

# Muscle Imbalances: How to Train a Weaker Side

# The Weaker Side

**Brantly Womack**



## **The Weaker Side:**

*The Weaker Side* Dom Famularo, Stéphane Chamberland, 2007-12 This book addresses the common problem of proportionally unequal abilities between a drummer's dominant and weaker muscle sets in drumming technique The strategic exercises are designed to develop the under used muscles to cultivate a more balanced ability for controlled movement and a fluid and consistent sound Organized for gradual strengthening through daily practice the exercises can be used for both hands and feet

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