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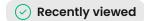
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Practice summary



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

Let's Hit The Gym

UNIT 2 • LESSON 1 《 PREVIOUS NEXT 》

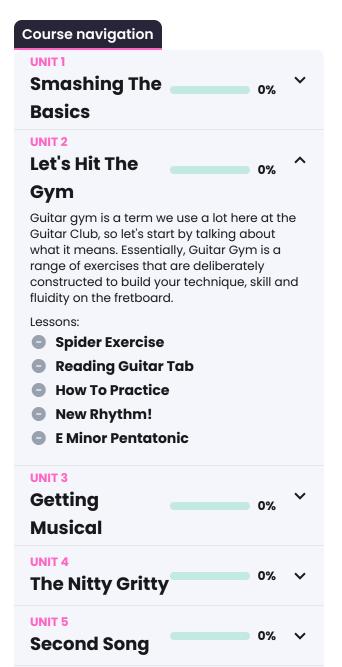
Lesson notes Interactive tab

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.



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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!



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