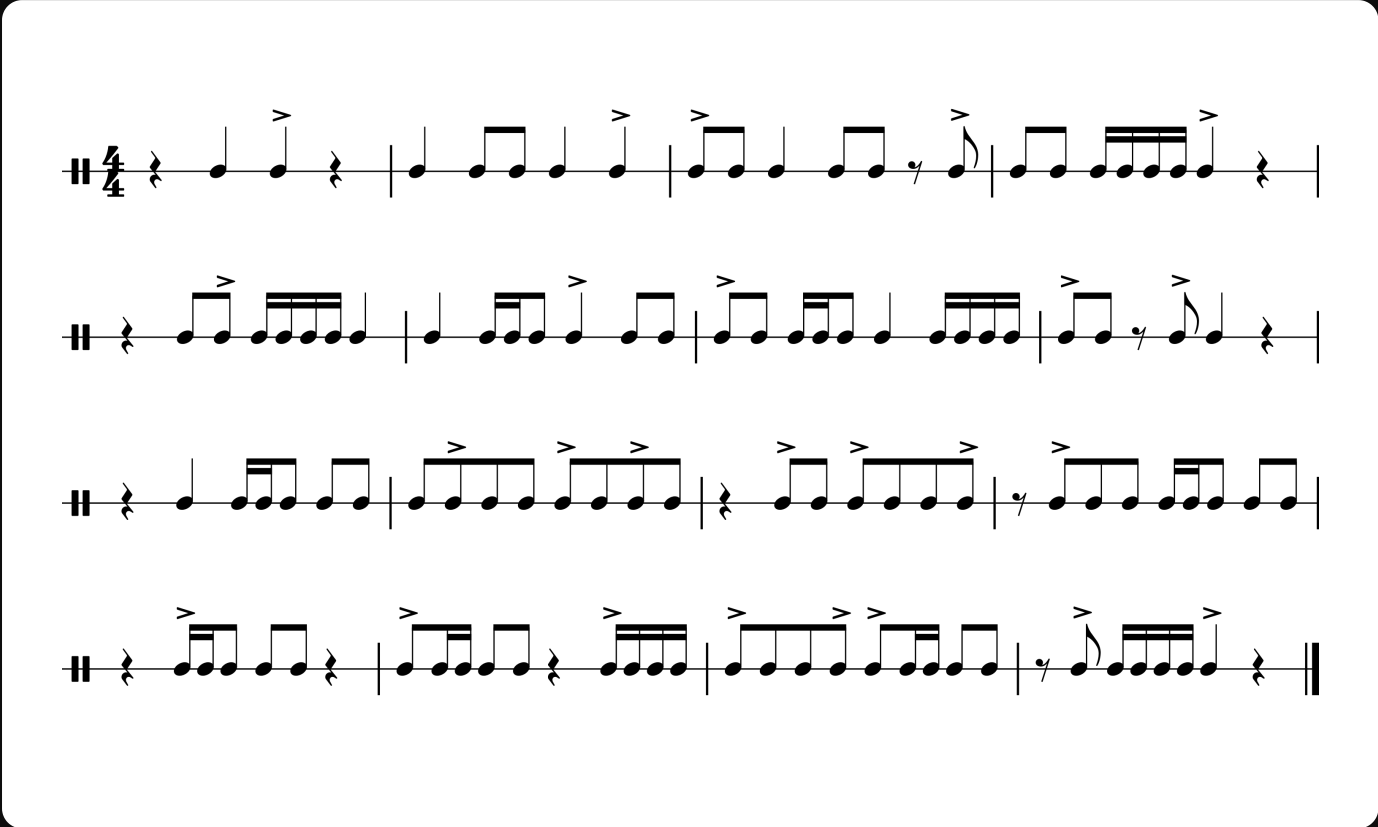
DAY 7 RHYTHM EXERCISE

The Day 7 Rhythm Exercise is presented in 4/4 time and consists of four staves of rhythmic notation. Each staff begins with a double bar line and a 4/4 time signature. The notation includes quarter notes, eighth notes, and sixteenth notes, with various rests and accents (marked with a > symbol) throughout. The exercise concludes with a double bar line at the end of the fourth staff.

