SLAP THIS DAILY

The 10 Minute Routine

To get the most out of the exercise shown in the video, you can split up your 10 minutes something like this:

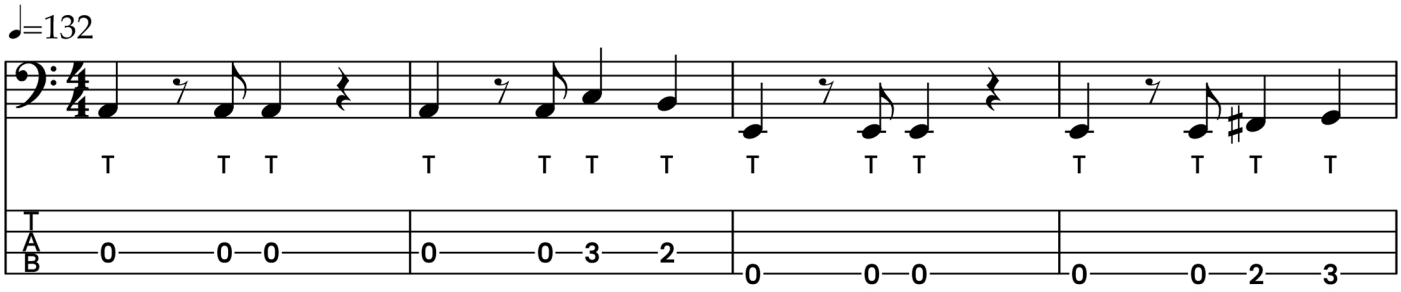
- **3 MINUTES:** At whatever level you're currently working, go *glacially slow* and make sure you're happy with your muting, accuracy, and your teeter-totter technique efficiency.

- **3 MINUTES:** Find your current working tempo with a metronome where you can play your current level 90-100% awesomely.

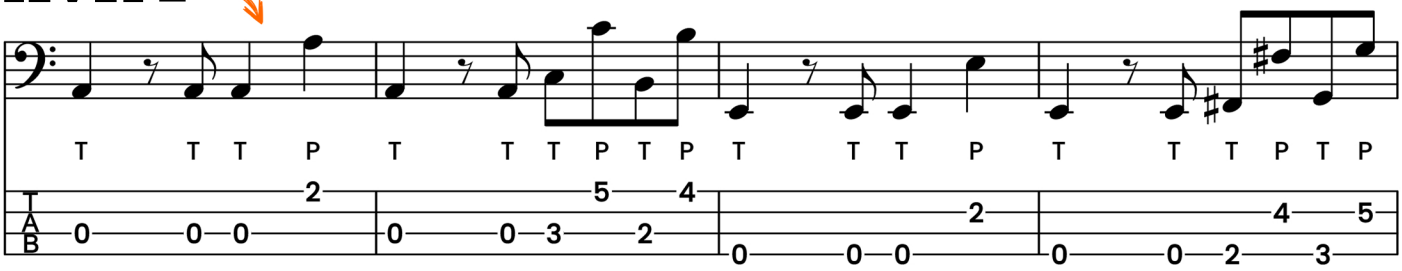
- **4 MINUTES:** Start working your tempo up towards the 132BPM goal in small increments, making sure you can nail the exercise 3 times in a row before moving on to the next tempo.

- **10 SECONDS:** Give yourself a high five. (optional but recommended)

