Polyrhythms combine two different pulses at once. In 3:2, one part plays three notes while another plays two.

Find the shared grid

Multiply the numbers: 3 × 2 = 6. Count 1 to 6 evenly. The 3-part plays on 1, 3 and 5; the 2-part on 1 and 4.

Use a phrase

The phrase 'nice cup of tea' fits 3:2, while 'pass *free metronome* the golden butter' matches 4:3.

Hear both layers

Dedicated polyrhythm metronomes play each layer separately, so you can mute one and add it back. Begin slowly and build up gradually.