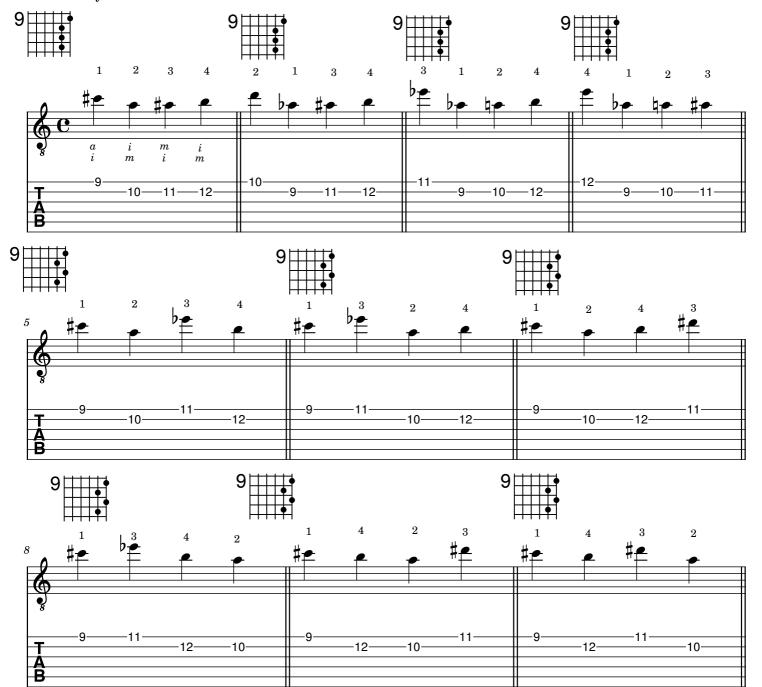
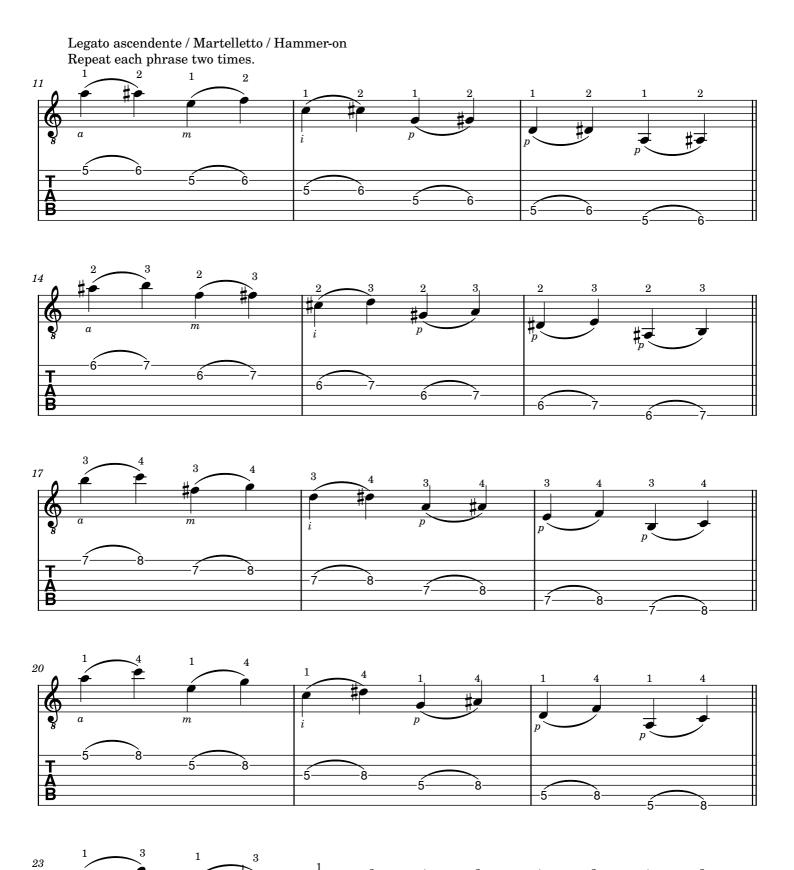
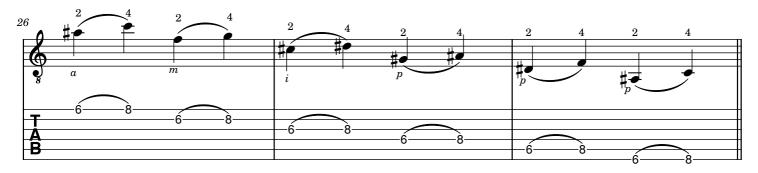
## Classic Guitar Warmup Routines (by Giovanni Costagliola)

