

## Things guitarists typically work on:

1. Up and down strokes with pick
  2. Alternating index and middle
  3. Using as little movement as possible
  4. Hammer-on and pull-off practice can be incorporated into these exercises
  5. Speed Burst technique can be worked on by playing a few notes quickly then relaxing
  6. Vibrato
  7. Relax

Fingerstyle: i m i m  
or etc...  
Pick: □ V □ V

## Guitar

## 1. Chromatic 4 per note

## Guitar

Gtr.

1-1-1-2 2-2-2-3 3-3-3-4 4-4-4-4

1 2 3 3 4 2 1 1

3. Chromatic 3 per note

II

Gtr.

2

15 4. Chromatic 1 per note

Gtr.

15

Gtr.

## 5. Index-Middle Workout

18

Gtr.

18

18

Gtr.

## 6. Index-Middle Workout

22

Gtr.

22

Gtr

## 7. Index-Ring Workout

26

Gtr.

26

Gtr.

## 8. Index-Ring Workout

50

Gtr.

30

Gtr.

## 34 9. Index-Pinky Workout

Gtr.

34

Gtr.

## 38 10. Index-Pinky Workout

Gtr.

38

Gtr.

## 42 11. Middle-Ring Workout

Gtr. 42 Gtr.

42

4

## 12. Middle-Ring Workout

Gtr.

46

Gtr.

50

## 13. Ring-Pinky Workout

Gtr.

50

Gtr.

54

## 14. Ring-Pinky Workout

Gtr.

54

Gtr.

58

## 15. Staggered Chromatic #1

Gtr.

58

Gtr.

## 62 16. Staggered Chromatic #2

Gtr.

62

Gtr.

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

## 66 17. Staggered Chromatic #3

Gtr.

66

Gtr.

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

## 70 18. Staggered Chromatic #4

Gtr.

70

Gtr.

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

## 74 19. Reverse Chromatic

Gtr.

74

Gtr.

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

6

## 78 20. Staggered Chromatic with String Skips

Gtr.

78

Gtr.

81

Gtr.

81

Gtr.

84

## 21. Three Up Sequence using second position G Major Scale

Gtr.

84

Gtr.

88

Gtr.

88

Gtr.

91

Gtr.

91

Gtr.

95

Gtr.

22. Four Up Sequence using second position G Major Scale

95

Gtr.

98

Gtr.

98

Gtr.

102

Gtr.

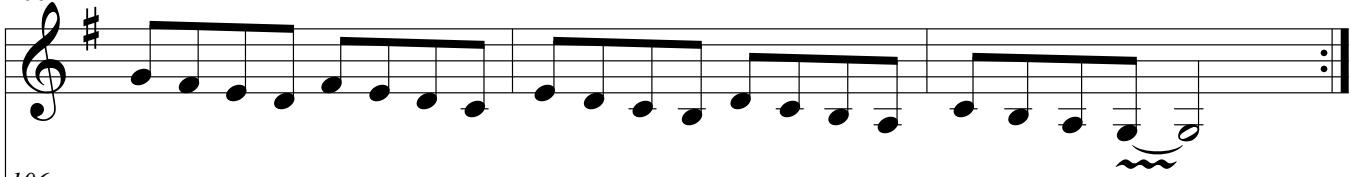
102

Gtr.

8

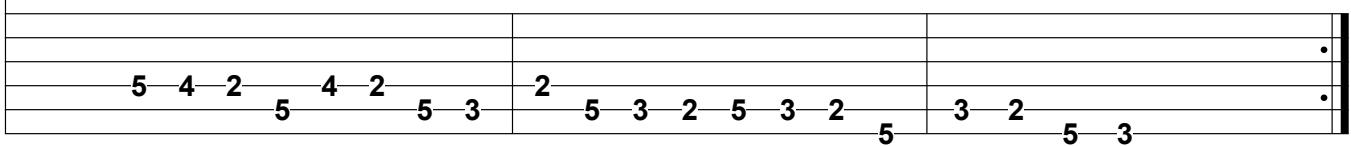
106

Gtr.



