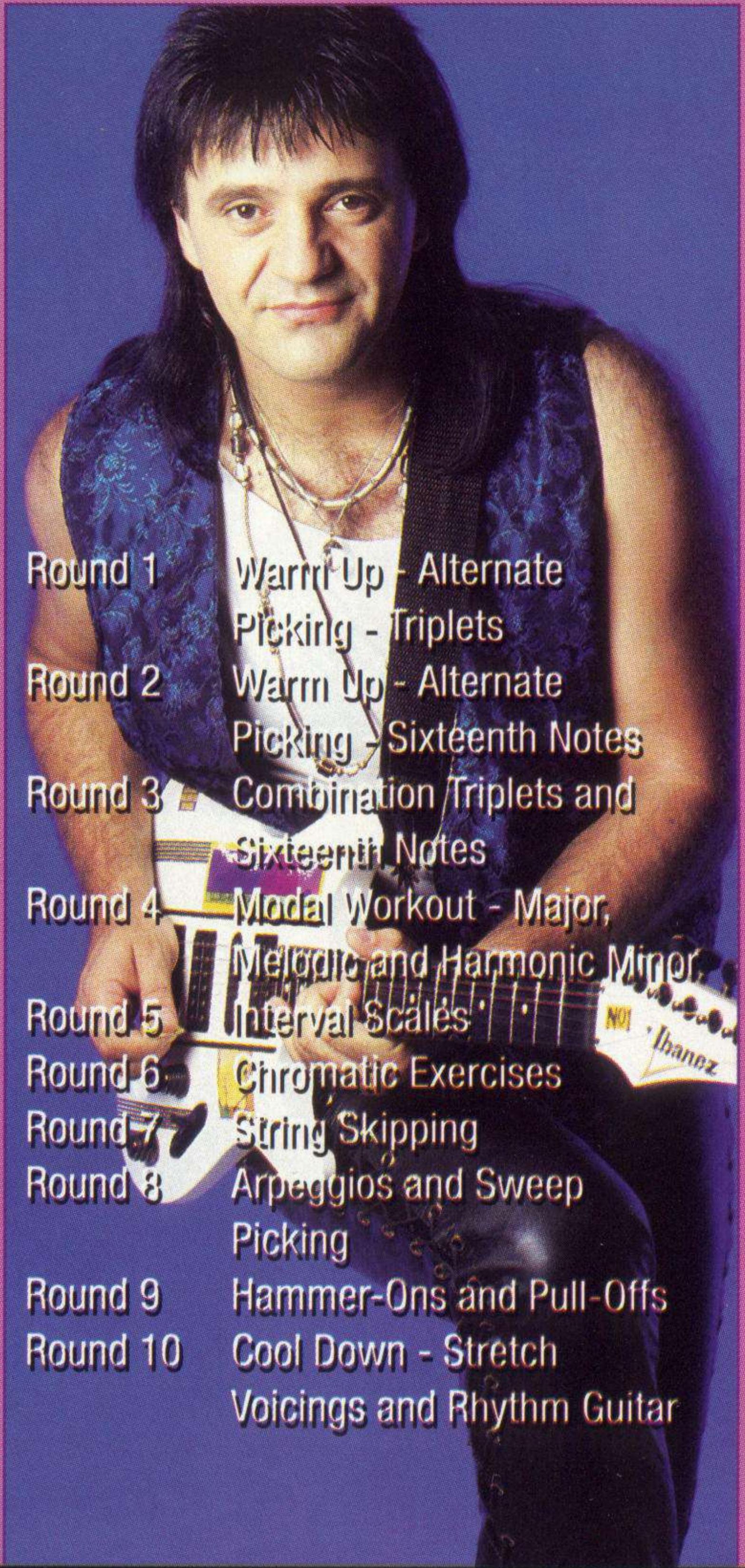


FRANK GAMBALE



THE ULTIMATE GUITAR WORKOUT



- Round 1 Warm Up - Alternate Picking - Triplets
- Round 2 Warm Up - Alternate Picking - Sixteenth Notes
- Round 3 Combination Triplets and Sixteenth Notes
- Round 4 Modal Workout - Major, Melodic and Harmonic Minor
- Round 5 Interval Scales
- Round 6 Chromatic Exercises
- Round 7 String Skipping
- Round 8 Arpeggios and Sweep Picking
- Round 9 Hammer-Ons and Pull-Offs
- Round 10 Cool Down - Stretch Voicings and Rhythm Guitar

Photos: William Hammes

究極のギター・ワークアウト「チョップビルダー」で、プレイに磨きをかけよう！週3回のこの強烈なエクササイズによって、音楽理論やフレット・ポジションに関する知識を高めると同時に、ギター演奏に正確さを増し、指を鍛え、さらにスピードと機敏さを養うことができるだろう。特に持久力をつけることに重点があかれているので、75分間ほとんどのノン・ストップのワークアウトをフランクと一緒にプレイしてみよう。世界でも一流のジャズ・ロック・ギタリストの一人、フランク・ガンバレによるこのエキサイティングで刺激的なビデオは、君の練習意欲を鼓舞するに違いない。すべてに渡って論理的に進められている例に従つていけば、その効果はすぐに現れるだろう。

五線譜+タブ譜による譜例小冊子付き。

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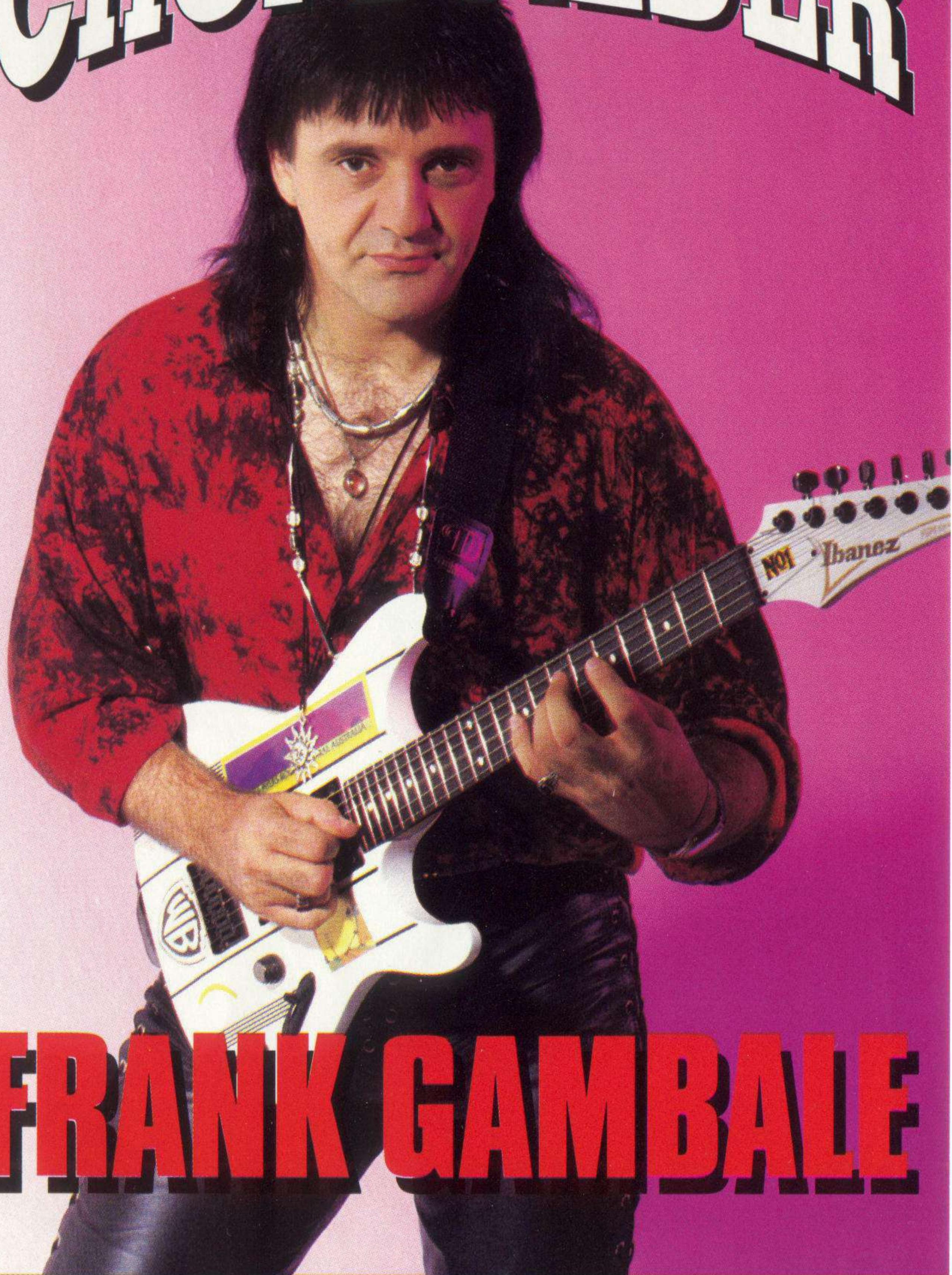


