

CMI CONT.

# STUDY 6 - TRIADS | PART 2

REPEAT EACH 8-12X  
SLOW-MED-FAST

4A

0	5	8	12	17	12	8	5	0
1	5	10	13	17	13	10	5	1
3	6	10	15	18	15	10	6	3

4B

1	5	10	13	17	13	10	5	1
3	6	10	15	18	15	10	6	3
3	8	11	15	20	15	11	8	3

5A

↳ MASOR 1, 3, 5 = G, B, D

3	7	10	15	19	15	10	7	3
3	8	12	15	20	15	12	8	3
4	7	12	16	19	16	12	7	4

5B

0	3	8	12	15	20	12	8	3	0
0	4	7	12	16	19	12	7	4	0
0	5	9	12	17	21	12	9	5	0

6A

0	4	7	12	16	12	7	4	0
0	5	9	12	17	12	9	5	0
2	5	10	14	17	14	10	5	2

6B

0	5	9	12	17	12	9	5	0
2	5	10	14	17	14	10	5	2
3	7	10	15	19	15	10	7	3