

AEROBICS FOR YOUR FINGERS

Chromatic Warmups.

1 2 3 4 3 2 etc	1 2 1 2 3 2 3 4 3 2 3 2 etc	4 3 4 3 2 3 2 1 2 3 2 3 etc
— These numbers indicate the fingers used. You can begin on any fret or on any string. —		
— Once you can play them easily, try moving from string to string. —		
1 2 1 3 1 4 1 3 etc	4 3 4 2 4 1 4 2 4 3 etc	1 3 1 2 4 2 1 3 1 2 4 2 etc

7 8 9 10	6 7 8 9	5 6 7 8	4 5 6 7	3 4 5 6	2 3 4 5	1 2 3 4
3 4 5 6 7 8	4 5 6 7 8 9	5 6 7 8 9 10	6 7 8 9 10 11	7 8 9 10 11 12		

Sweeping Technique

Your pick makes a single stroke through a number of strings.

Use fingers 1;2 and 3 then try 2,3 and 4.	5 3	8 6	5 4	7 6	7 8	5 6
	3 4	4 5 6 7 8	3 4	5 6 7 8 9	7 8	6 7 5 4

4 3	Use fingers 1+2, 2+3, 3+4	6 4	8 4	Use fingers 1 and 4.
3 4	Keep your hand at right angles to neck Don't move your hand.	3 6	4 7 5	5 7 4

UDDUDDU picking	5 8	8 11	7 10	6 9	DDUU DDUU
5 7 6 8	7 6 6 5 10	9 9 8 9	8 7 8 7 6		5 3 5 7 5
1 3 1 3 2 4 2 4 fingers	3 2 1 4 2 1				3 1 1 3 3 2 1 3

Follow through technique

Combines sweeping and alternating technique.

5 7 6 5	4 7 5 4	4 5	7 5 4	4	Apply these techniques to diatonic and pentatonic scales
5 6 7	4 5 7	4 5 7	7 5 4	7 5	

DUD DUDU U DUD DUDU U DUD DU U UDU UD U

Alternate Picking

Your pick continually alternates between DOWN and UP strokes.

5 7 8 7 5	5 7 5	5	1 3 4	1 3 4	6 4 3	4 6 8
8	8 7 8	5 7 8 8 7	1 3 4		6 4 3	4 6 8
Begin with a DOWN stroke then try in reverse			D U D U D U	D U D U D U	etc.	
7 8 7 5	7 8	5 7 5	8 7 5 7 8	D U D D U D	U D U U D U	etc.

10 8 6	8 9 11	8 10 11	13 11 10	13 11 9	11 13 15	11 13 15	16 15 13	16 15 13
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