

Tune down 1 step

① = D    ④ = C

② = A    ⑤ = G

③ = F    ⑥ = D

**♩ = 150**

dist.guit.

EXERCISE 1

Exercise 1 is a 4-measure exercise in 4/4 time. It features a sequence of chords and single notes on the top two strings. The notes are: 12, 10, 9, 8 (measures 1-2); 12, 8, 10, 9 (measure 3); and 12, 8, 10, 9 (measure 4). The exercise is marked with a 'P' (palm mute) over the first measure and a 'P' over the third measure. The tempo is 150 bpm.

EXERCISE 2

Exercise 2 is a 12-measure exercise in 4/4 time. It features a sequence of chords and single notes on the top two strings. The notes are: 5, 4, 2, 3 (measures 1-2); 5, 4, 2, 3 (measures 3-4); 5, 4, 2, 3 (measures 5-6); 5, 4, 2, 3 (measures 7-8); 5, 4, 2, 3 (measures 9-10); 5, 4, 2, 3 (measures 11-12). The exercise is marked with a 'P' (palm mute) over the first measure and a 'P' over the third measure. The tempo is 150 bpm.

**♩ = 180**

EXERCISE 3

Exercise 3 is a 12-measure exercise in 4/4 time. It features a sequence of chords and single notes on the top two strings. The notes are: 7, 12, 10, 9 (measures 1-2); 7, 12, 10, 9 (measures 3-4); 7, 12, 10, 9 (measures 5-6); 7, 12, 10, 9 (measures 7-8); 7, 12, 10, 9 (measures 9-10); 7, 12, 10, 9 (measures 11-12). The exercise is marked with a 'P' (palm mute) over the first measure and a 'P' over the third measure. The tempo is 180 bpm.

**♩ = 150**

EXERCISE 4

Exercise 4 is a 12-measure exercise in 4/4 time. It features a sequence of chords and single notes on the top two strings. The notes are: 5, 8, 7, 6 (measures 1-2); 5, 8, 7, 6 (measures 3-4); 5, 8, 7, 6 (measures 5-6); 5, 8, 7, 6 (measures 7-8); 5, 8, 7, 6 (measures 9-10); 5, 8, 7, 6 (measures 11-12). The exercise is marked with a 'P' (palm mute) over the first measure and a 'P' over the third measure. The tempo is 150 bpm.