Most metronomes accent the first beat of each bar, but customising accents opens up powerful exercises.

Backbeat accents

Accent beats 2 and 4 **free metronome** for a pop and rock feel.

Silence some beats

Silencing the downbeat trains your inner sense of the bar.

Grouped accents

For 7/8, accent the start of metronome each group.

Latin rhythms

Accent specific beats to outline clave-like patterns using a clave sound.