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Master Your Fingers

LEVEL 1 • Guitar Skills



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Level 5

UNIT 5 • **LESSON 1** << PREVIOUS

Lesson notes

[Interactive tab](#)

Level 5 Workout

Our final 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% 

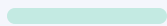

UNIT 2

Level 2

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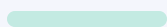

UNIT 3

Level 3

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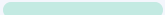

UNIT 4

Level 4

 0% 

UNIT 5

Level 5

 0% 

This is the top level of the beginners guitar gym, so make sure you have completed all other 4 levels before tackling this! We go way up to 180BPM (4th notes) and add in your final exercises to make for a pretty intense guitar gym session.

Lessons:

 **Level 5 Workout**

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: 160BPM

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

CHROMATICS	1 SET
PENTATONIC 3 UP	2 SETS
PENTATONIC SKIPPING	2 SETS
SPIDER ARPEGGIOS	1 SET
POWERCHORDS	1 SET
BARRE CHORDS	1 SET
1324 LEGATO SPIDER	1 SET
LEGATO PENTATONIC 2	1 SET

Part 2: 180BPM

If you'd like to practice these by yourself, set the drum machine to 180BPM.

CHROMATICS	1 SET
PENTATONIC 3 UP	2 SETS
PENTATONIC SKIPPING	2 SETS
SPIDER ARPEGGIOS	1 SET
POWERCHORDS	1 SET
BARRE CHORDS	1 SET
1324 LEGATO SPIDER	1 SET
LEGATO PENTATONIC 2	1 SET

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 whole exercise

becomes too easy at some point, that is a sure fire indication that you are ready to move onto Master Your Fingers Level 2! I'll see you there! 🙌🙏



**All
done?**

Click here to mark this lesson as complete.

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

guitar club

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