

Warmup/Finger Strength Exercise #12

Tony Polecastro

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Guitar Standard Tuning

E-A-D-G-B-E

$\text{♩} = 120$

Execute exercise up the guitar neck as far as desired making sure to follow the same pattern outlined here

1

mf V V V V V V V V V V V V V V V V V V

T
A
B

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

4

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

T
A
B

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