

Four-Mallet Warm-Up

1 Double Vertical Strokes Ascending and descending chromatics

etc...

2 Double Vertical Interval Shifts Ascending and descending diatonics

etc...

3 Mirroring Exercise Ascending and descending chromatics

etc...

4 Independent Roll Exercise Ascending and descending chromatics

etc...

5 Arpeggios utilizing Double Lateral Sequential Stickings Play in all keys around the circle of fifths

etc...