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Master Your Fingers

LEVEL 2 • Guitar Skills

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Three Notes Per String

UNIT 3 • **LESSON 6** << PREVIOUS NEXT >>

Lesson notes Interactive tab

Mega Workout

Here is our third 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. PS. Note that we've added a few extra bits to it!

3 NOTES PER STRING MEGA WORKOUT

PART 1 – 40BPM

Economy Picking	3 Sets G/B/D
Bendy Legato	3 Sets G/B/D
Sequence In 4's	3 Sets G/B/D
Moving The Pattern	3 Sets
Sequence in 3rds	3 Sets G/B/D

PART 2 – 60BPM

Economy Picking	3 Sets G/B/D
Bendy Legato	3 Sets G/B/D
Sequence In 4's	3 Sets G/B/D
Moving The Pattern	3 Sets
Sequence in 3rds	3 Sets G/B/D

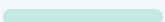

PART 3 – 70BPM

Economy Picking	3 Sets G/B/D
Bendy Legato	3 Sets G/B/D
Sequence In 4's	3 Sets G/B/D
Moving The Pattern	3 Sets
Sequence in 3rds	3 Sets G/B/D

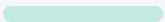

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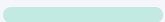

UNIT 1

**Classic Finger
Twist**  0% 

UNIT 2






**Pentatonic
Scales**  0% 

UNIT 3

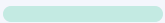

**Three Notes
Per String**  0% 


This unit takes things up a level - getting into wider stretches and economy picking with a really useful new scale shape.


Lessons:


-  **Economy Picking**
-  **Bendy Legato**
-  **Sequence in 4's**
-  **Moving The Pattern**
-  **Picking In 3rds**
-  **Mega Workout**


UNIT 4


**Triad
Arpeggios**  0% 

 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.

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