DAY 8 RHYTHM EXERCISE

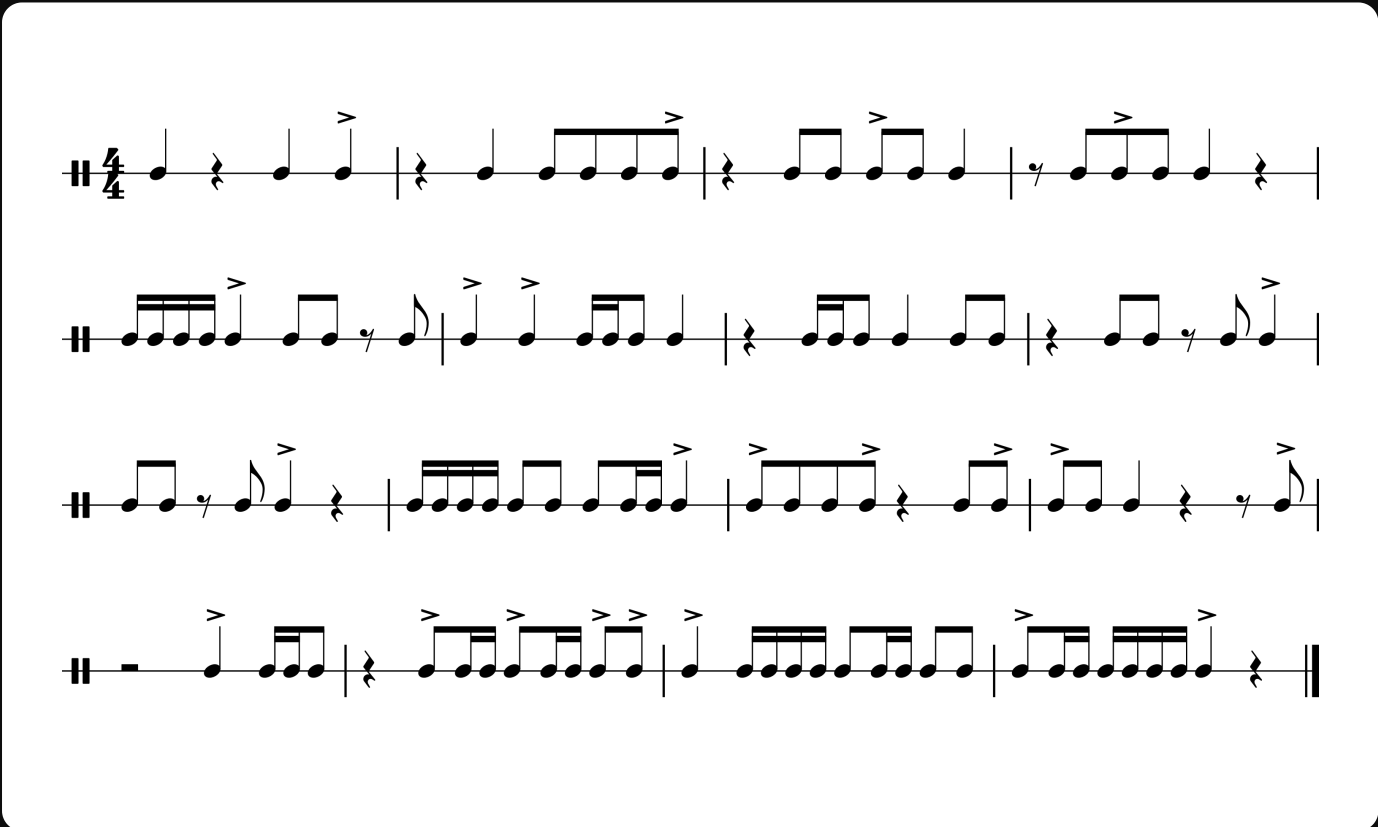
The Day 8 Rhythm Exercise is presented in 4/4 time and consists of four staves of rhythmic notation. Each staff begins with a double bar line and a 4/4 time signature. The notation includes quarter notes, eighth notes, and sixteenth notes, with various rests and accents (marked with a > symbol) throughout. The exercise concludes with a double bar line at the end of the fourth staff.

DAY 9 RHYTHM EXERCISE



Musical notation for Day 9 Rhythm Exercise, consisting of four staves in 4/4 time. The notation includes various rhythmic patterns such as quarter notes, eighth notes, and sixteenth notes, with accents (>) placed above several notes. The exercise is divided into four measures per staff, with a double bar line at the end of the fourth staff.

DAY 10 RHYTHM EXERCISE



Musical notation for Day 10 Rhythm Exercise, consisting of four staves in 4/4 time. The notation includes various rhythmic patterns such as quarter notes, eighth notes, and sixteenth notes, with accents (>) placed above several notes. The exercise is divided into four measures per staff, with a double bar line at the end of the fourth staff.