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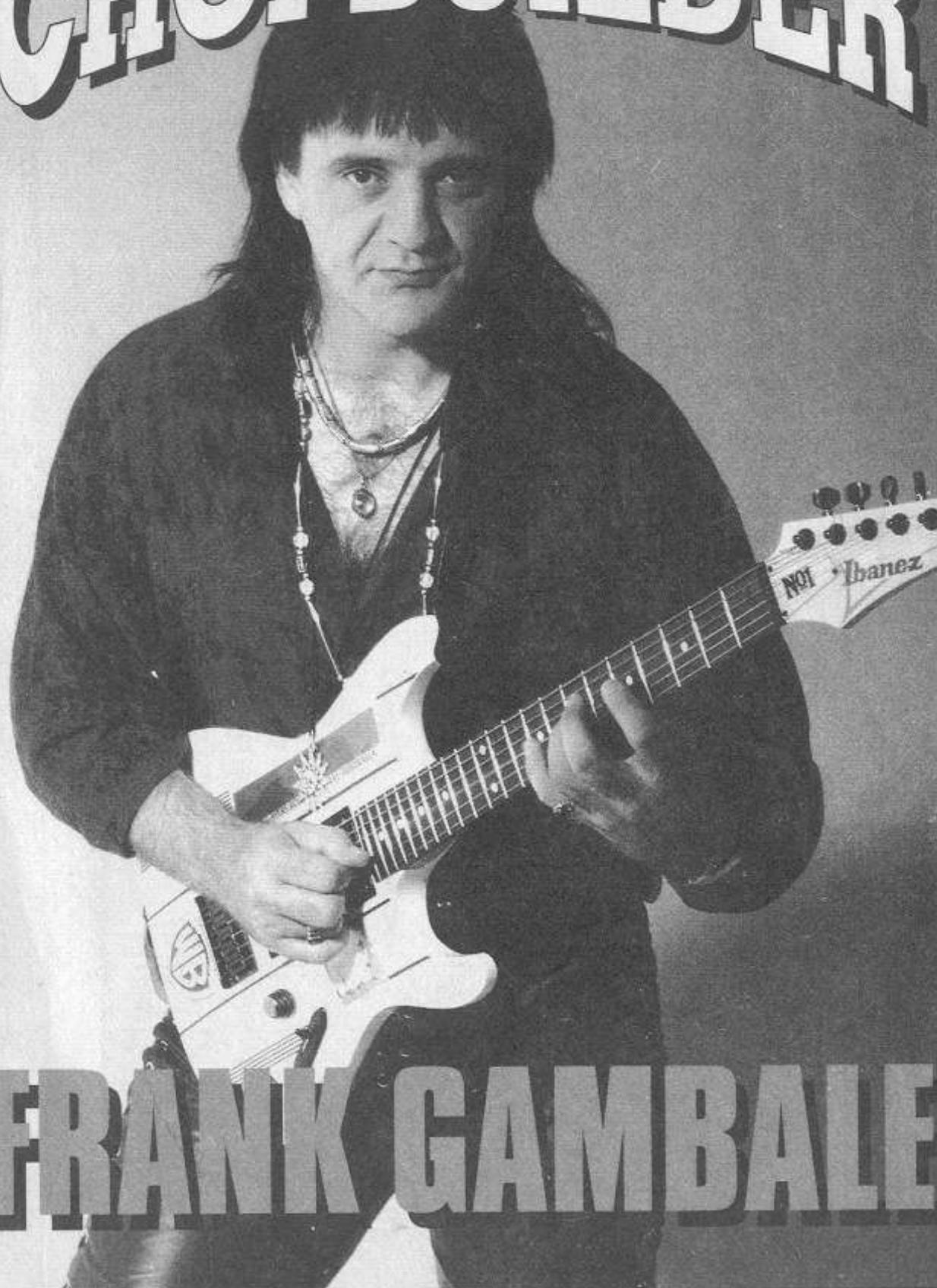
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The Ultimate Guitar Workout

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Round 1 • Warm Up Alternate Picking - Triplets

Example 1 (Key of C)

Am⁷

The musical notation consists of two measures. The top staff is a treble clef staff with a 4/4 time signature. It contains eight groups of three eighth notes each, indicated by a '3' under each group. Above each group of three notes is a '>' symbol, indicating alternate picking. Below the staff are vertical bar lines with '3' underneath them. The bottom staff is a TAB staff with six horizontal lines. It shows a continuous sequence of '5's, with a 'T' above the first one and an 'A' below it. Between the two staves, the word 'etc.' is written.

TAB

Example 2

Am⁷

The musical notation consists of two measures. The top staff is a treble clef staff with a 4/4 time signature. It contains seven groups of three eighth notes each, indicated by a '3' under each group. Above each group of three notes is a '>' symbol, indicating alternate picking. The bottom staff is a TAB staff with six horizontal lines. It shows a sequence of numbers: 2, 2, 2, 1, 1, 1, 4, 4, 4, 3, 3, 3, 5, 5, 5, 5, 5, 3, 3, 3, 4, 4, 4. A 'T' is above the first '2', an 'A' is below the first '2', and an 'B' is below the first '5'.

Example 3

Am⁷

T
A
B

2 2 2 2 2 1 1 1 2 2 2 5 5 5 4 4 4 3 3 3 4 4 4

T
A
B

5 5 5 5 5 7 7 7 5 5 5 4 4 4 3 3 3 5 5 5 :

Round 1 • Warm Up Alternate Picking - Triplets

Example 4

Am⁷

T
A
B

10 10 10 9 9 9 8 8 8 8 8 7 7 7 8 8 8 7 7 7 9 9 9

T
A
B

7 7 7 5 5 5 5 5 5 3 3 3 3 3 3 4 4 4 4 4 5 5 5 :

Round 1 • Warm Up Alternate Picking - Triplets

Example 5

Am⁷

T
A
B

5 5 5 8 8 8 7 7 7 7 7 7

T
A
B

7 7 7 3 3 3 3 3 3 4 4 4

5 5 5 5 5 5 7 7 7 3 3 3

Round 1 • Warm Up Alternate Picking - Triplets

Example 6

Am⁷ 3

T
A 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9 :
B

Example 7

Am⁷ 3

T
A 5 7 9 5 7 9 8 7 6 9 7 5 5 7 9 8 7 6 9 7 5 :
B

Round 1 • Warm Up Alternate Picking - Triplets

Example 8

Am⁷

T
A
B

3 5 7 5 6 7 4 5 7 5 6 8 5 9 7 5 9 7 5 8 7 3 7 5

Example 9

Am⁷

T
A
B

5 8 5 7 5 7 5 8 5 8 5 8 5 7 5 7 5 7 5 7 5 7 5 7

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 1 (Key of Eb)

Cm⁷

etc.

