



60 Minutes

Part 1: Warmup

- Listen! (Send to 5)
- Stretches
- Play & be present

Part 2: Calibrate

- Accuracy
- Intentionality
- Note progress
- Send to 3/4

Part 3: Expand

- Rhythm
- Old & new licks
- Push speed
- Send to 2/4

Part 4: Audit

- Identify problems
- Ask tough ?'s
- Don't cheat!
- Send to 3/6

Part 5: Explore

- Listen to new song/solo/lesson
- Try new ideas
- Send to 2/3

Part 6: Review

- Honest assessment
- Celebrate wins
- Speed test
- Send to 1
- End with success!