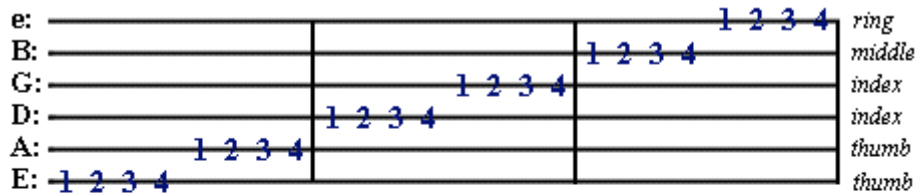


## *Warm-Up Exercise #1*

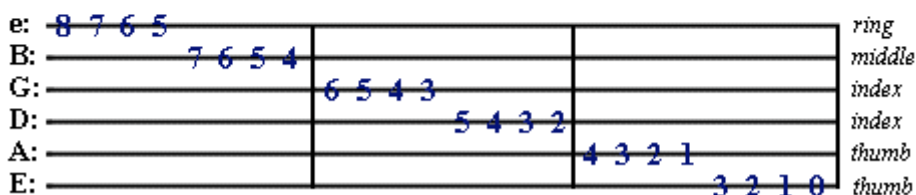
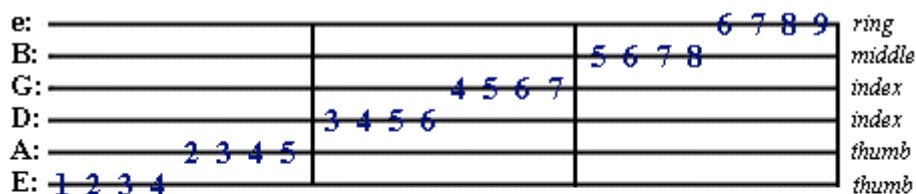
This exercise is a simple introduction and a very good warm-up. The basic pattern looks like this:



Continue by moving up to one fret until you get up to the twelfth fret. For example, the next pattern would be 3 4 5 6 on all strings, then 7 6 5 4 back down. When you play each string, use the picking finger shown to the right of that string, and use all four fingers in your fretting hand.

## *Warm-Up Exercise #2*

The second exercise is very quick, and is great if you are looking for a short but effective warm-up:



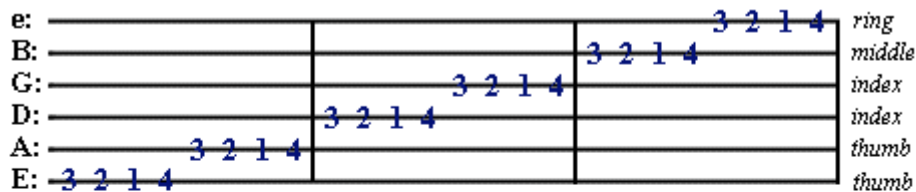
Use the fingers shown to the right of each string.

### *Warm-Up Exercise #3*

The next exercise is basically a variation of exercise 1. This exercise is great for improving finger dexterity in your fretting hand. Shown below are 24 combinations of possible patterns for exercise 1. Play each one on each string once, going up and back down. You should actually just choose a few to do, since doing them all would take forever. Just pick three or four each day and zip through them. Another option is to move these up the fretboard like you did with #1: take them to the twelfth fret and then come back down.

- |            |             |             |             |
|------------|-------------|-------------|-------------|
| 1) 1-2-3-4 | 7) 2-1-3-4  | 13) 3-1-2-4 | 19) 4-1-2-3 |
| 2) 1-2-4-3 | 8) 2-4-3-1  | 14) 3-1-4-2 | 20) 4-1-3-2 |
| 3) 1-3-4-2 | 9) 2-3-1-4  | 15) 3-2-1-4 | 21) 4-2-1-3 |
| 4) 1-3-2-4 | 10) 2-3-4-1 | 16) 3-2-4-1 | 22) 4-2-3-1 |
| 5) 1-4-3-2 | 11) 2-1-4-3 | 17) 3-4-1-2 | 23) 4-3-1-2 |
| 6) 1-4-2-3 | 12) 2-4-1-3 | 18) 3-4-2-1 | 24) 4-3-2-1 |

For example, the fifteenth example would look something like this:



### Warm-Up Exercise #4

Here's an exercise that will stretch out your fingers as you warm up. Play this one up all six strings and back down (I only have the first half notated here):

e:				ring
B:				middle
G:				index
D:			1 2 3 5 3 2	index
A:	1 2 3 5 3 2			thumb
E:	1 2 3 5 3 2			thumb

e:	5 3 2 1 2 3			ring
B:		5 3 2 1 2 3		middle
G:			5 3 2 1 2 3	index
D:				index
A:				thumb
E:				thumb

Use the fingers shown to the right of each string.

### Warm-Up Exercise #5

This exercise is a variation on #4 that will stretch out different fingers. Again, play this up all six strings and back down (I only have the first half notated):

e:				ring
B:				middle
G:				index
D:			1 3 4 5 4 3	index
A:	1 3 4 5 4 3			thumb
E:	1 3 4 5 4 3			thumb

e:	5 4 3 1 3 4			ring
B:		5 4 3 1 3 4		middle
G:			5 4 3 1 3 4	index
D:				index
A:				thumb
E:				thumb

### Warm-Up Exercise #6

This exercise is designed to confuse your hands. Well, not really, but once you master it this one will really help your finger-hand-eye coordination. Play this up all six strings and back down (I only have the first part notated here):

e:									ring	
B:									middle	
G:									index	
D:									index	
A:						1 2 3 4/5	4 3 2/3	4 5 6/7	6 5 4	thumb
E:	1 2 3 4/5	4 3 2/3	4 5 6/7	6 5 4					thumb	

e:	4 5 6 7/6	5 4 3/2	3 4 5/4	3 2 1					ring
B:					4 5 6 7/6	5 4 3/2	3 4 5/4	3 2 1	middle
G:									index
D:									index
A:									thumb
E:									thumb

### Warm-Up Exercise #7

This exercise is based on the G major scale. Basically, you jump up a third, then you come down a second. You can and should try this in other keys by changing where you play the pattern.

e:							2	3	
B:							3	5	3
G:				2	4	2	5	4	5
D:			2	4	2	5	4	5	
A:	2	3	2	5	3	5			
E:	3	5							

*T I T I I I I M I M I I I M I M I I I M I M M R R*

For fingerpickers: use the fingers shown below each note to pick that note.

*T*=thumb, *I*=index, *M*=middle, *R*=ring