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Master Your Fingers

LEVEL 1 • Guitar Skills



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Level 2

UNIT 2 • **LESSON 1** << PREVIOUS NEXT >>

Lesson notes Interactive tab

Level 2 Workout

Our second workout is 20 minutes long, so make sure you set this time aside in your practice schedule so that you can complete the whole session. This is a jump up in time from Level 1, so be aware that you now have double the time working out! Below you will find the exercises we are working on in order, to help you keep up with the class. You'll also find the exercises in the interactive tab, just in case you need to brush up on them first!



“

If you're not sure of any of the exercises below, be sure to check out the interactive tab first and learn

Course navigation


UNIT 1

Level 1

 0% ▼

UNIT 2

Level 2

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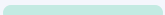
Each workout increases in difficulty and this workout is a big step up from the first. We tackle pentatonic exercises, take our spider exercise across the entire neck and increase the top speed by 10BPM.

Lessons:

– **Level 2 Workout**

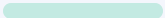
UNIT 3

Level 3

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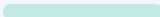
UNIT 4

Level 4

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UNIT 5

Level 5

 0% ▼

them. The video session relies on you knowing these exercises. When you've done that, click play on the video and be prepared to work along with me! Let's go!

Dan



Warm-up: 80BPM

If you'd like to practice these by yourself, set the drum machine to 80BPM.

1234 SPIDER EXERCISE

1 SET

CRAZY STRETCH

1 SET

1324 SPIDER EXERCISE

1 SET

CAGED EXERCISE

1 SET

Part 1: 100BPM

If you'd like to practice these by yourself, set the drum machine to 100BPM.

1234 ACROSS NECK

2 SETS

CAGED EXERCISE

1 SET

PENTATONIC 3 UP

2 SETS

CAGED EXERCISE

1 SET

Part 2: 120BPM

If you'd like to practice these by yourself, set the drum machine to 120BPM.

1234 ACROSS NECK

2 SETS

CAGED EXERCISE

1 SET

PENTATONIC 3 UP

2 SETS

You've done it! 🎉👏 **Give yourself a pat on the back for a job well done**, and I'll see you back here next time. If you feel as though this is now too easy, move onto Level 3.



**All
done?**

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guitar club

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