106

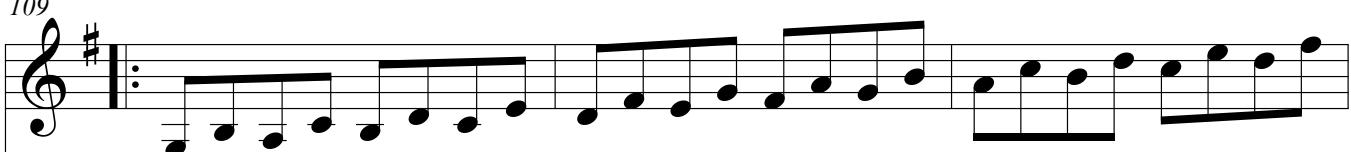
Gtr.



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

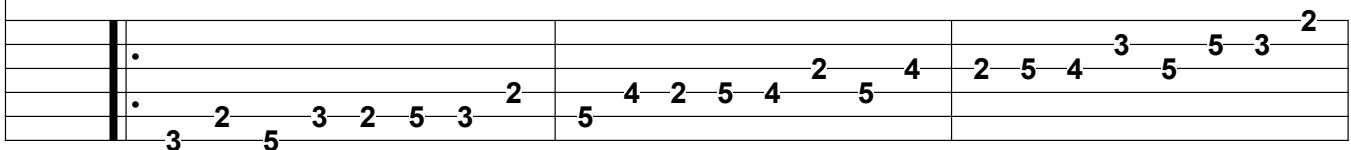
109

Gtr.



109

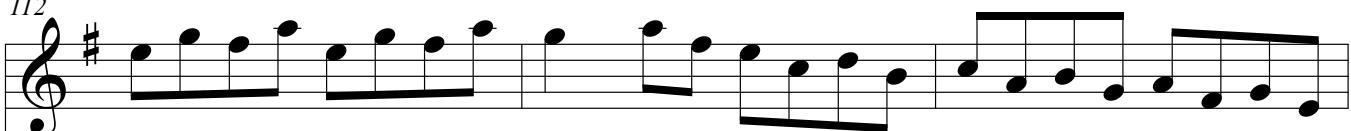
Gtr.



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

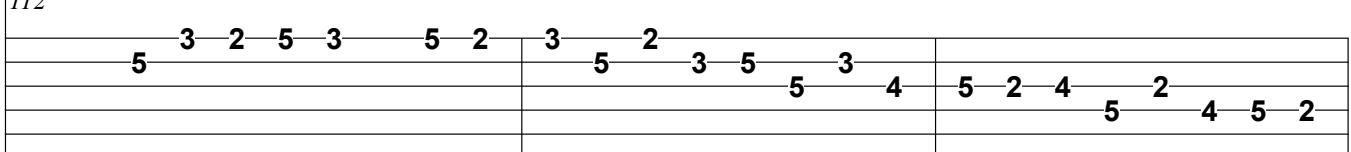
112

Gtr.



112

Gtr.



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

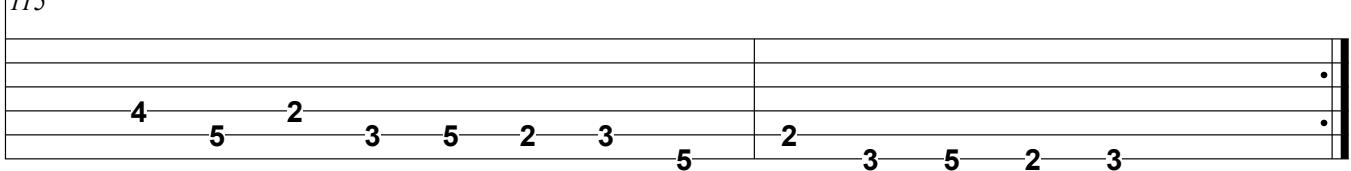
115

Gtr.



115

Gtr.



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