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Lead Guitar

LEVEL 1 • Guitar Skills









Practice summary



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

Essentials Part 1

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Lesson notes Interactive tab

1234 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. They are often called "Spider Exercises" because they end up looking like a spider is climbing up and down your fretboard! So, here is our first exercise:



Course navigation **UNIT 1 Essentials Part** During these 5 lessons we will be taking you through how to read tab, learning your first exercises, developing perfect technique and much more. Think of this first 5 lessons as the foundation that will allow you to play any solo's and riffs you want! Lessons: 1234 Spider Exercise The Major Scale **Picking Technique Notes On The Neck Moving The Scale UNIT 2 Essentials Part** 0% 2 **UNIT 3 Essentials Part** 0%

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Essentials Part

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

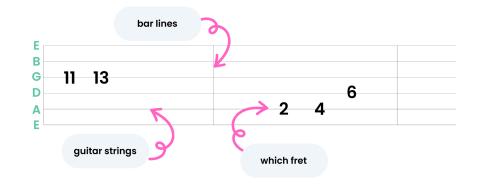
- Make sure your thumb is flat at the back of the neck. This allows your wrist to come round and your fingers to stretch across all 4 frets.
- As you place the fingers on each note, keep the previous fingers down on the fretboard.

 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!

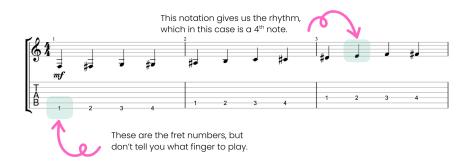
Reading tab...

If the above tab looks like a foreign language to you, let's dive into how to read it! Guitar tab is a fantastic way to start reading music, without having to spend the many years needed to learn standard music notation. Crucially, guitar tab shows us where to put our fingers, and gives us a rough sense of timing, but heavily relies on you knowing the song. You couldn't sit down and read a piece of tab, by itself (with no supporting notation) and be able to play the song.

So, let's take a look at the basics of reading tab using this little diagram to help:



So if we look at the tab we are working with, you may notice we also have some notation above. This helps us to define the rhythm of the notes. In this case we're doing 4th notes, which means you can fit 4 notes into a bar.





Take your time with this first exercise. It is not easy at all, and will really stretch your fingers. Stick with it and add it to

your daily practice!

Dan



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