T A B

Example 2

Cm⁷

T A B

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 3

Cm⁷

T
A
B

5 5 5 5 4 4 4 4 5 5 5 5

8 8 8 8 7 7 7 7 6 6 6 6

7 7 7 7

T
A
B

10 10 10 10 8 8 8 8 8 8 8 8 10 10 10 10

8 8 8 8 7 7 7 7 6 6 6 6 8 8 8 8 :

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 4

Cm⁷

T
A
B

13 13 13 13 12 12 12 12 11 11 11 11 10 10 10 10 11 11 11 11 10 10 10 10 12 12 12 12

T
A
B

10 10 10 10 8 8 8 8 8 8 8 8 6 6 6 6 6 6 6 6 7 7 7 7 8 8 8 8

Example 5

Cm⁷

T
A
B

8 8 8 8 11 11 11 11 10 10 10 10

T
A
B

10 10 10 10 6 6 6 6 6 6 6 6 7 7 7 7

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 6

Cm⁷

T A B

8	10	8	10	10	13	10	12	8	10	8	11	10	12	11	13	:
---	----	---	----	----	----	----	----	---	----	---	----	----	----	----	----	---

Example 7

Cm⁷

T A B

8	10	8	10	9	8	10	8	8	10	8	10	11	8	10	8	:
---	----	---	----	---	---	----	---	---	----	---	----	----	---	----	---	---

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 8

Cm⁷

The musical notation shows a guitar part in Cm⁷. The top staff is a treble clef staff with a 4/4 time signature. It features a sequence of 16th notes. The bottom staff is a standard six-string guitar neck diagram. Fret numbers are indicated above the strings: 8, 10, 8, 10, 8, 11, 8, 11, 9, 13, 10, 13, 10, 13, 10, 13, 8, 11. The strings are labeled T (top), A, and B from left to right.

Example 9

Cm⁷

The musical notation shows a guitar part in Cm⁷. The top staff is a treble clef staff with a 4/4 time signature. It features a sequence of 16th notes. The bottom staff is a standard six-string guitar neck diagram. Fret numbers are indicated above the strings: 8, 11, 8, 10, 8, 10, 8, 11, 8, 11, 11, 8, 10, 8, 13, 11, 12, 10, 12, 10, 12, 10, 12, 10, 13, 10, 12, 10, 13, 10. The strings are labeled T (top), A, and B from left to right.

Round 3 • Combination Triplets and 16th Notes

Example 1: A minor and E minor Pentatonics (Key of C)

Am⁷

T
A
B

5 8 5 7 5 7 5 8 5 8 10 7 10 8 7 10 8 9 10 8 9 7 9 7 5 7

Example 2

Am⁷

T
A
B

5 8 5 7 5 7 5 9 8 10 8 10 12 10 12 10 8 9 7 10 8 9 7 9 7 5 7

Round 3 • Combination Triplets and 16th Notes

Example 3

Musical notation for Example 3. The top staff shows a treble clef in 4/4 time, with a key signature of A major (Am⁷). The bottom staff shows a bass clef in 4/4 time. The notation consists of two measures separated by a vertical bar line. The first measure features sixteenth-note patterns on the treble staff and triplet patterns on the bass staff. The second measure continues these patterns. Measure numbers 8, 10, and 12 are indicated above the treble staff, and measure numbers 10, 12, 10, 8, 9, 7, 9, 7, 5, 7, 5, 7 are indicated below the bass staff.

Example 4

Musical notation for Example 4. The top staff shows a treble clef in 4/4 time, with a key signature of A major (Am⁷). The bottom staff shows a bass clef in 4/4 time. The notation consists of two measures separated by a vertical bar line. The first measure features sixteenth-note patterns on the treble staff and triplet patterns on the bass staff. The second measure continues these patterns. Measure numbers 8, 10, and 12 are indicated above the treble staff, and measure numbers 10, 12, 10, 8, 9, 7, 9, 7, 5, 7, 5, 7 are indicated below the bass staff.

Round 3 • Combination Triplets and 16th Notes

Example 5: A major and E major Pentatonics (Key of A)

Bm⁷ 3 3 3 3 F#m⁷

T A B

7 9 11 10 12 14 12 13 11 9 11 9 11 9 7 9 7

Example 6

Bm⁷ 3 3 3 3 F#m⁷ 3 3

T A B

5 7 9 7 9 11 9 11 10 12 9 10 12 9 11 9 9 11 9 11 9 7 9 7

Example 7

Musical score for Example 7. The top staff is a treble clef staff with a key signature of three sharps. It shows a Bm⁷ chord followed by an F#m⁷ chord, each with a '3' indicating a triplet. The bottom staff is a bass staff with T-A-B notation. The bass line consists of eighth notes and sixteenth-note patterns. Fingerings are indicated above the notes: 5, 7, 9, 7, 9, 11, 9, 11, 10, 12, 9, 10, 12, 9, 11, 9, 9, 11, 9, 11, 9, 11, 9, 7, 9, 7.

Example 8

Musical score for Example 8. The top staff is a treble clef staff with a key signature of three sharps. It shows a Bm⁷ chord followed by an F#m⁷ chord, each with a '3' indicating a triplet. The bottom staff is a bass staff with T-A-B notation. The bass line consists of eighth notes and sixteenth-note patterns. Fingerings are indicated above the notes: 7, 9, 11, 9, 11, 10, 12, 9, 10, 12, 9, 11, 9, 11, 9, 9, 11, 9, 11, 9, 11, 9, 7, 9, 7.

Round 4 • Scale Workout (Major Scale Modes)

Mode 1: G Ionian (G Major)

G

T
A
B

3 5 7 3 5 7 4 5 7 4 5 7 5 7 8 5

T
A
B

7 5 8 7 5 7 5 4 7 5 4 7 5 3 7 5

Mode 2: G Dorian (F Major)

Gm⁷

T
A
B

3 5 6 3 5 7 3 5 7 3 5 7 5 6 8 5

6 5 8 6 5 7 5 3 7 5 3 7 5 3 6 5

Round 4 • Major Scale Modes

Mode 3: G Phrygian (Eb Major)

Gm^{7(#5)}

T
A
B

3 4 6 3 5 6 3 5 6 3 5 7 4 6 8 4

6 4 8 6 4 7 5 3 6 5 3 6 5 3 6 4

Mode 4: G Lydian (D Major)

Gmaj7(b5)

T
A
B

3 5 7 4 5 7 4 5 7 4 6 7 5 7 8 5

7 5 8 7 5 7 6 4 7 5 4 7 5 4 7 5

Round 4 • Major Scale Modes

Mode 5: G Mixolydian (C Major)

G⁷

A musical staff with a treble clef and a G7 chord above it. The melody consists of eighth and sixteenth note patterns. Below the staff is a tablature for a guitar neck, labeled T, A, and B. The tab shows fingerings: 3, 5, 7 on the first string; 3, 5, 7 on the second string; 3, 5, 7 on the third string; 4, 5, 7 on the fourth string; 5, 6, 8 on the fifth string; and 5 on the sixth string.

The continuation of the musical staff and tablature. The melody continues with eighth and sixteenth note patterns. The tablature below shows fingerings: 7, 5 on the first string; 8, 6, 5 on the second string; 7, 5, 4 on the third string; 7, 5, 3 on the fourth string; 7, 5, 3 on the fifth string; and 7, 5 on the sixth string.

Mode 6: G Aeolian (Bb Major)

Gm⁷

T
A
B

3 5 6 3 5 6 3 5 7 3 5 7 4 6 8 5

T
A
B

6 5 8 6 4 7 5 3 7 5 3 6 5 3 6 5

Round 4 • Major Scale Modes

Mode 7: G Locrian (Ab Major)

Gm^{7b5}

The musical staff shows a Gm^{7b5} chord with a bass note. The guitar tablature below shows the strings T, A, and B. Fret numbers 3, 4, and 6 are indicated on the B string.

