

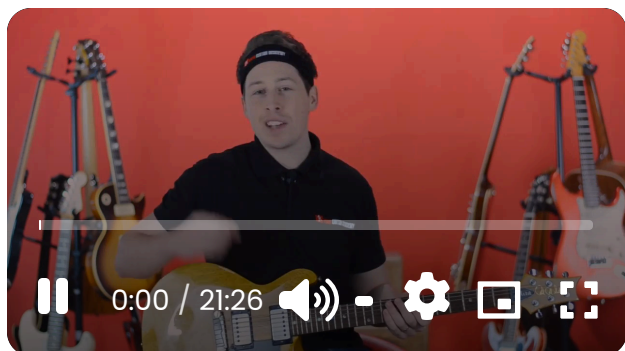
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Master Your Fingers

LEVEL 1 • Guitar Skills

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Practice summary

+ Add

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

Level 3

UNIT 3 • **LESSON 1** << PREVIOUS NEXT >>

Lesson notes Interactive tab

Level 3 Workout

Our third workout is 20 minutes long, so make sure you set this time aside in your practice schedule so that you can complete the whole session. Below you will find the exercises we are working on in order, to help you keep up with the class. You'll also find the exercises in the interactive tab, just in case you need to brush up on them first!



“

If you're not sure of any of the exercises below, be sure to check out the interactive tab first and learn them. The video

Course navigation

UNIT 1

Level 1

 0% 

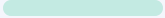

UNIT 2

Level 2

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UNIT 3

Level 3

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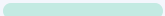

In this guitar gym session we increase the amount of time you are 'working out' for to really test your endurance! We add more new exercises, including a string skipping exercise and an arpeggio exercise! We also increase the top speed by 20BPM!

Lessons:

 **Level 3 Workout**

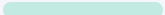

UNIT 4

Level 4

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UNIT 5

Level 5

 0% 

session
relies on
you
knowing
these
exercises.
When
you've
done that,
click play
on the
video and
be
prepared
to work
along with
me! Let's
go!

Dan



Warm-up: 80BPM

If you'd like to practice these by yourself, set the drum machine to 80BPM.

CRAZY STRETCH

1 SET

1324 SPIDER EXERCISE

2 SETS

Part 1: 120BPM

If you'd like to practice these by yourself, set the drum machine to 120BPM.

1234 ACROSS NECK**1 SET****PENTATONIC 3 UP****2 SETS****PENTATONIC SKIPPING****2 SETS****SPIDER ARPEGGIOS****1 SET****POWERCHORDS****1 SET****1234 LEGATO SPIDER****2 SETS**

Part 2: 140BPM

If you'd like to practice these by yourself, set the drum machine to 140BPM.

1234 ACROSS NECK**1 SET****PENTATONIC 3 UP****2 SETS****PENTATONIC SKIPPING****2 SETS****SPIDER ARPEGGIOS****1 SET****POWERCHORDS****1 SET****1234 LEGATO SPIDER****2 SETS**

You've done it! 🎉👏 **Give yourself a pat on the back for a job well done**, and I'll see you back here next time. If you feel as though this is now too easy, move onto Level 4.

**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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