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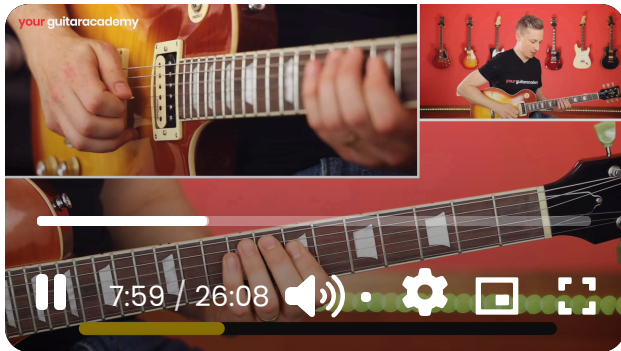
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Master Your Fingers

LEVEL 2 • Guitar Skills



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Theatre mode

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 **start**

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...

Course navigation

UNIT 1

Classic Finger 0% ^

Twist

We take 5 awesome exercises that work to build your strength and technique with both hands. These exercises are not always the most musical, but man do they do the job!

Lessons:

- 1234 & 1324 Skipping
- Ultimate Legato
- Chromatic Scale
- Lateral Spider
- Octave Exercise
- Mega Workout

UNIT 2

Pentatonic Scales 0% v

UNIT 3

Three Notes Per String 0% v

UNIT 4

Triad Arpeggios 0% v

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

🔥 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.

Next lesson

guitar club

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