T
A
B
3 4 6 3 4 6 3 5 6 3 5 6 4 6 8 4

The continuation of the musical staff and guitar tablature. The tablature shows the strings T, A, and B. Fret numbers 6, 4, 8, 6, 4, 6, 5, 3, 6, 5, 3, 6, 4, 3, and 6, 4 are indicated on the B string.

Melodic Minor Modes

Mode 1: G Melodic Minor

Gm

T
A
B

3 5 6 3 5 7 4 5 7 3 5 7 5 7 8 6

6 5 8 7 5 7 5 3 7 5 3 7 5 4 7 5 3 6 5

Round 4 • Melodic Minor Modes

Mode 2: G Dorian b2 (F Melodic Minor)

Gm⁷

T
A
B

3 4 6 3 5 7 3 5 6 3 5 7 5 6 8 4

T
A
B

6 4 8 6 5 7 5 3 6 5 3 7 5 3 6 4

Mode 3: G Lydian #5 (E Melodic Minor)

Gmaj^{7#5}

T
A
B

3 5 7 4 6 7 4 5 7 4 6 8 5 7 8

7 5 8 7 5 8 6 4 7 5 4 7 6 4 7 5

Round 4 • Melodic Minor Modes

Mode 4: G Lydian b7 (D Melodic Minor)

G⁷

T
A
B

3 5 7 4 5 7 3 5 7 4 6 7 5 6 8 5

7 5 8 6 5 7 6 4 7 5 3 7 5 4 7 5

Mode 5: G Mixolydian b6 (C Melodic Minor)

Music staff with a treble clef and a G⁷ chord above it. The melody consists of eighth and sixteenth note patterns. Below the staff is a fretboard diagram with three strings labeled T, A, B. Fingerings are indicated below each string: 3, 5, 7 on the first string; 3, 5, 6 on the second string; 3, 5, 7 on the third string. The number 5 is also placed above the eighth fret of the third string.

Continuation of the musical staff. The melody continues with eighth and sixteenth note patterns. Below the staff is a continuation of the fretboard diagram with three strings labeled T, A, B. Fingerings are indicated below each string: 7, 5 on the first string; 8, 6, 4 on the second string; 7, 5, 4 on the third string. The numbers 7 and 5 are also placed above the twelfth and thirteenth frets of the third string respectively.

Round 4 • Melodic Minor Modes

Mode 6: G Aeolian b5 (Bb Melodic Minor)

Musical score for guitar in Gm^{7b5}. The score consists of two staves. The top staff shows a melodic line with various note heads and stems. The bottom staff shows a six-string guitar neck with fingerings: T (3), A (5), B (6) on the first string; 3 (3), 4 (4), 6 (6) on the second string; 3 (3), 5 (5), 7 (7) on the third string; 3 (3), 5 (5), 6 (6) on the fourth string; 4 (4), 6 (6), 8 (8) on the fifth string; and 5 (5) on the sixth string.

Treble Clef, 2 flats, 4/4 time.

Top Staff: Melodic line with eighth and sixteenth notes.

Bottom Staff: Harmonic bass line with sustained notes and fingerings: 6, 5, 8, 6, 4, 6, 5, 3, 7, 5, 3, 6, 4, 3, 6, 5.

Colon and repeat sign at the end.

Mode 7: G Super Locrian (Ab Melodic Minor)

Gm⁷♭5 (G⁷ alt.)

T
A
B

3 4 6 2 4 6 3 5 6 3 4 6 4 6 8 4

T
A
B

6 4 8 6 4 6 4 3 6 5 3 6 4 2 6 4

Harmonic Minor Modes

Mode 1: A Harmonic Minor

Am

A harmonic minor mode scale on a musical staff. The notes are: A, G, F, E, D, C, B, A. The staff includes a treble clef, a key signature of one sharp (F#), and a common time signature. Below the staff is a guitar neck diagram with three horizontal lines labeled T, A, and B. Fret numbers are indicated below the neck: 5, 7, 8 on the B string; 5, 7, 8 on the A string; 6, 7, 9 on the T string.

Continuation of the musical staff from the previous section. The notes are: G, F, E, D, C, B, A. The staff includes a treble clef, a key signature of one sharp (F#), and a common time signature. Below the staff is a guitar neck diagram with three horizontal lines labeled T, A, and B. Fret numbers are indicated below the neck: 8, 7 on the T string; 10, 9, 6 on the A string; 9, 7, 5 on the B string; 9, 7, 6 on the T string; 8, 7, 5 on the A string; 8, 7 on the B string.

Mode 2: A Locrian \natural 6 (G Harmonic Minor)

Am $7\flat$ 5

T
A
B

5 6 8 5 6 9 5 7 8 5 7 8 7 8 10 6

8 6 10 8 7 8 7 5 8 7 5 9 6 5 8 6

Round 4 • Harmonic Minor Modes

Mode 3: A Ionian #5 (F# Harmonic Minor)

A maj^{7#5}

The musical staff shows a melody in A major 7#5 (F# harmonic minor). The notes are: A, G, F#, E, D, C, B, A, G, F#, E, D, C, B, A. The corresponding T-A-B notation below shows the notes on a guitar neck with fingerings: 5, 7, 9, 5, 8, 9, 6, 7, 9, 6, 7, 10, 7, 9, 10, 7.

The continuation of the musical staff and T-A-B notation starts with a sharp sign in the key signature. The notes are: B, A, G, F#, E, D, C, B, A, G, F#, E, D, C, B, A. The corresponding T-A-B notation below shows the notes on a guitar neck with fingerings: 9, 7, 10, 9, 7, 10, 7, 6, 9, 7, 6, 9, 8, 5, 9, 7.

Mode 4: A Dorian #4 (E Harmonic Minor)

Am⁷

T
A
B

5 7 8 6 7 9 5 7 9 5 8 9 7 8 10 7

T
A
B

8 7 10 8 7 9 8 5 9 7 5 9 7 6 8 7

Round 4 • Harmonic Minor Modes

Mode 5: A Phrygian Major (D Harmonic Minor)

A musical staff with a treble clef and an A⁷ chord above it. The notes are: A, B, C, D, E, F, G, A, B, C, D, E, F, G, B. Below the staff is a TAB system with three horizontal lines labeled T, A, and B. The first line has numbers 5, 6, 9. The second line has numbers 5, 7, 8. The third line has numbers 5, 7, 8, 6, 7, 9, 6, 8, 10.

A musical staff with a treble clef and an A⁷ chord above it. The notes are: E, F, G, A, B, C, D, E, F, G, B, C, D, E, F, G, B. Below the staff is a TAB system with three horizontal lines labeled T, A, and B. The first line has numbers 9, 6. The second line has numbers 10, 8, 6. The third line has numbers 9, 7, 6, 8, 7, 5, 8, 7, 5, 9, 6.

Mode 6: A Lydian #2 (C# Harmonic Minor)

Amaj⁷

T
A
B

5 8 9 6 7 9 6 7 10 6 8 9 7 9 10 8

9 8 10 9 7 9 8 6 10 7 6 9 7 6 9 8 :

Round 4 • Harmonic Minor Modes

Mode 7: Super Locrian b7 (Bb Harmonic Minor)

A^{o7}

T
A
B

5 6 8 4 6 8 4 7 8 5 6 8 6 7 10 6

T
A
B

8 6 10 7 6 8 6 5 8 7 4 8 6 4 8 6

Diminished and Whole-Tone Scales

Scale 1: A Diminished

A⁷

T
A
B

5 7 8 5 6 8 4 6 7 4 5 7 4 6 7 4

5 4 7 6 4 7 5 4 7 6 4 8 6 5 8 7

Round 4 • Diminished and Whole-Tone Scales

Scale 2: A Half-Whole Diminished (Bb Diminished)

A 7b9

The musical staff shows a half-whole diminished scale (Bb diminished) in A major (A 7b9). The scale consists of the notes Bb, C, D, Eb, F, G, Ab, and Bb. Fingerings are indicated above the notes: 1, 2, 3, 4, 5, 6, 7, 3. Below the staff, string positions are marked: T (Treble), A, B. The fingerings correspond to the following string positions: 5, 6, 8, 4, 6, 7, 4, 5, 7, 3, 5, 6, 4, 5, 7, 3.

