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# Master Your Fingers

**LEVEL 1** • Guitar Skills



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## Level 4

UNIT 4 • **LESSON 1** << PREVIOUS NEXT >>

Lesson notes

Interactive tab

## Level 4 Workout

**Our fourth 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% ▼

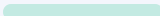
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#### Level 2

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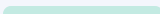
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### UNIT 4

#### Level 4

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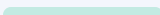
We step things up again by pushing the top speed up to 160BPM, 20 above the previous guitar gym. We also start a lot faster and add new legato based exercise to ensure that you are practicing your hammer ons and pull offs properly!

Lessons:

– **Level 4 Workout**

### 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: 140BPM

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

|                            |               |
|----------------------------|---------------|
| <b>CHROMATICS</b>          | <b>1 SET</b>  |
| <b>PENTATONIC 3 UP</b>     | <b>2 SETS</b> |
| <b>PENTATONIC SKIPPING</b> | <b>2 SETS</b> |
| <b>SPIDER ARPEGGIOS</b>    | <b>1 SET</b>  |
| <b>POWERCHORDS</b>         | <b>1 SET</b>  |
| <b>1234 LEGATO SPIDER</b>  | <b>1 SET</b>  |
| <b>LEGATO PENTATONIC</b>   | <b>1 SET</b>  |

## Part 2: 160BPM

If you'd like to practice these by yourself, set the drum machine to 160BPM.

|                            |               |
|----------------------------|---------------|
| <b>CHROMATICS</b>          | <b>1 SET</b>  |
| <b>PENTATONIC 3 UP</b>     | <b>2 SETS</b> |
| <b>PENTATONIC SKIPPING</b> | <b>2 SETS</b> |
| <b>SPIDER ARPEGGIOS</b>    | <b>1 SET</b>  |
| <b>POWERCHORDS</b>         | <b>1 SET</b>  |
| <b>1234 LEGATO SPIDER</b>  | <b>1 SET</b>  |
| <b>LEGATO PENTATONIC</b>   | <b>1 SET</b>  |

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 5.



**All  
done?**

Click here to mark this lesson as complete.

Not quite done? Check the toolbox for more practice options.

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**guitar club**

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