

20-Minute Guitar Practice Routine

A complete daily routine in 20 minutes, with a weekly rotation and a 5-minute version for busy days.

Warm up	Chord changes 5 min	Rhythm 4 min	Song 6 min	Just play
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0:00	Warm up Chromatic 1-2-3-4 on each string, slowly. Then strum a chord you know.	3 min
0:03	Chord changes One-minute changes on two chord pairs. Write your scores.	5 min
0:08	Rhythm One strumming pattern with a metronome. Start at 60 BPM.	4 min
0:12	Song Work on one song: the hardest part first, then play it through.	6 min
0:18	Just play Anything you enjoy. End on a high note.	2 min

WEEKLY ROTATION FOR THE TECHNIQUE AND RHYTHM BLOCKS

Day	Technique focus	Rhythm focus
Mon	New chord	Down-up eighths
Tue	Chord changes	Folk strum
Wed	Fingerpicking	Bass and strum
Thu	New chord	Palm muting
Fri	Barre or power chords	Your song's strum
Sat	Review the week	Play along with a record
Sun	Rest, or just play for fun	

Only 5 minutes today?

1 minute warm-up, 2 minutes of one-minute changes on your hardest pair, 2 minutes playing your favorite song. Five minutes keeps the streak and the progress going.