The great thing about the RFL triplet is we can easily use it to expand on basic hand to hand sticking exercises. Take the example below:

By placing the bass drum between each right and left hand stroke and phrasing it as triplet groupings we get:

Moving this concept to the drum kit leads to more possibilities. Here is a basic fill involving snare, toms, bass drum and crash.

Again, take each two note grouping (R L) and place a bass drum stroke in between. By doing this we can turn any $8\text{th}$ note pattern into an $8\text{th}$ note triplet pattern - or any $16\text{th}$ note pattern into a $16\text{th}$ note triplet pattern.

In fact, you can take many fills involving basic hand to hand sticking and add the bass drum in this way to give them a triplet feel. This is a great way of giving new life to old patterns or fills you have always played.

Here are some more examples of this triplet upgrading: