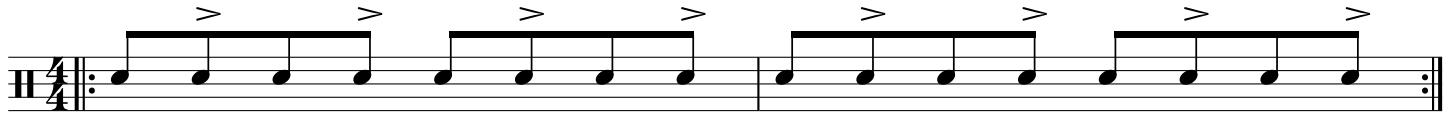


# Double Stroke Roll Workout


#352

## Make the Seconds Count



R R L L etc...  
L L R R etc...

## Double Turn Around




R L L R L L R L L R L R R L R R L R R L R R L R L L

## 8 on a Hand




R R R R R R R R L L L L L L L L

## Check Yoself, Don't Wreck Yoself



R L R L etc... R R L L etc...  
L R L R etc... L L R R etc...

## The Burn



R L R R L R L L 7x R R L L etc...  
L R L L R L R R L L R R etc...