

# The "Back and Forth" Guitar Finger Exercise

Tony's Acoustic Challenge

[www.tonypolecastro.com](http://www.tonypolecastro.com)

Guitar Standard Tuning

E-A-D-G-B-E

$\text{♩} = 120$

1

*mf* V V V V V V V V V V V V V V V V

T  
A  
B

4

V V V V V V V V V V V V V V V V

T  
A  
B