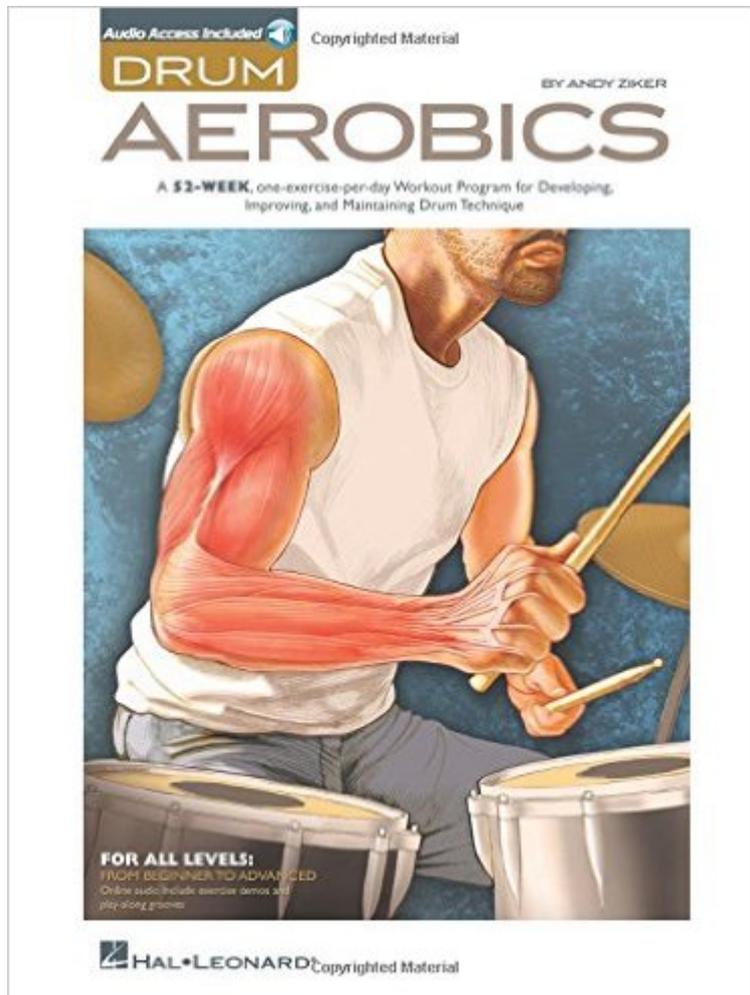


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# Drum Aerobics (Book & Online Audio)



## Synopsis

(Drum Instruction). A 52-week, one-exercise-per-day workout program for developing, improving, and maintaining drum technique. Players of all levels beginners to advanced will increase their speed, coordination, dexterity and accuracy using these bite-sized lessons. The online audio contains all 365 workout licks, plus play-along grooves in styles including rock, blues, jazz, heavy metal, reggae, funk, calypso, bossa nova, march, mambo, New Orleans 2nd Line, and lots more! The revised edition now includes additional workouts for drummers and upgraded instructional tops. The audio is accessed online and features PLAYBACK+ technology that lets you adjust the tempo, loop tricky passages, and more!

## Book Information

Paperback: 120 pages

Publisher: Hal Leonard; Pap/Com edition (August 1, 2010)

Language: English

ISBN-10: 142347788X

ISBN-13: 978-1423477884

Product Dimensions: 9 x 0.3 x 12 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #389,968 in Books (See Top 100 in Books) #80 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #192 in [Books > Arts & Photography > Music >](#)

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## Customer Reviews

I have owned many dozens of drum books, several of them which I actually understood and enjoyed, so when I saw another drum book on the market I was a bit skeptical. Do we really need another one? Upon getting into the book and doing a little work, however, I discovered Drum Aerobics' magic: It's both practical and challenging. It's the perfect cure for ADD drummers! Instead of trying to come up with yet another convoluted system or concept book, Ziker gets you right into meaty material, and in a way that assists self-discipline while giving the basic drum facility a really good work out. The book is tastefully diverse, offering something for everyone. What I particularly enjoyed was the lack of pandering to "styles," where the author/instructor feels compelled to gloss over every possible scenario without delving too deeply into anything. Instead, Aerobics has quite a

bit of substance spread out over the calendar pages. What it lacks in an over-arching theme it more than makes up for it with sheer volume -- thoughtful, articulate volume. Each exercise is presented without an ounce of pretense -- some will be much easier than others, and Ziker recognizes this by mixing difficulty levels throughout. If one exercise is too easy, you can easily move on to the next one that is just as likely to require more than a day's effort to master. If you just want to pick and choose, the book is easy to navigate and the notation is clearly printed to flip through the book for the more advanced drummers. Before you purchase this book, beware that it assumes you can read drum notation. You don't have to be a sight reader, but you do need to have some grounding in notation to be able to get through the exercises in a reasonable manner.

This book is absolutely fantastic! If you are like me, then you probably have a stack of drum books on your coffee table that rarely get used. Many of these books serve their purpose well enough, it is merely that either the material is overwhelming, overly wordy, or just plain boring. This book is none of those things!! If you have ever attempted to trudge through the New Breed, or another complex systems book, then you understand how frustrating it can be to feel like you are making absolutely no progress. I don't mean to criticize these books, or sound lazy as I have worked many exercises in that book as slow as humanly possible and worked up, but there is often so much material in these books, that they feel overwhelming. For me, the feeling of frustration grows because I know there is so much material yet to get through in these books, and I am struggling mightily with the opening pages. Fear not! Drum Aerobics is here to save you! I absolutely love the concept of the daily exercise routine, and the exercises start off relatively easy. It is laid out for you down to the day, and each exercise is manageable (so far) to master in a day, as they are what I would call "bite sized". I also love the idea that the topics change everyday. Monday is coordination, tuesday grooves, wednesday fills and so on. It keeps me engaged. Prior to this book I was working out of the 4 Way Coordination book. Not only is that book dreadfully boring, I was beginning to get the sneaking feeling that the coordination I was building wasn't always applicable to playing drums. That is not the case with this book. Every exercise is intended to be used directly on a drumset. The best part about the book is that because it is laid out as daily exercises, it keeps me moving at a steady pace.

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