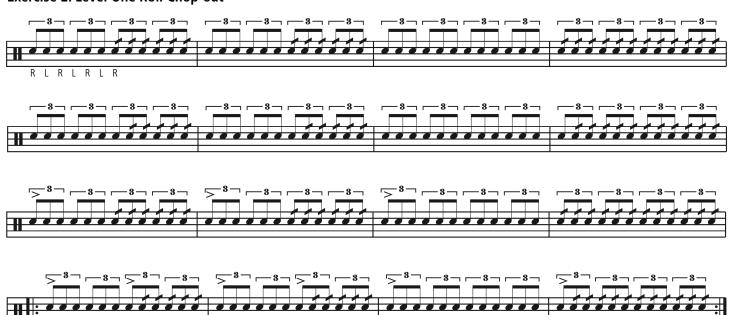
ZILDJIAN WORKOUT WITH NICOLE CASINO



Exercise 1: Isolated Diddles



Exercise 2: Level One Roll Chop-out



Exercise 3: Level Two Roll Chop-out

