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# Master Your Fingers

**LEVEL 1** • Guitar Skills



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## Level 1

UNIT 1 • **LESSON 1** NEXT >>

Lesson notes

[Interactive tab](#)

## Level 1 Workout

Our first workout is 10 minutes long, so make sure you set this time aside in your practice schedule so that you can complete the whole session. 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!

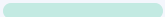


If you're not sure of any of the exercises below, be sure to check out the interactive tab first and learn them. The video

## Course navigation

### UNIT 1

#### Level 1

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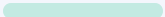
Our first workout session is all about getting you used to how our guitar gym section works. We take 3 relatively simple exercises and play them through at three speeds, getting faster each time!

Lessons:

– Level 1 Workout

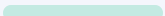
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#### Level 2

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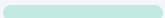
### UNIT 3

#### Level 3

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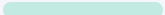
### UNIT 4

#### Level 4

 0% v

### UNIT 5

#### Level 5

 0% v

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**

**2 SETS**

**CAGED EXERCISE**

**1 SET**

**1234 SPIDER EXERCISE**

**2 SETS**

**CAGED EXERCISE**

**1 SET**

## Part 1: 100BPM

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

**1234 SPIDER EXERCISE**

**2 SETS**

**CAGED EXERCISE**

**1 SET**

**1234 SPIDER EXERCISE**

**2 SETS**

**CAGED EXERCISE**

**1 SET**

## Part 2: 110BPM

If you'd like to practice these by yourself, set the drum machine to 110BPM.

**1234 SPIDER EXERCISE**

**2 SETS**

**CAGED EXERCISE**

**1 SET**

**1234 SPIDER EXERCISE**

**2 SETS**

**CAGED EXERCISE**

**1 SET**

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 2.



**All  
done?**

Click here to mark this lesson as complete.

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