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Master Your Fingers

LEVEL 2 • Guitar Skills







Practice summary

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You haven't logged any practice time for this lesson yet. There's no time like the present to <u>start</u>

Classic Finger Twist

UNIT 1 • LESSON 6 《 PREVIOUS NEXT 》

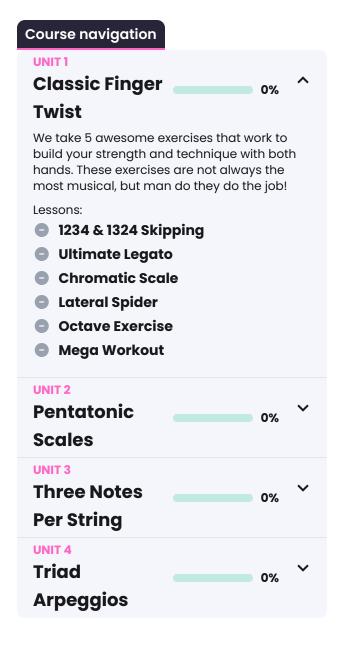
Lesson notes Interactive tab

Mega Workout

Here is our first mega workout, combining all of the exercises in one, across various speeds. You play along with the video, but make sure you know the order of exercises here.

FINGER TWISTERS MEGA WORKOUT	
PART 1 – 40BPM	
1324 & 1234 Skipping	1 Set
Ultimate Legato	1 Set
Chromatic Scale	4 Sets
Lateral Spider	2 Sets
Octave Exercise	2 Sets
PART 2 - 50BPM	
1324 & 1234 Skipping	1 Set
Ultimate Legato	1 Set
Chromatic Scale	4 Sets
Lateral Spider	2 Sets
Octave Exercise	2 Sets
PART 3 - 60BPM	
1324 & 1234 Skipping	1 Set
Ultimate Legato	1 Set
Chromatic Scale	4 Sets
Lateral Spider	2 Sets
Octave Exercise	2 Sets

Before You Start...



Make sure you have every exercise memorised - there won't be time to refer to the tab for every note!

6 Familiarise yourself with the structure on the table.

Click the link to go to our awesome interactive tab that actually plays along with the video of Dan going through the whole workout! (This is perfect if you need to pause for breaks)

Finally, if anything is painful have a break!

All done?

Click here to mark this lesson as complete.

Not quite done? Check the toolbox for more practice options.

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guitar club

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