



#### May Madness! 25% off yearly membership

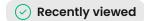
Click here to grab our best price Offer ends May 29th 23:59 GMT

Get 20% off annual membership before your trial ends - Only 6 days left

**Back to all courses** 

# 30 Day Beginner Challenge

**Guitar Skills** 











#### **Practice summary**



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

## Let's Hit The Gym

**UNIT 2 • LESSON 1** 《 PREVIOUS NEXT 》

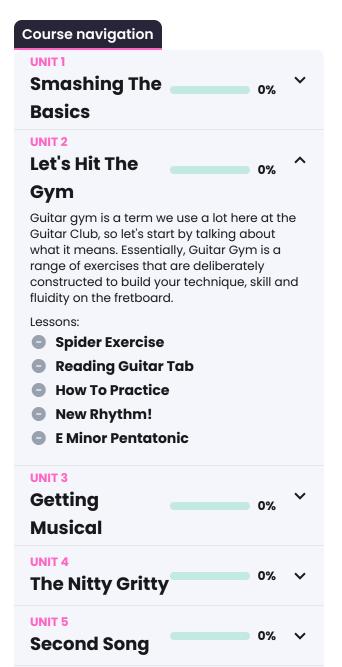
Lesson notes Interactive tab

## **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 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.



0%

**UNIT 6** 

**Getting Ready** 



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!



Click here to mark this lesson as complete.

# guitar club

Made with 🧡 by Your Guitar Academy © 2025







Currency: £GBP **\$USD** 

#### COURSES

**Guitar Skills** 

Player Studies

Theory Lab

Challenges

Masterclasses

#### **TOOLS**

Scale Builder

Practice History

#### **PRICING**

Subscriptions

Prepaid

#### **BLOG**

Latest Posts

All Posts

#### **ACCOUNT**

Settings

Manage subscription

Order history

Logout

#### **COMPANY**

Terms & Conditions

Privacy Policy

Cookie Preferences

#### **GET IN TOUCH**

contact@guitarclub.io