

Double Pops Exercise

Berthoud

T = Slap P = Pop L = Left-Hand Slap S = Strum ↑ = up-thumb

6 6 8 8 9 9 11 11

4 4 4 4 6 6 6 6 7 7 7 7 9 9 9 9 7

T P T T P T T P T T P T T P T T P T T

5

6-6 6-6 8-8 8-8 9-9 9-9 11-11 11-11

4 4 4 4 6 6 6 6 7 7 7 7 9 9 9 9 7

T P P T T P P T T P P T T P P T T P P T T P P T T

9

6-6 6-6 6 6 8-8 8-8 8 8 9-9 9-9 9 9

4 4 4 4 4 6 6 6 6 6 7 7 7 7 7 9 9 9 9 9

T P P T P P T P T T P P T P P T P T T P T P P T P P T P T T P

12

11-11 11-11 11 6-6 6-6 6 6 4-4 4-4 4 4

9 9 9 9 x-7 4 4 4 4 4 2 2 2 2 2

T P P T P P T P T T T P P T P P T P T T P T P P T P P T P T T P

15

3-3 3-3 3 3 5-5 5-5 5 5 6-6 6 6-6 6

1 1 1 1 1 4 4 4 4 4 4 4 4 4

T P P T P P T P T T P P T P P T P T T P T P P T P T T P P T P

18

8-8-8 8 8-8-8 8 9-9-9 9 9-9-9 9

6 6 6 6 6 6 7 7 7 7 7 7

T TPPT P T TPPT P T TPPT P T TPPT P

20

11-11-11 11 11-11-11 11 6-6-6 6 6-6-6 6

9 9 9 9 9 9 7 4 4 4 4 4 4

T TPPT P T TPPT T T TPPT P T TPPT P

22

4-4-4 4 4-4-4 4 3-3-3 3 3-3-3 3

2 2 2 2 2 2 1 1 1 1 1 1

T TPPT P T TPPT P T TPPT P T TPPT P

24

5-5-5 5 5-5-5 5 13-13-13 13 13-13-13 13

4 4 4 4 4 4 12 12 12 12 12 12

T TPPT P T TPPT P T TPPT P T TPPT P

26

14-14-14 14 14-14-14 14 8-8-8 8 8-8-8 8

14 14 14 14 14 14 7 7 7 7 7 7

T TPPT P T TPPT P T TPPT P T TPPT P

28

9 9 9 9 9 9 9 9 13 13 13 13 13 13 13

T 9 9 9 9 9 9 12 12 12 12 12 12 P

↑ P P T P T ↑ P P T P T ↑ P P T P T ↑ P P T P

30

14 14 14 14 14 14 14 14 8 8 8 8 8 8 8 9

T 14 14 14 14 14 14 7 7 7 7 7 7 9

↑ P P T P T ↑ P P T P T ↑ P P T P T ↑ P P T P T