

Fretting Hand Workout

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1234

Musical notation for exercise 1234. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 1-2-3-4, 1-2-3-4, 1-2-3-4, 1-2-3-4, 2-3-4-5, 2-3-4-5. The Bass staff has a sequence of notes: 1-2-3-4, 1-2-3-4, 1-2-3-4, 1-2-3-4, 2-3-4-5, 2-3-4-5. Below the staves are 24 vertical lines representing fret positions.

7

Musical notation for exercise 7. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 2-3-4-5, 2-3-4-5, 3-4-5-6, 3-4-5-6, 3-4-5-6, 4-5-6-7. The Bass staff has a sequence of notes: 2-3-4-5, 2-3-4-5, 3-4-5-6, 3-4-5-6, 3-4-5-6, 4-5-6-7. Below the staves are 24 vertical lines representing fret positions.

Spider

14

Musical notation for exercise 14. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 4-5-6-7, 4-5-6-7, 4-5-6-7, a rest, 1-2-3-4, 2-3-4-5, 3-4-5-6. The Bass staff has a sequence of notes: 4-5-6-7, 4-5-6-7, 4-5-6-7, 1-2-3-4, 2-3-4-5, 3-4-5-6. Below the staves are 24 vertical lines representing fret positions.

21

Musical notation for exercise 21. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 4-5-6-7, 5-6-7-8, 6-7-8-9, 7-8-9-10, 8-9-10-11, 9-10-11-12, a rest. The Bass staff has a sequence of notes: 4-5-6-7, 5-6-7-8, 6-7-8-9, 7-8-9-10, 8-9-10-11, 9-10-11-12, a rest. Below the staves are 24 vertical lines representing fret positions.

4321

28

Musical notation for exercise 28. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 4-3-2-1, 4-3-2-1, 4-3-2-1, 4-3-2-1, 5-4-3-2, 5-4-3-2, 5-4-3-2. The Bass staff has a sequence of notes: 4-3-2-1, 4-3-2-1, 4-3-2-1, 4-3-2-1, 5-4-3-2, 5-4-3-2, 5-4-3-2. Below the staves are 24 vertical lines representing fret positions.

35

Musical notation for exercise 35. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 6-5-4-3, 6-5-4-3, 6-5-4-3, 6-5-4-3, 7-6-5-4, 7-6-5-4. The Bass staff has a sequence of notes: 5-4-3-2, 6-5-4-3, 6-5-4-3, 6-5-4-3, 7-6-5-4, 7-6-5-4. Below the staves are 24 vertical lines representing fret positions.

42

Musical notation for exercise 42. It consists of two staves, Treble (T) and Bass (B). The Treble staff has a sequence of notes: 7-6-5-4, 7-6-5-4, 8-7-6-5, 8-7-6-5, 8-7-6-5, a rest. The Bass staff has a sequence of notes: 7-6-5-4, 7-6-5-4, 8-7-6-5, 8-7-6-5, 8-7-6-5, a rest. Below the staves are 24 vertical lines representing fret positions.

2

Reverse Spider

49

7-6-5-4

8-7-6-5

9-8-7-6

10-9-8-7

4-3-2-1

5-4-3-2

6-5-4-3

This exercise is written on a six-line staff. The top line is labeled 'T' and the bottom line is labeled 'B'. The notation shows descending sequences of notes: 7-6-5-4, 8-7-6-5, 9-8-7-6, and 10-9-8-7. Below the staff, there are vertical tick marks corresponding to each note in the sequences.

Hammer Up

56

12-11-10-9

h

h

h

h

h

h

h

1-2

1-3

1-4

1-2

1-3

1-4

1-2

This exercise is written on a six-line staff. The top line is labeled 'T' and the bottom line is labeled 'B'. It starts with a descending sequence 12-11-10-9. This is followed by a rest, then a series of hammer-ons (h) on the first string: 1-2, 1-3, 1-4, 1-2, 1-3, 1-4, 1-2. Vertical tick marks are placed below the staff for each note.

66

h

h

h

h

h

h

h

h

h

h

h

1-3

1-4

1-2

1-3

1-4

2-3

2-4

2-5

2-3

2-4

2-5

This exercise is written on a six-line staff. The top line is labeled 'T' and the bottom line is labeled 'B'. It consists of a series of hammer-ons (h) on the first string: 1-3, 1-4, 1-2, 1-3, 1-4, 2-3, 2-4, 2-5, 2-3, 2-4, 2-5. Vertical tick marks are placed below the staff for each note.

Pull Down

77

h

h

h

p

p

p

p

p

p

p

p

2-3

2-4

2-5

2-1

3-1

4-1

2-1

3-1

4-1

2-1

This exercise is written on a six-line staff. The top line is labeled 'T' and the bottom line is labeled 'B'. It starts with hammer-ons (h) on the first string: 2-3, 2-4, 2-5. This is followed by a rest, then pull-downs (p) on the first string: 2-1, 3-1, 4-1, 2-1, 3-1, 4-1, 2-1. Vertical tick marks are placed below the staff for each note.

88

p

p

p

p

p

p

p

p

p

p

p

3-1

4-1

2-1

3-1

1-1

3-2

4-2

2-2

3-2

4-2

5-2

This exercise is written on a six-line staff. The top line is labeled 'T' and the bottom line is labeled 'B'. It consists of pull-downs (p) on the first string: 3-1, 4-1, 2-1, 3-1, 1-1, 3-2, 4-2, 2-2, 3-2, 4-2, 5-2. Vertical tick marks are placed below the staff for each note.

99

p

p

p

p

p

p

3-2

4-2

5-2

3-2

4-2

5-2

This exercise is written on a six-line staff. The top line is labeled 'T' and the bottom line is labeled 'B'. It consists of pull-downs (p) on the first string: 3-2, 4-2, 5-2, 3-2, 4-2, 5-2. The exercise ends with a double bar line. Vertical tick marks are placed below the staff for each note.