

Classic Guitar Warmup Routines (by Giovanni Costagliola)


Each bar represents a *form* for the left hand movements on the rightmost frets of e and b strings.

Starting from the noted bar move upward and downward the fretboard fret by fret (semitone).

Keep left fingers firmly in position on the fretboard after each movement whenever possible.

Remember to relax your left hand whenever you feel some fatigue by performing gentle stretching and rotatory movements.


9



1 2 3 4


2 1 3 4

9




3 1 2 4

9



4 1 2 3

8



a i m i m

9 10 11 12


10 9 11 12

11 9 10 12

12 9 10 11


T
A
B

9




1 2 3 4

9




1 3 2 4

9



1 2 4 3

5




9 10 11 12

9 11 10 12

9 10 12 11


T
A
B

9




1 3 4 2

9




1 4 2 3

9



1 4 3 2

8



9 11 12 10

9 12 10 11

9 12 11 10

T
A
B

Legato ascendente / Martelletto / Hammer-on

Repeat each phrase two times.

11

8 *a* *m* *i* *p* *p* *p*

1 2 1 2 1 2 1 2 1 2

TAB 5 6 5 6 5 6 5 6 5 6

14

8 *a* *m* *i* *p* *p* *p*

2 3 2 3 2 3 2 3 2 3

TAB 6 7 6 7 6 7 6 7 6 7

17

8 *a* *m* *i* *p* *p* *p*

3 4 3 4 3 4 3 4 3 4

TAB 7 8 7 8 7 8 7 8 7 8

20

8 *a* *m* *i* *p* *p* *p*

1 4 1 4 1 4 1 4 1 4

TAB 5 8 5 8 5 8 5 8 5 8

23

8 *a* *m* *i* *p* *p* *p*

1 3 1 3 1 3 1 3 1 3

TAB 5 7 5 7 5 7 5 7 5 7

26

8

a *m* *i* *p* *p*

TAB

Legato discendente / Pull-off

29

8

a *m* *i* *p* *p*

TAB

32

8

a *m* *i* *p* *p*

TAB

35

8

a *m* *i* *p* *p*

TAB

38

8

a *m* *i* *p* *p*

TAB

41

8

a m i p p p

TAB

44

8

a m i p p p

TAB

Legato ascendente e discendente / Hammer-on pull-off
Repeat each phrase for each string asc. and desc.

47

8

TAB

53

8

TAB

Progressione armonica scala di Do maggiore / C Major Armonic Progression

59

8

Do/C Re/D- Mi/E- Fa/F Sol/G La/A- Si/B° Do/C Si/B° La/A- Sol/G Fa/F Mi/E- Re/D- Do/C

TAB