The continuation of the musical staff shows the scale continuing across the bar line. The scale consists of the notes Bb, C, D, Eb, F, G, Ab, and Bb. Fingerings are indicated above the notes: 5, 3, 7, 5, 4, 6, 5, 3, 7, 5, 4, 7, 6, 4, 8, 6. Below the staff, string positions are marked: T (Treble), A, B. The fingerings correspond to the following string positions: 5, 3, 7, 5, 4, 6, 5, 3, 7, 5, 4, 7, 6, 4, 8, 6.

Scale 3: A Whole-Tone

A^{9#5}

T
A
B

5 7 9 6 8 10 7 9 11 8 10 12 10 12 14 11

13 11 14 12 10 12 10 8 11 9 7 10 8 6 9 7 :

Round 5 • Interval Scales and Patterns

Example 1: A Dorian in 3rd's

Am⁷

T A B

5 3 7 5 3 7 5 4 7 5 4 7 5 4 7 5 4 7 5 7 5 8 7 7 5 8 7 5 8 7 10

8 5 7 8 5 7 8 5 7 5 5 7 4 5 7 4 5 7 4 5 7 3 5 7 3 5 7 3 5 7 3

Example 2: A Dorian in 4th's

Am⁷

The musical staff shows a melodic line with various note heads and stems. Below the staff is a fretboard diagram with three horizontal lines representing strings. The top line is labeled 'T' (Treble), the middle 'A' (Alto), and the bottom 'B' (Bass). Fret numbers are indicated below the strings: 5, 7, 3, 4, 5, 7, 4, 4, 5, 7, 4, 5, 7, 7, 4, 5, 7, 7, 8, 5, 5, 7, 7, 8, 8, 10, 10, 12.

The continuation of the musical staff and fretboard diagram. The staff begins with a melodic line and a fretboard diagram. The fretboard diagram shows the following notes: 10, 8, 8, 7, 5, 5, 7, 8, 5, 7, 4, 5, 7, 7, 5, 5, 4, 4, 7, 7, 5, 5, 3, 4, 7, 7, 5, 5, 3, 3.

Round 5 • Interval Scales and Patterns

Example 3: Cm7 arpeggio in 5th's

Cm⁷

T
A
B

8 10 11 13 10 12 8 10 10 12 13 15 12 15 11 13

T
A
B

13 15 11 13 12 15 13 15 10 12 8 10 10 12 11 13 :

Example 4: C Mixolydian in 6th's

T A B

7	8	10	7	9	7	10	8	10
8	10		7	8	10			

7	11	9	10	8	12	13	10	12	8	10	9

T A B

11	10	8	10	7	9	7	10	8	10
7	10	8	10	7	9	10	8	7	10

7	8	10	6	8	10	7	10	7	8	10	5

Round 6 • Chromatic Exercises

Example 1: 1 String

Musical staff for Example 1: 1 String. The staff begins with a treble clef. It contains four measures of chromatic notes on the A string (T). Below the staff is a bass staff with fingerings: 7, 8, 9, 10, 9, 8, 7, 6.

Example 2: 2 Strings

Musical staff for Example 2: 2 Strings. The staff begins with a treble clef. It contains four measures of chromatic notes on the A and D strings. Below the staff is a bass staff with fingerings: 7, 8, 9, 10, 6, 7, 8, 9, 10, 9, 8, 7, 6, 10, 9, 8.

Example 3: 3 Strings

Musical notation for three strings (T, A, B) showing a chromatic scale from E to F. The notation consists of two staves. The top staff shows a treble clef and a key signature of one sharp (F#). The bottom staff shows a bass clef and a key signature of one sharp (F#). The notes are grouped by vertical bar lines. The first measure starts at the 7th fret of string T and ends at the 8th fret of string A. The second measure starts at the 9th fret of string T and ends at the 10th fret of string A. The third measure starts at the 6th fret of string B and ends at the 7th fret of string A. The fourth measure starts at the 8th fret of string B and ends at the 9th fret of string A. The fifth measure starts at the 5th fret of string B and ends at the 6th fret of string A. The sixth measure starts at the 7th fret of string B and ends at the 8th fret of string A.

Musical notation for three strings (T, A, B) showing a chromatic scale from F to G. The notation consists of two staves. The top staff shows a treble clef and a key signature of one sharp (F#). The bottom staff shows a bass clef and a key signature of one sharp (F#). The notes are grouped by vertical bar lines. The first measure starts at the 9th fret of string T and ends at the 8th fret of string A. The second measure starts at the 7th fret of string T and ends at the 6th fret of string A. The third measure starts at the 5th fret of string T and ends at the 6th fret of string A. The fourth measure starts at the 9th fret of string B and ends at the 8th fret of string A. The fifth measure starts at the 8th fret of string B and ends at the 7th fret of string A. The sixth measure starts at the 6th fret of string B and ends at the 7th fret of string A. The seventh measure starts at the 10th fret of string B and ends at the 9th fret of string A. The eighth measure starts at the 9th fret of string B and ends at the 8th fret of string A.

Round 6 • Chromatic Exercises

Example 4: 4 Strings

Musical score for Example 4, 4 Strings. The top staff shows a treble clef and a key signature of one sharp. The bottom staff shows a treble clef and a key signature of one sharp. Both staves have six horizontal lines representing strings. The first staff has note heads on the first five lines. The second staff has note heads on the first four lines. Tablature below the staves indicates fingerings: T, A, B for the first staff, and 7, 8, 9, 10. The second staff has 6, 7, 8, 9, 5, 6, 7, 8, 4, 5, 6, 7.

Continuation of the musical score for Example 4, 4 Strings. The top staff shows a treble clef and a key signature of one sharp. The bottom staff shows a treble clef and a key signature of one sharp. Both staves have six horizontal lines representing strings. The first staff has note heads on the first five lines. The second staff has note heads on the first four lines. Tablature below the staves indicates fingerings: T, A, B for the first staff, and 8, 7, 6, 5, 4. The second staff has 8, 7, 6, 5, 9, 8, 7, 6, 10, 9, 8.

Example 5: 5 Strings

T
A
B
7 8 9 10 6 7 8 9 5 6 7 8 4 5 6 7 4 5 6 7

T 8 7 6 5 4 7 6 5 4 8 7 6 5 9 8 7 6 10 9 8 :

Round 6 • Chromatic Exercises

Example 6: 6 Strings

Musical score for Example 6, 6 strings, featuring a chromatic exercise in treble clef. The score consists of two staves. The top staff shows a sequence of notes on the treble clef staff, starting with an open note followed by a series of eighth notes with sharp and natural accidentals. The bottom staff shows the corresponding fingerings for the 6th string, labeled T, A, and B. The fingerings are: 7, 8, 9, 10, 6, 7, 8, 9, 5, 6, 7, 8, 4, 5, 6, 7, 4, 5, 6, 7, 3, 4, 5, 6.

Continuation of the musical score for Example 6, 6 strings, featuring a chromatic exercise in treble clef. The score consists of two staves. The top staff shows a sequence of notes on the treble clef staff, starting with an open note followed by a series of eighth notes with flat and natural accidentals. The bottom staff shows the corresponding fingerings for the 6th string, labeled T, A, and B. The fingerings are: 7, 6, 5, 4, 3, 7, 6, 5, 4, 7, 6, 5, 4, 8, 7, 6, 5, 9, 8, 7, 6, 10, 9, 8.

Round 7 • String Skipping

Example 1: A minor and E minor Pentatonics

Dm⁷

T
A
B

5 7 5 7 5 7 5 7 5 8

5 8

This musical example shows a guitar tablature for the Dm⁷ chord. The top staff is a treble clef staff with four measures of music. The bottom staff is a standard six-string guitar tablature. The tab shows a pattern of notes being played on the 5th and 8th frets of the strings, with vertical stems indicating the direction of string skipping. The tab is labeled with 'T' (Treble), 'A' (A), and 'B' (B) to identify the strings.

