

Over The River

Flatpicking Warmup/Finger Strength Exercise

Tony's Acoustic Challenge

tonypolecastro.com

Standard tuning

$\text{♩} = 120$

S-Cit

1 2 3

mf □ V □ V □ V □ V □ V □ V □ V □ V □ V □ V □ V

T
A
B

0 1 0 2 0 3 0 4 0 0 0 0 0 0 0 0 0 0 0 0

Detailed description: This block contains the first three measures of the exercise. The top staff is a treble clef with a 4/4 time signature. Measure 1 starts with a first finger (1) on the G string, followed by eighth notes: G#4, A4, B4, C5, D5, E5, F#5, G5. Measure 2 starts with a second finger (2) on the G string, followed by eighth notes: G#4, A4, B4, C5, D5, E5, F#5, G5. Measure 3 starts with a third finger (3) on the G string, followed by eighth notes: G#4, A4, B4, C5, D5, E5, F#5, G5. Below the staff are three tablature lines labeled T, A, and B. The T line shows fingerings 1, 2, 3, 4 for measures 1, 2, and 3 respectively. The A and B lines show fret numbers 0 for all notes in all measures.

4 5

□ V □ V □ V □ V □ V □ V □ V □ V □ V □ V □ V □ V

T
A
B

1 2 3 4 1 2 3 4 0 0 0 0 0 0 0 0

Detailed description: This block contains the fourth and fifth measures of the exercise. Measure 4 starts with a fourth finger (4) on the G string, followed by eighth notes: G#4, A4, B4, C5, D5, E5, F#5, G5. Measure 5 starts with a fifth finger (5) on the G string, followed by eighth notes: G#4, A4, B4, C5, D5, E5, F#5, G5. Below the staff are two tablature lines labeled T and A. The T line shows fingerings 1, 2, 3, 4 for measure 4 and 1, 2, 3, 4 for measure 5. The A line shows fret numbers 0 for all notes in both measures.