

# Soft Diddle Regimen

Dr. Brad Meyer

①

pppp

2x or 4x

**Day 1:** RH lead - 3X's at 110 bpm, then increase by 5 bpm; **Day 5:** Reverse the Grid  
**Day 2:** LH lead - 3X's at 110 bpm, then increase by 5 bpm; **Day 6:** Reverse the Grid  
**Day 3:** RH lead - 3X's at 125 bpm, then increase by 5 bpm; **Day 7:** Reverse the Grid  
**Day 4:** LH lead - 3X's at 125 bpm, then increase by 5 bpm; **Day 8:** Reverse the Grid

②

pppp

2x or 4x

**Day 9:** RH lead - 3X's at 55 bpm, then increase by 3 bpm; **Day 13:** Reverse the Grid  
**Day 10:** LH lead - 3X's at 55 bpm, then increase by 3 bpm; **Day 14:** Reverse the Grid  
**Day 11:** RH lead - 3X's at 62 bpm, then increase by 3 bpm; **Day 15:** Reverse the Grid  
**Day 12:** LH lead - 3X's at 62 bpm, then increase by 3 bpm; **Day 16:** Reverse the Grid

# Soft Diddle Regimen

3

The musical notation consists of five staves of rhythmic exercises. The first staff begins with a treble clef, a 2/4 time signature, and a *pppp* dynamic marking. It contains four measures of eighth-note patterns. The second staff contains four measures with time signatures of 2/4, 4/4, 2/4, and 4/4. The third staff contains four measures with time signatures of 2/4, 2/4, 2/4, and 4/4. The fourth staff contains four measures with time signatures of 2/4, 2/4, 2/4, and 2/4. The fifth staff begins with a 4/4 time signature and a repeat sign, with the instruction "2x or 4x" above it.

- Day 17:** RH lead - 3X's at 80 bpm, then increase by 4 bpm;
- Day 21:** Reverse the Grid
- Day 18:** LH lead - 3X's at 80 bpm, then increase by 4 bpm;
- Day 22:** Reverse the Grid
- Day 19:** RH lead - 3X's at 90 bpm, then increase by 4 bpm;
- Day 23:** Reverse the Grid
- Day 20:** LH lead - 3X's at 90 bpm, then increase by 4 bpm;
- Day 24:** Reverse the Grid