Am⁷

T
A
B

10 7 9 7 10 8 9 7 10 7 9 7 10 7

10 7

This musical example shows a guitar tablature for the Am⁷ chord. The top staff is a treble clef staff with four measures of music. The bottom staff is a standard six-string guitar tablature. The tab shows a pattern of notes being played on the 10th and 7th frets of the strings, with vertical stems indicating the direction of string skipping. The tab is labeled with 'T' (Treble), 'A' (A), and 'B' (B) to identify the strings.

Round 7 • String Skipping

Example 2: Arpeggios in Key of E major

Sheet music for guitar showing arpeggios in E major. The music is in 4/4 time with a key signature of four sharps. The top staff shows arpeggios for Emaj7, F#m7, G#m7sus5, and Amaj7 chords. The bottom staff shows arpeggios for B7sus, C#m7sus5, B/D#, and Emaj7 chords. Both staves include tablature below the staff.

Top Staff:

- Emaj7:** Fingerings 3, 1, 2, 0, 4, 5, 2
- F#m7:** Fingerings 3, 1, 2, 0, 4, 5, 2
- G#m7sus5:** Fingerings 3, 1, 2, 0, 4, 5, 2
- Amaj7:** Fingerings 3, 1, 2, 0, 4, 5, 2 (simile)

Bottom Staff:

- B7sus:** Fingerings 3, 1, 2, 0, 4, 5, 2
- C#m7sus5:** Fingerings 3, 1, 2, 0, 4, 5, 2
- B/D#:** Fingerings 3, 1, 2, 0, 4, 5, 2
- Emaj7:** Fingerings 3, 1, 2, 0, 4, 5, 2

Example 2: Arpeggios in Key of E major (cont'd)

B/D[#] **C#m7⁵** **B7sus** **Amaj7**

T 10 14 12 9 7 10 9 5
A 11 13 11 9 7 9 7 6
B 11 14 12 9 9 5

G#m7⁵ **F#m7** **Emaj7** **B7sus**

T 4 7 5 2 0 4 0 2 1 :
A 4 6 4 2 1 2 0 4 :
B 4 7 5 2 0 4 0 2 1 4 0 2

Round 7 • String Skipping

Example 3: Arpeggios in Key of A major

The image shows two staves of musical notation for guitar, illustrating string skipping arpeggios in the key of A major.

Staff 1 (Top): This staff uses a treble clef and a 4/4 time signature. It features arpeggios for four chords: Amaj⁷, Bm⁷, C[#]m7^{#5}, and Dmaj⁷. The notes are grouped by vertical dashed lines. The first arpeggio (Amaj⁷) has three groups of three notes each. The second (Bm⁷) has two groups of three notes each. The third (C[#]m7^{#5}) has three groups of three notes each. The fourth (Dmaj⁷) has three groups of three notes each, with the last note labeled "simile". Below the staff are three sets of horizontal lines representing the guitar strings (T, A, B) with corresponding fingerings: 1 2, 0 4, 5 2; 4 2, 4 6, 4 7; and 4 7, 9 5, 7 6.

Staff 2 (Bottom): This staff also uses a treble clef and a 4/4 time signature. It features arpeggios for three chords: E^{7sus}, F[#]m7^{#5}, and A maj⁷. The first arpeggio (E^{7sus}) has two groups of three notes each. The second (F[#]m7^{#5}) has three groups of three notes each. The third (A maj⁷) has three groups of three notes each. Below the staff are three sets of horizontal lines representing the guitar strings (T, A, B) with corresponding fingerings: 7 9, 11 12, 10 12; 11 9, 12 9, 11 14; and 11 13, 14 16, 10 14.

Example 3: Arpeggios in Key of A major (cont'd)

E/G[#] **F[#]m7^{#5}** **E7sus** **Dmaj7**

T **A** **B**

10 14 12 9	11 9	7 9	7 6
11 13	12 9	7 11	9 5
11 14			

C[#]m7^{#5} **Bm7** **Amaj7** **E7sus**

T **A** **B**

4 7 5 2	4 2	1 2	2 1
4 6	5 2	0 4	4 0 2
4 7	0 4		

Round 7 • String Skipping

Example 4: A minor and E minor Pentatonics

Musical notation for Example 4. The top staff shows a treble clef and a 4/4 time signature. The bottom staff shows a bass clef and a 4/4 time signature. The notation consists of two measures. The first measure starts with a Dm⁷ chord, followed by a skip to an Am⁷ chord. The second measure starts with a Dm⁷ chord, followed by a skip to an Am⁷ chord. The notes are marked with '3' above them, indicating a three-string skip. The bass line below shows the corresponding root notes: 5, 8, 10, 7, 9, 7, 10, 7, 5, 8, 5, 7, 9, 7, 10, 7.

Example 5: Root, 5th and 10th String Skips

Musical notation for Example 5. The top staff shows a treble clef and a 4/4 time signature. The bottom staff shows a bass clef and a 4/4 time signature. The notation consists of two measures. The first measure starts with an A note, followed by a skip to a D note, then a skip to a Bm note, and finally a skip to an E note. The second measure starts with an A note, followed by a skip to a D note, then a skip to a Bm note, and finally a skip to an E note. The notes are marked with '3' above them, indicating a three-string skip. The bass line below shows the corresponding root notes: 6, 7, 5, 7, 9, 7, 9, 7, 6, 7, 5, 7, 9, 7, 9.

Example 5: Root, 5th and 10th String Skips (cont'd)

Musical notation for Example 5, featuring string skipping patterns across six measures. The chords are A, Bm, G[#]m7b5, A (simile), F[#]m, G[#]m7b5, Bm, and E. Below the staff, a guitar neck diagram shows fingerings for each note: T(9), A(7), B(9), T(11), A(6), B(7), T(9), A(7), B(9), T(4), A(6), B(7), T(6), A(7), B(9), T(7), A(9), B(7).

Example 6: A Harmonic Minor (i, iv, V)

Musical notation for Example 6, showing a harmonic minor progression (i, iv, V) across four measures. The chords are Am, Dm/A, E⁷/A, and Am. Below the staff, a guitar neck diagram shows fingerings: T(8), A(9), B(10), T(10), A(9), B(12), T(12), A(10), B(8), T(7), A(6), B(7), T(4), A(5), B(4), T(4), A(5), B(6), T(7), A(7), B(7), T(8), A(5), B(7), T(7), A(5), B(5).

Round 8 • Sweep Picking Triad Arpeggios

Example 1

Musical score for Example 1, featuring four measures of sweep picking triad arpeggios in A major (A, E, D, E). The music is in common time (indicated by '4'). The first measure starts with an A major chord (root position). The second measure starts with an E major chord (root position). The third measure starts with a D major chord (root position). The fourth measure starts with an E major chord (root position). The guitar neck diagram shows the strings T (Top), A, and B. Fret numbers are indicated below the strings. Measure 1: T (5), A (9), B (5). Measure 2: T (5), A (7), B (5). Measure 3: T (7), A (4), B (2). Measure 4: T (7), A (4), B (2).

Example 2

Musical score for Example 2, featuring four measures of sweep picking triad arpeggios. The first measure is in Am (root position). The second measure is in Em (root position). The third measure is in Dm (root position). The fourth measure is in Em (root position). The guitar neck diagram shows the strings T (Top), A, and B. Fret numbers are indicated below the strings. Measure 1: T (5), A (8), B (5). Measure 2: T (5), A (8), B (5). Measure 3: T (7), A (5), B (3). Measure 4: T (7), A (5), B (3).

