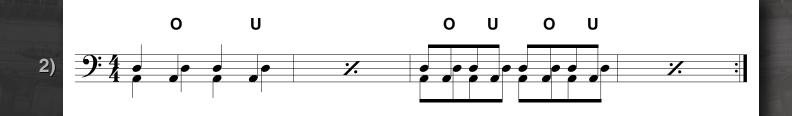


**Neil Grover's Timpani Warm-up Calisthenics** 

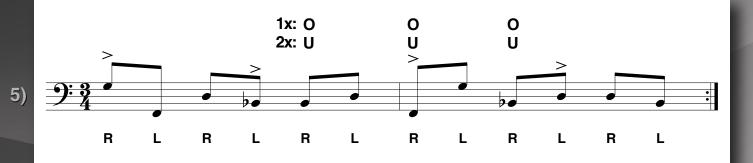
= RH O = RH Over = LH U = RH Under













## Seamless Bamboo Timpani Mallets

GroverPro.com

