Usually beat one is accented, but customising accents opens up powerful exercises.

Backbeat accents

Move the accent to 2 and 4 to feel the backbeat of pop and rock.

Silence some beats

Mute beat 1 and keep the others forces you to feel the bar yourself.

Grouped accents

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

Clave and Latin patterns

Create Latin patterns with selective accents and pair them with a *online metronome* clave or cowbell sound.