

Allenamento - per gli arti e per il cervello #3 B  
"BONUS"

**A**

Exercise A consists of two staves. The top staff contains a sequence of notes: four eighth notes with 'x' marks, followed by four eighth notes with accents and 'L' above them, and four eighth notes with accents and 'R' above them. The bottom staff contains a sequence of notes: four quarter notes, followed by four quarter notes, and four quarter notes.

**B**

Exercise B consists of two staves. The top staff contains a sequence of notes: four eighth notes with 'x' marks, followed by four eighth notes with accents, and four eighth notes with accents. The bottom staff contains a sequence of notes: four quarter notes, followed by four quarter notes, and four quarter notes.

**C**

Exercise C consists of two staves. The top staff contains a sequence of notes: four eighth notes with 'x' marks, followed by four eighth notes with accents, and four eighth notes with accents. The bottom staff contains a sequence of notes: four quarter notes, followed by four quarter notes, and four quarter notes.

**D**

Exercise D consists of two staves. The top staff contains a sequence of notes: four eighth notes with 'x' marks, followed by four eighth notes with accents, and four eighth notes with accents. The bottom staff contains a sequence of notes: four quarter notes, followed by four quarter notes, and four quarter notes.