16th Timing, Triplet Diddle, or Rolls-Quarter notes or half notes for entire exercise for time-keeping for battery. Which technique is used should be changed each rep to get comfort with all techniques.

Ladder Eights - Play one note (which technique can be changed rep to rep) at the beginning of each grouping of notes. 4 groupings of 8, 4 groupings of 7, 4 groupings of 6, etc.