

♪ is called a crochet, it means you have to make a sound on your instrument when you see it.

♩ is called rest, it means you don't make a sound at all! But remember NOT to stop when you see a rest. Simply carry on counting the rests and get ready to play the next ♪ (crochet)

Rhythm Gym

crochet and rest

Level 1

Follow the pulse (click) and play along. Try practicing one workout at a time on an open D. Make sure you stop at the right time!

Workout 1

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

Workout 2

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

Workout 3

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

Workout 4

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

Workout 5

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

Workout 6

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

*Is it easy? You can try to play all 6 workout without stopping. Good luck!
Go to the backingtrack Rhythm Gym Level 1 complete*