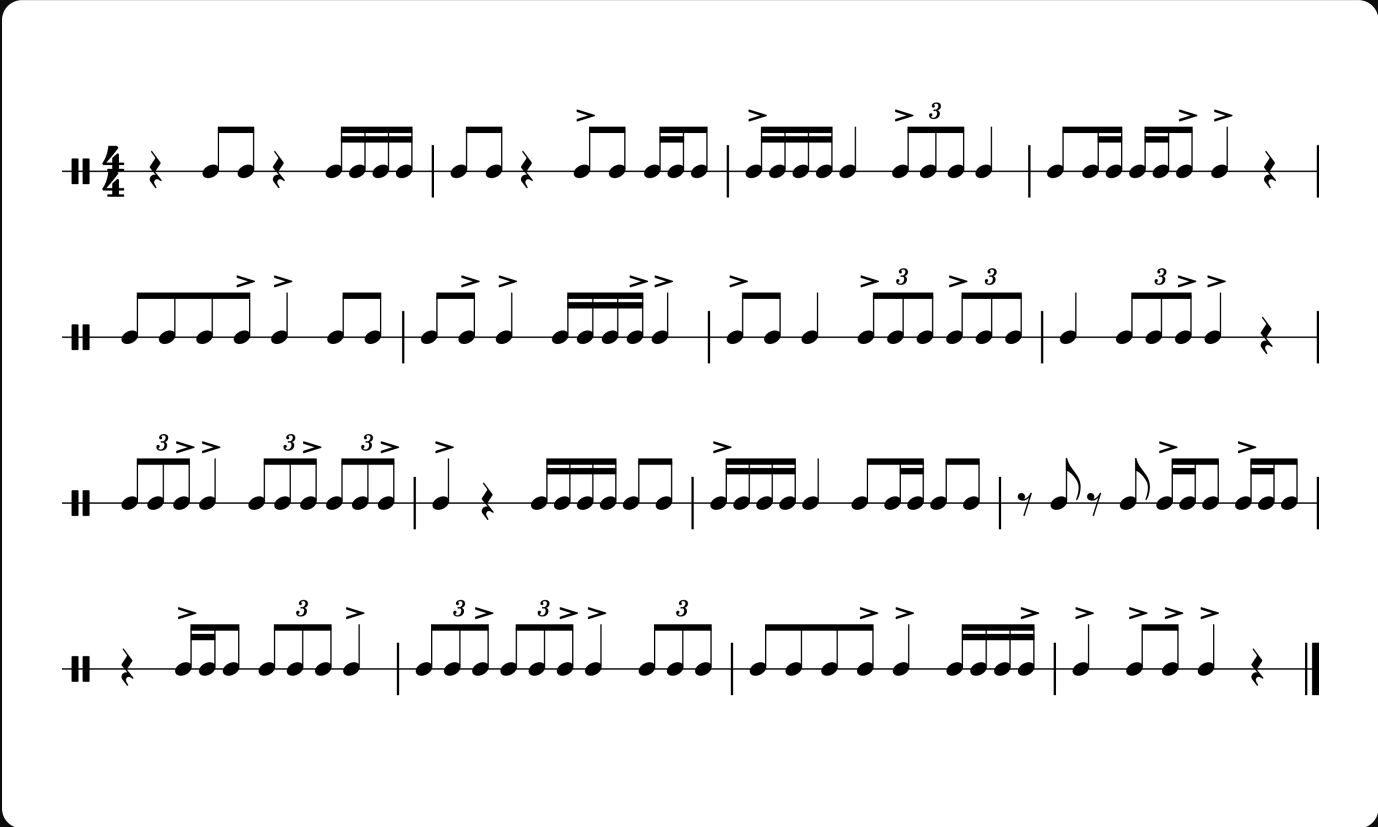
DAY 11 RHYTHM EXERCISE

Musical notation for Day 11 Rhythm Exercise in 4/4 time. The exercise consists of four staves of music. The first staff begins with a 4/4 time signature and contains a sequence of eighth and sixteenth notes with accents. The second and third staves feature triplets of eighth notes and sixteenth notes, with accents placed on specific notes. The fourth staff continues with similar rhythmic patterns, including triplets and accents, ending with a double bar line.