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.** 

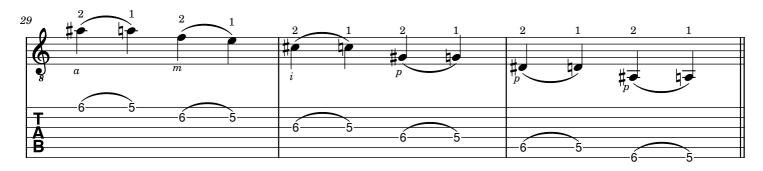
Remember to relax your left hand whenever you feel some fatigue by performing gentle stretching and rotatory movements.

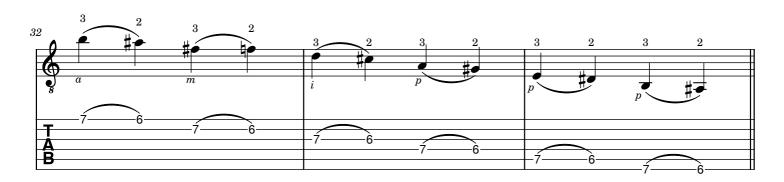


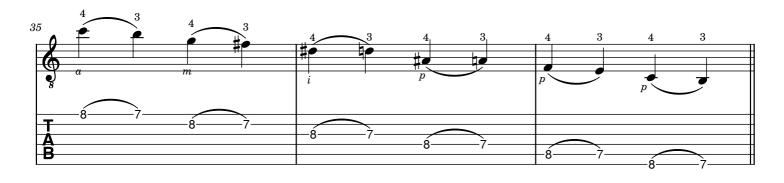


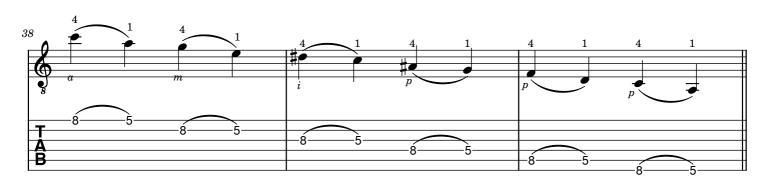


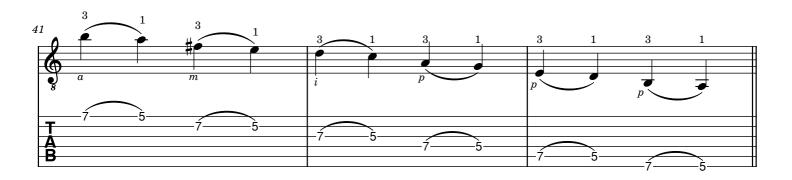
Legato discendente / Pull-off

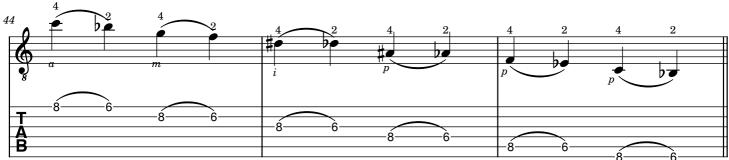




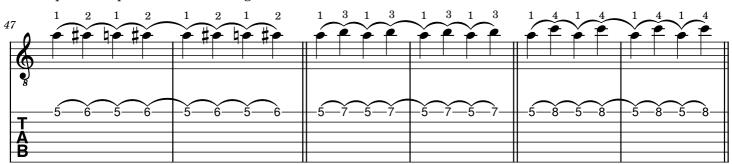


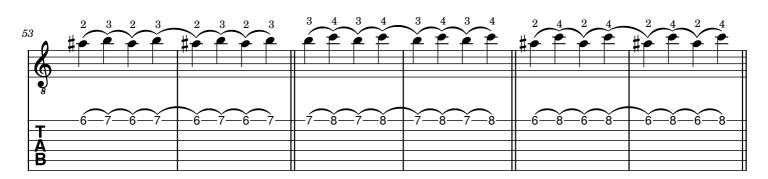






Legato ascendente e discendente / Hammer-on pull-off Repeat each phrase for each string asc. and desc.





Progressione armonica scala di Do maggiore / C Major Armonic Progression