Round 8 • Sweep Picking Triad Arpeggios

Example 3

The image shows a musical score for a six-string guitar. The top staff is a treble clef staff with a 4/4 time signature. It features four measures of music: the first measure is in A minor (Am), the second is in G major (G), the third is in F major (F), and the fourth is back in G major (G). Below the staff, there is a tablature for each string, labeled from top to bottom as T (Treble), A, and B (Bass). Each string has a curved brace underneath it, and specific frets are marked with numbers (e.g., 5, 8, 7, 3) and vertical bar symbols (V). The tablature provides a visual representation of the fingerings used for each chord.

The image shows a musical score for guitar. The top staff uses a treble clef and includes the letters 'Am' at the beginning, 'G' above the first two measures, 'F' above the next measure, and 'G' above the final measure. The bottom staff is a guitar neck diagram with six strings and twelve frets. It features a curved brace spanning the neck. Above the strings, various numbers (e.g., 1, 2, 3, 4, 5, 7, 8) and symbols (e.g., V, -) indicate specific frets and picking patterns. The notes in the upper staff correspond to the chords shown on the guitar neck.

Round 8 • Sweep Picking Triad Arpeggios

Example 4

The musical score consists of two staves, each with a treble clef and four horizontal lines representing the guitar strings. The top staff shows measures in C major (G), A minor (Am), and E major (E). The bottom staff shows measures in F major (F) and D minor (Dm). Each measure features a series of eighth-note triad arpeggios. The arpeggios are indicated by vertical stems pointing downwards, and the notes are grouped by horizontal bar lines. The first measure (C major) starts with an arpeggio from the 10th fret on the B string down to the 8th fret on the A string. The second measure (Am) starts with an arpeggio from the 10th fret on the B string down to the 7th fret on the A string. The third measure (E) starts with an arpeggio from the 10th fret on the B string down to the 7th fret on the A string. The fourth measure (F) starts with an arpeggio from the 10th fret on the B string down to the 8th fret on the A string. The fifth measure (C) starts with an arpeggio from the 10th fret on the B string down to the 8th fret on the A string. The sixth measure (Dm) starts with an arpeggio from the 10th fret on the B string down to the 8th fret on the A string.

Round 9 • Hammer-Ons and Pull-Offs

Example 1: Triplets

Musical notation and tablature for Example 1. The notation is in G major (one sharp) and common time (4/4). The first measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The second measure shows another triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The third measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The fourth measure shows a D⁷sus chord (three eighth notes) followed by a sixteenth-note pull-off from the fourth string to the third string. The fifth measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The sixth measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The tablature below shows the fingerings for each note: T (thumb), A (index), and B (middle). The first measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The second measure shows another triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The third measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The fourth measure shows a D⁷sus chord (three eighth notes) followed by a sixteenth-note pull-off from the fourth string to the third string. The fifth measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The sixth measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string.

Continuation of musical notation and tablature. The notation is in G major (one sharp) and common time (4/4). The first measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The second measure shows another triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The third measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The fourth measure shows a D⁷sus chord (three eighth notes) followed by a sixteenth-note pull-off from the fourth string to the third string. The tablature below shows the fingerings for each note: T (thumb), A (index), and B (middle). The first measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The second measure shows another triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The third measure shows a triplet of eighth notes followed by a sixteenth-note hammer-on from the third string to the fourth string. The fourth measure shows a D⁷sus chord (three eighth notes) followed by a sixteenth-note pull-off from the fourth string to the third string.

Round 9 • Hammer-Ons

Example 2: Scale with string skip - triplets

Gmaj⁷

etc.

T
A
B

5 7 8 4 5 7

3 5 7

Gmaj⁷

D^{7sus}

7 8 10 5 7 9 5 7 9 5 7 9 5 7 8

T
A
B

5 7 9 5 7 9 5 7 9 5 7 8

Example 3: A minor and E minor Pentatonics

Dm⁷

etc.

Am⁷

Example 4: String Skip Pentatonics - 16th notes

Dm⁷

etc.

Am⁷

Pull-Offs

Example 5: A major pull-off scale - triplets

The image shows a musical score for guitar. The top part is a staff notation in A major (A maj⁷) with a key signature of two sharps. It features eighth-note patterns with '3' above them, indicating a three-beat measure. The word 'etc.' is written below the staff. The bottom part is a tablature for a six-string guitar, showing the strings T (top), A, and B. The tab includes fingerings such as 9, 7, 5 for the first three strings, and 9, 7, 6 for the last three. The tab also includes a 10th fret mark on the 6th string. The tab ends with a vertical bar line, followed by a section labeled 'simile' with a sixteenth-note pattern above the staff.

The image shows a musical score for guitar. The top part is a staff with a treble clef, two sharps, and a key signature of A major (A maj⁷). The melody consists of eighth-note patterns. The bottom part is a tablature for a six-string guitar, showing the strings T (top E), A (B), and B (G) on the left. The tablature includes note heads and vertical stems, with numerical values above them indicating specific frets: 14, 12, 10, 14, 12, 10, 12, 10, 9, 12, 10, 9, 11, 9, 7, 11, 9, 7, 11, 9, 7, 10, 9, 7. The tablature is divided by a vertical bar line, and the section following the bar line starts with an E^{7sus} label.

Example 6: A major pull-off scale - triplets

Musical notation for Example 6, showing two staves of A major pull-off scale in triplets. The top staff is in 4/4 time, and the bottom staff is in 12/8 time.

Staff 1 (Top):

- Key signature: A major (two sharps).
- Time signature: 4/4.
- Notes: The first measure shows a pull-off from the 10th fret to the 9th fret. Subsequent measures show pull-offs between the 9th and 7th frets, and the 7th and 6th frets. Measures 4 and 5 show pull-offs between the 10th and 9th frets. Measure 6 begins with a pull-off from the 10th fret to the 9th fret, followed by a "simile" section where the pattern repeats.
- Text: "etc." is placed below the 4th measure, indicating the pattern continues.
- Fretboard diagram: Below the staff, the strings are labeled T, A, B. Fret positions are indicated by numbers above the strings: 9, 7, 5 for the 1st string; 9, 7, 6 for the 2nd string; 9, 7, 5 for the 3rd string; and 9, 7, 6 for the 4th string.

Staff 2 (Bottom):

- Key signature: A major (two sharps).
- Time signature: 12/8.
- Notes: The first measure shows a pull-off from the 12th fret to the 10th fret. Subsequent measures show pull-offs between the 12th and 10th frets, and the 10th and 9th frets. Measures 4 and 5 show pull-offs between the 11th and 9th frets. Measures 6 and 7 show pull-offs between the 11th and 9th frets. Measures 8 and 9 show pull-offs between the 11th and 9th frets.
- Fretboard diagram: Below the staff, the strings are labeled T, A, B. Fret positions are indicated by numbers above the strings: 12, 10, 9 for the 1st string; 11, 9, 7 for the 2nd string; 12, 10, 9 for the 3rd string; and 11, 9, 7 for the 4th string.

Round 9 • Pull-Offs

Example 7: A minor and E minor Pentatonics - 16th notes

Guitar tablature for Example 7. The top staff shows a melody in 16th notes, starting with a Dm⁷ chord. The bottom staff shows the fretting and picking for the A minor and E minor pentatonics. The tab includes fingerings (T, A, B) and picking patterns (P). An 'etc.' indicates the pattern continues.

Dm⁷

Am⁷

etc.

T A B

12 10 12 10 10 7 10 8 9 7 9 7 10 7 10 7

Example 8: A minor and E minor Pentatonics with string skip - 16th notes

Guitar tablature for Example 8. Similar to Example 7, it shows A minor and E minor pentatonics but includes string skipping. The melody is played on different strings (e.g., 10th fret on the B string, 7th fret on the A string) to create a more dynamic sound. The tab includes fingerings (T, A, B) and picking patterns (P). An 'etc.' indicates the pattern continues.

Dm⁷

Am⁷

etc.

