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The exercises below layout the math of how the feet keeping time with the metronome relate to the tuplets and shows how to count these rhythms

1 a + a 2 a + a 3 a + a = 1 a 2 + 3 a

These two exercises show how to count the relationship of the feet to the metronome for all the other tuplets in this study. Since the metronome is in three the feet will reflect this relationship and play triplet subdivisions to maintain their steady time against the tuplets.

1 a 2 = 1 2 +

1 + a 2 + a 3 + a 4 + a 5 + a = 1 2 a 3 4 + 5

1 + a 2 + a 3 + a 4 + a 5 + a 6 + a 7 + a

1 2 3 + 4 5 a 6 7