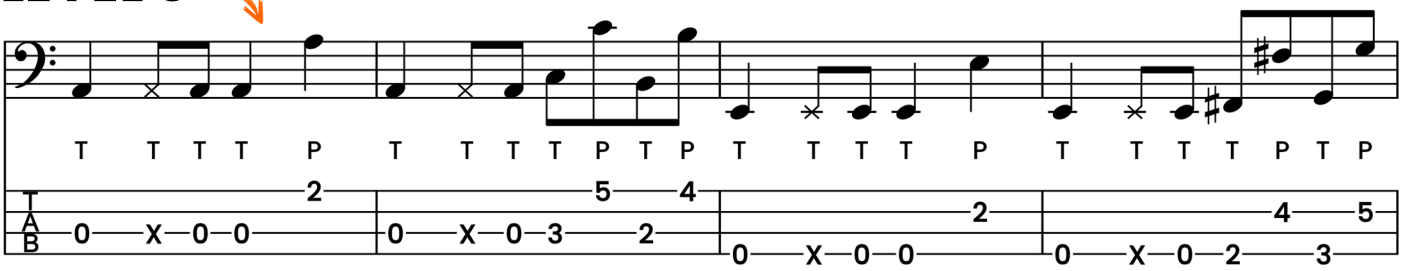
LEVEL 1



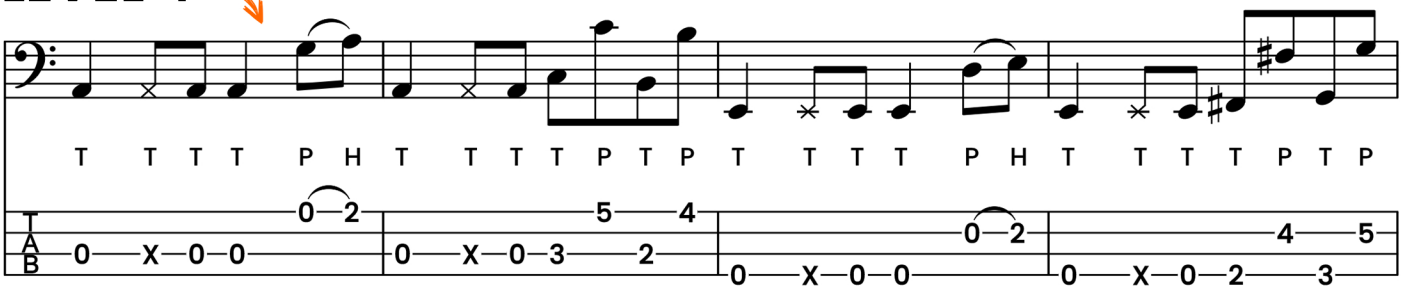
LEVEL 2



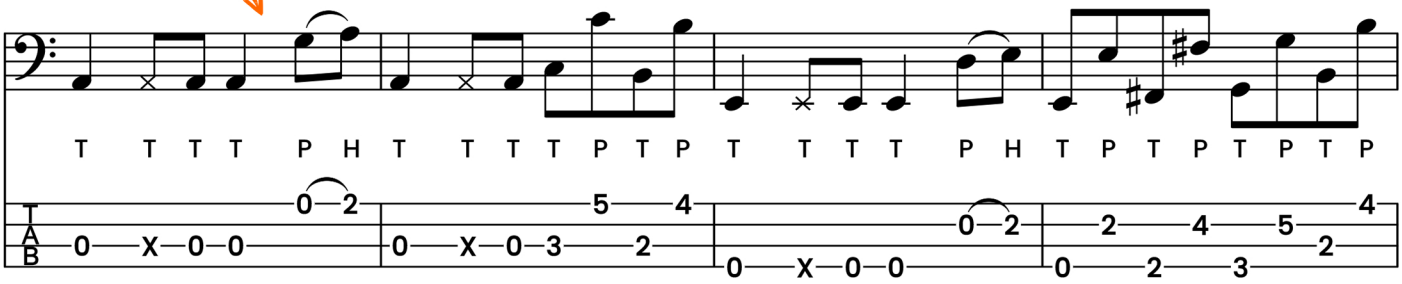
LEVEL 3



LEVEL 4



LEVEL 5



Want more than just slap riffs?
My comprehensive step-by-step Beginner to Badass course will teach you all the theory and technique it takes to go from total music noob to impress-your-friends level bass MACHINE.
Check it out here.

BASSBUZZ