

# Warmup/Finger Strength Exercise #8

Tony Polecastro

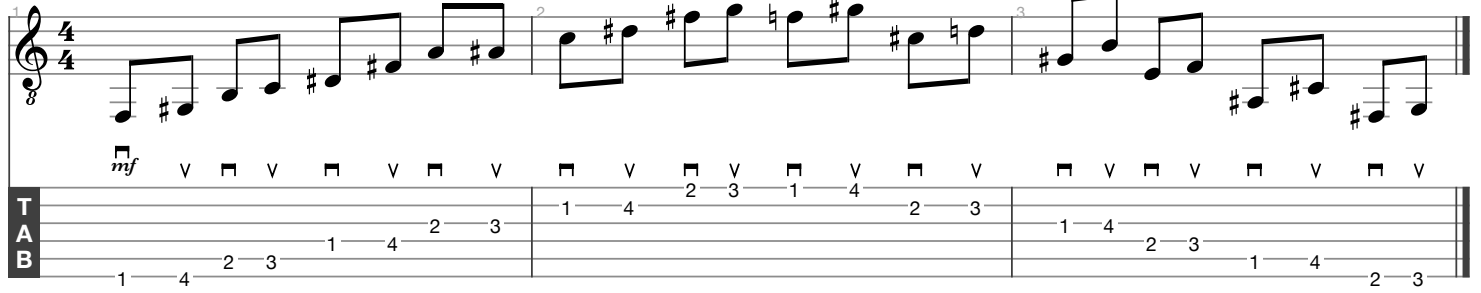
[www.tonypolecastro.com](http://www.tonypolecastro.com)

Guitar Standard Tuning

E-A-D-G-B-E

 = 120

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



1 2 3

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

T  
A  
B

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