DAY 12 RHYTHM EXERCISE

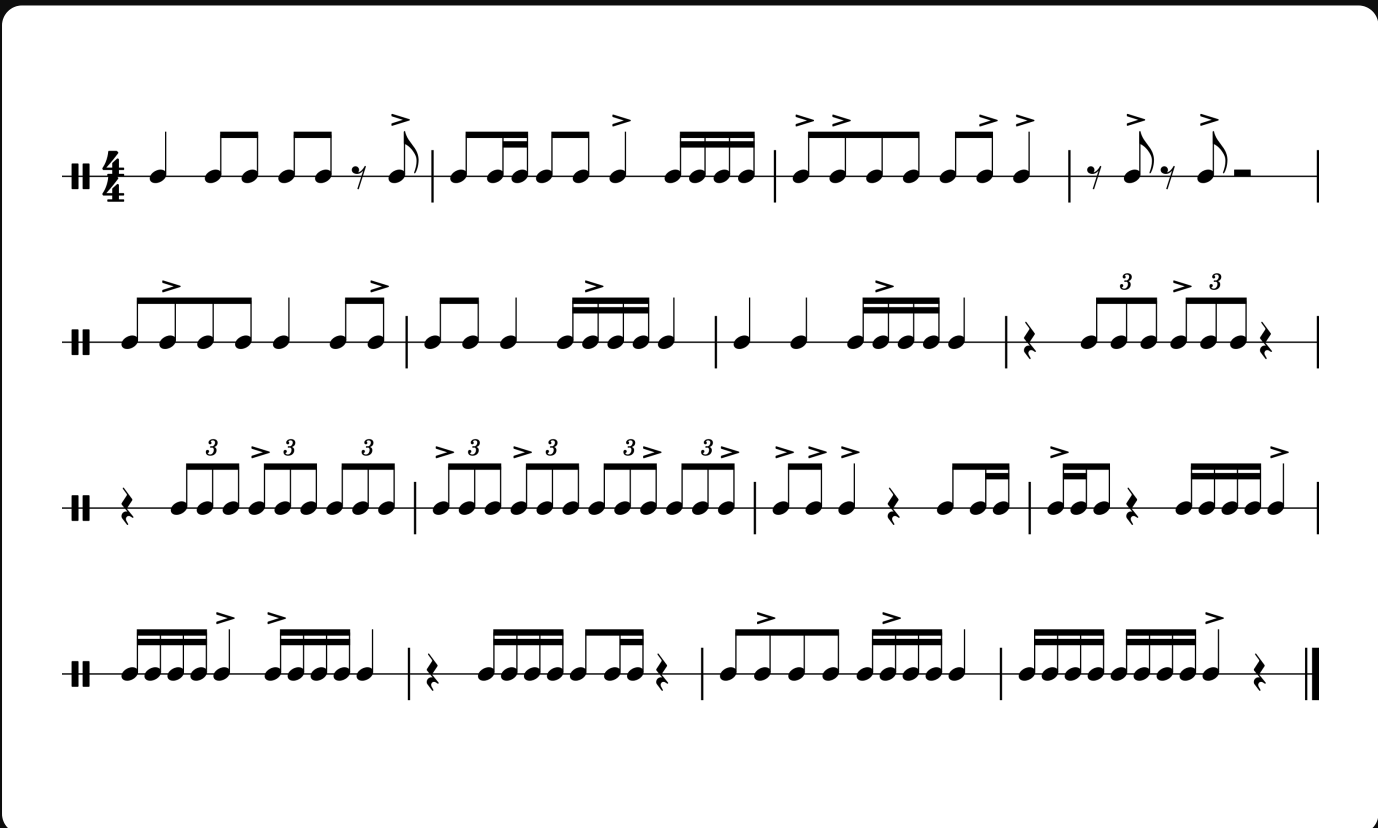
Musical notation for Day 12 Rhythm Exercise in 4/4 time. The exercise consists of four staves of music. The first staff begins with a 4/4 time signature and contains a sequence of eighth and sixteenth notes with accents. The second and third staves feature triplets of eighth notes and sixteenth notes, with accents placed on specific notes. The fourth staff continues with similar rhythmic patterns, including triplets and accents, ending with a double bar line.

DAY 13 RHYTHM EXERCISE



Musical notation for Day 13 Rhythm Exercise, 4/4 time signature. The exercise consists of four staves of music. The first staff begins with a 4/4 time signature and a double bar line. The notation includes quarter notes, eighth notes, and sixteenth notes, with accents (>) and triplets (3) indicated. The second staff continues the pattern with similar rhythmic elements. The third staff features more complex triplet patterns. The fourth staff concludes the exercise with a final double bar line.

DAY 14 RHYTHM EXERCISE



Musical notation for Day 14 Rhythm Exercise, 4/4 time signature. The exercise consists of four staves of music. The first staff begins with a 4/4 time signature and a double bar line. The notation includes quarter notes, eighth notes, and sixteenth notes, with accents (>) and triplets (3) indicated. The second staff continues the pattern with similar rhythmic elements. The third staff features more complex triplet patterns. The fourth staff concludes the exercise with a final double bar line.