T A B

10 7 9 7 10 8 9 7 9 7 10 7 9 7 10 7

Round 10 • Cool Down

Example 1: Stretch Voicings

E A/E Emaj⁷ A/E E A/E Emaj⁷ A/E

1								
T	1	2	4	4	1	2	4	4
A	2	2	2	2	2	2	2	2
B	2	4	6	6	2	4	6	4

G/E C/E Gmaj⁷/E C/E G/E C/E Gmaj⁷/E C/E

5								
T	4	5	7	7	4	4	7	7
A	5	5	5	5	5	5	5	5
B	5	7	9	9	5	5	9	7

(cont'd)

Round 10 • Cool Down

Example 1: Stretch Voicings (cont'd)

A D/A Amaj⁷ D/A A D/A Amaj⁷ D/A

T 2 3 5 5 3 2 2 2 3 5 5 3
A 2 2 6 6 4 2 2 2 4 6 6 4
B 2 4 6 4 2 2 2 4 6 6 4

C/A F/A Cmaj⁷/A F/A C/A F/A Cmaj⁷/A F/A

T 5 6 8 8 6 5 5 6 8 8 6
A 5 5 7 9 5 5 7 9 5 5 7 9 5 5
B 5 7 9 9 7 5 7 9 5 5 7 9 5 7

Round 10 • Cool Down

Example 1: Stretch Voicings (cont'd)

17

D G/D Dmaj⁷

T 2 3 5 5 3
A 2 4 6 6 4
B

G/D D G/D Dmaj⁷

T 2 2 3 4 2 2 3 4
A 3 3 3 3 3 3 3 3
B 5 5 6 6 6 6 4

21

F/D B♭/D Fmaj⁷/D

T 5 6 8 8 6
A 6 7 9 9 7
B

B♭/D Fmaj⁷/D B♭/D

T 5 5 6 8 6 8 6
A 6 6 6 6 7 9 6
B 7 9 9 9 7

(cont'd)

Round 10 • Cool Down

Example 1: Stretch Voicings (cont'd)

25

T 6 7 9 9 7 6 6 6 7 9 9 7
A 6 6 6 6 8 10 10 8 6 6 8 10 10 8
B 6 8 10 10 8 6 6 8 10 10 8 6

A D/A Amaj⁷ D/A Cadd⁹ Gadd⁹

29

T 2 3 3 3 3 5
A 2 2 4 2 6 6 4 7 5 3
B 2 4 6 6 4 3 5 7 5 3

Example 2

Am/E Em/B Dadd⁹ Am⁷

T
A
B

0 7 9 7 9 : 7 9 11 8 11 9 11 : 5 7 9 7 9 7 9 : 0 5 7 5 7 5 7 :

Dadd⁹ A add⁹ Cadd⁹ Gadd⁹

T
A
B

2 5 2 2 5 2 : 0 2 2 4 2 4 2 : 3 5 5 7 5 7 5 : 3 5 4 7 4 7 5 :

(cont'd)

Round 10 • Cool Down

Example 2 (cont'd)

Example 3: E9 Blues

Example 3: E9 Blues (cont'd)

A⁹

T	6	7	7		6	7	7	7	3	5
A	5	6	6		5	6	6	6	4	6
B	6	7	7		6	7	7	7	5	7

G/A A/B

E⁹

T	6	7	7		6	7	7	7	3	5
A	6	7	7		6	7	7	7	4	6
B	5	6	6		5	6	6	6	4	6

(cont'd)

Round 10 • Cool Down

Example 3: E9 Blues (cont'd)

B⁹

A9

G/A A/B

B9

T 8 9 9
9 10 10
7 8 8
A 8 9 9
B 9 7

6 7 7 7
7 8 8 8
5 6 6 6
6 7 7 7
5 5 5 5
B 7

E⁹

E⁹

T 6 7 7
6 7 7
A 6 7 7
B 6 6

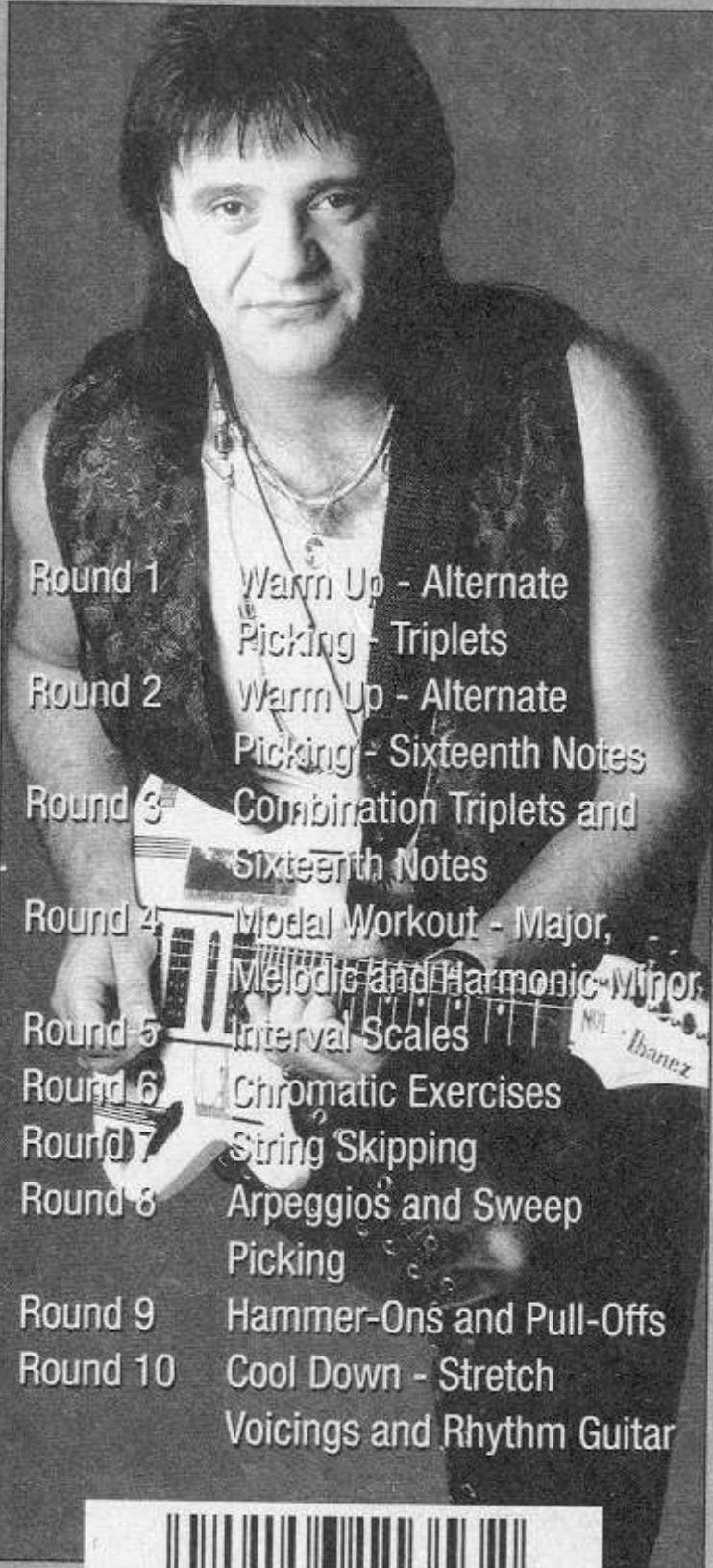
5 3
6 4
6 4

12 11 12
9 8 9
11 10 11
12 11 12

FRANK GAMBALLE



THE ULTIMATE GUITAR WORKOUT



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Round 2 Warm Up - Alternate Picking - Sixteenth Notes

Round 3 Combination Triplets and Sixteenth Notes

Round 4 Modal Workout - Major, Melodic and Harmonic Minor Interval Scales

Round 5 Chromatic Exercises

Round 6 String Skipping

Round 7 Arpeggios and Sweep Picking

Round 8 Hammer-Ons and Pull-Offs

Round 9 Cool Down - Stretch

Round 10 Voicings and Rhythm Guitar

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