

WARM UP EXERCISES

JAMES ARBERY

STANDARD TUNING

♩ = 120

WARM UP

START USING FINGERS 1, 2, 3 THEN 4 AND KEEP FOLLOWING THAT PATTERN

EL. GUIT.

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

1 2 3 4 1 2 3 4 1 2 3 4 5 4 3 2 5 4 3 2

5 4 3 2 5 4 3 2 5 4 3 2 3 4 5 6 3 4 5 6 3 4 5 6

5 4 3 2 5 4 3 2 3 4 5 6 3 4 5 6 3 4 5 6

9 10 11 12 3 4 5 6 3 4 5 6 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4

3 4 5 6 3 4 5 6 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4

COORDINATION EXERCISE

USE THE SAME FINGERS AS FRETS AND FOLLOW THAT PATTERN AS FAR AS UP THE NECK AS YOU CAN

13 14 15 16 1 2 3 4 2 3 4 1 4 5 2 3 5 2 3 4

1 2 3 4 2 3 4 1 3 4 1 2 4 1 2 3 1 2 3 4 2 3 4 1 4 5 2 3 5 2 3 4

17 18 19 20 2 3 4 5 3 4 5 2 4 5 2 3 5 2 3 4 3 4 5 6 4 5 6 3 5 6 3 4 6 3 4 5

2 3 4 5 3 4 5 2 4 5 2 3 5 2 3 4 3 4 5 6 4 5 6 3 5 6 3 4 6 3 4 5

21 22 23 24

3 4 5 6 4 5 6 3
5 6 3 4 6 3 4 5
3 4 5 6 4 5 6 3
5 6 3 4 6 3 4 5

THIS CAN BE PLAYED ON ANY STRING AND IF YOU LIKE YOU CAN GO HIGHER THAN STARTING ON FRET 5

25 26 27 28

1 2 3 4 2 3 4 5
3 4 5 6 4 5 6 7
5 6 7 8 4 5 6 7
3 4 5 6 2 3 4 5

THIS IS ALL ABOUT THE HAMMER ON'S AND PULL OFF'S. DO THE WHOLE EXERCISE WITH YOUR FIRST FINGER THEN CHANGE TO YOUR SECOND, THIRD THEN FOURTH.

29 30 31 32

2 0 2 0 2 0 2 0
3 0 3 0 3 0 3 0
4 0 4 0 4 0 4 0
5 0 5 0 5 0 5 0

33 34 35

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

HAMMER ON AND PULL OFF ALL THE WAY TO STRING ONE USING YOUR FIRST AND SECOND FINGER...

... THEN THIRD FINGER ...

36 37 38

1 2 1 2 1 2 1 2
1 2 1 2 1 2 1 2
1 3 1 3 1 3 1 3

39 40 ... THEN FOURTH FINGER ... 41

1 3 1 3 1 3 1 3
1 4 1 4 1 4 1 4
1 4 1 4 1 4 1 4