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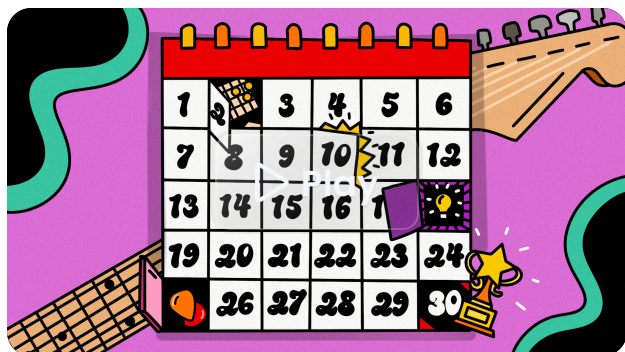
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30 Day Beginner Challenge

Guitar Skills



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Let's Hit The Gym

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

Lesson notes

Interactive tab

Spider Exercise

Guitar Gym is a range of exercises that are deliberately constructed to build your technique, skill and fluidity on the fretboard. These are often less musical than our normal activity, and are **ALWAYS** to be done with some kind of beat or metronome. Crucially, these exercises are to be used in the first part of your practice session... More on that later!

The **5678** spider...

We begin with a spider exercise that will help to train your left and right hand. If you are already comfortable with tab, then **below is the tab for the exercise**. If not, don't worry, we'll cover it in the next lesson.

Course navigation

UNIT 1

Smashing The Basics 0% ▾

UNIT 2

Let's Hit The Gym 0% ▴

Guitar gym is a term we use a lot here at the Guitar Club, so let's start by talking about what it means. Essentially, Guitar Gym is a range of exercises that are deliberately constructed to build your technique, skill and fluidity on the fretboard.

Lessons:

- Spider Exercise
- Reading Guitar Tab
- How To Practice
- New Rhythm!
- E Minor Pentatonic

UNIT 3

Getting Musical 0% ▾

UNIT 4

The Nitty Gritty 0% ▾

UNIT 5

Second Song 0% ▾

UNIT 6

Getting Ready 0% ▾



There are some key things to remember when putting this kind of spider exercise together. They are as follows (keep this as a checklist every time you learn a new scale or exercise!):

Top tips

🔥 Make sure your thumb is flat at the back of the neck. This allows your wrist to come round and your fingers to stretch across all 4 frets.

🔥 As you place the fingers on each note, keep the previous fingers down on the fretboard. Avoid the "see-saw" effect!

🔥 Be sure to do down up strokes, commonly known as "alternate picking" with your right hand. This is crucial for future development!

And there we have it! When you are ready, start trying the exercise with a nice slow drum beat to help get you in time. We'll talk more about that in the next lesson!



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guitar club

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