Using a click badly can waste practice time.

1. Practising too fast

Setting the tempo too high builds mistakes into muscle memory.

2. No subdivisions

At slow tempos, long gaps cause rushing. Turn on eighth notes.

3. Total dependence

Use a gap metronome click and play without it sometimes to build independence.

4. Using Bluetooth headphones

Bluetooth adds a delay, so **online metronome** prefer wired audio.

5. No records

Write down the tempo you reached each day to see real improvement.