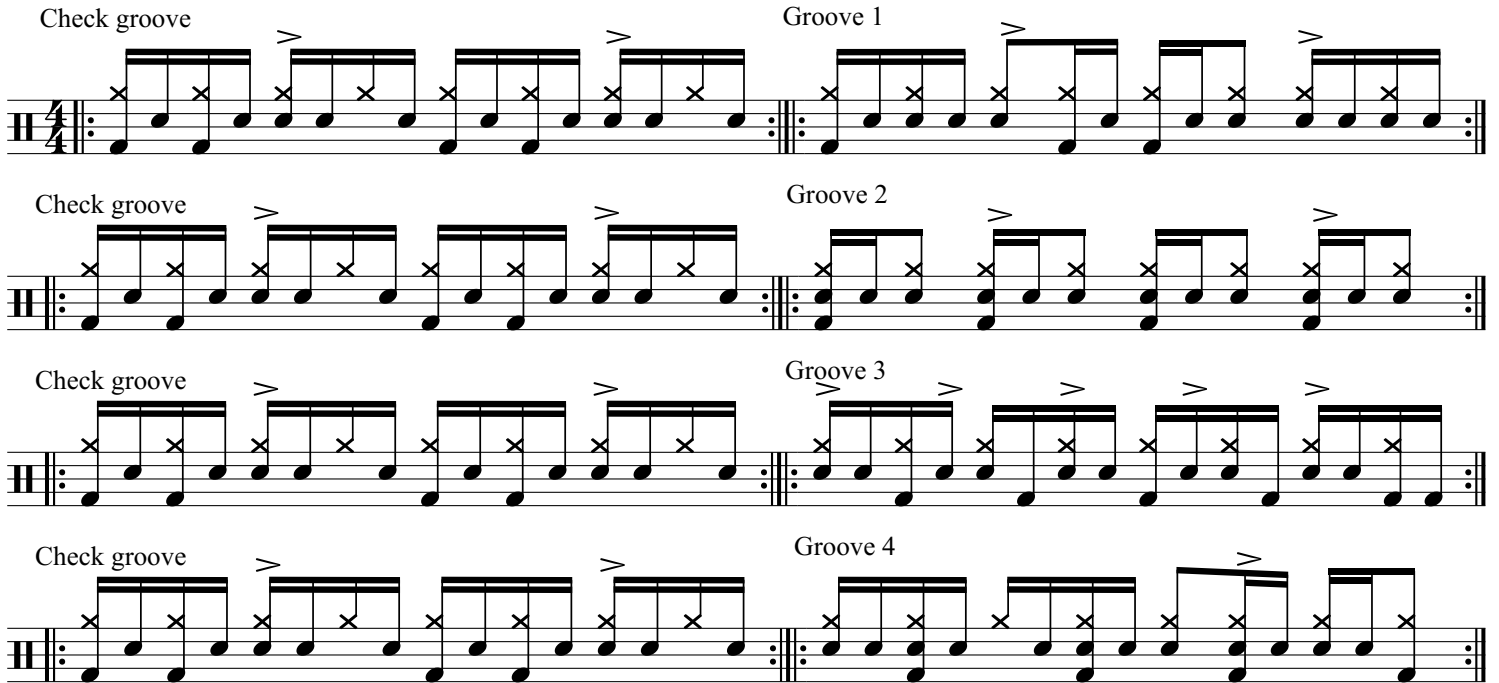


Ghost of a Workout

#540

Focus on

1. Dynamics
2. Consistency
3. Groove



The exercise is presented in four rows, each with a 'Check groove' section and a 'Groove' section. The notation uses a treble clef and a 4/4 time signature. The 'Check groove' sections consist of four measures of eighth-note patterns with 'x' marks above the notes. The 'Groove' sections consist of four measures of eighth-note patterns with accents (>) above the notes. The patterns are as follows:

- Row 1:** Check groove: $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x). Groove 1: $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>).
- Row 2:** Check groove: $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x). Groove 2: $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>).
- Row 3:** Check groove: $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x). Groove 3: $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>).
- Row 4:** Check groove: $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x), $\text{G4} \text{A4} \text{B4} \text{C5}$ (x). Groove 4: $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>), $\text{G4} \text{A4} \text{B4} \text{C5}$ (>).