

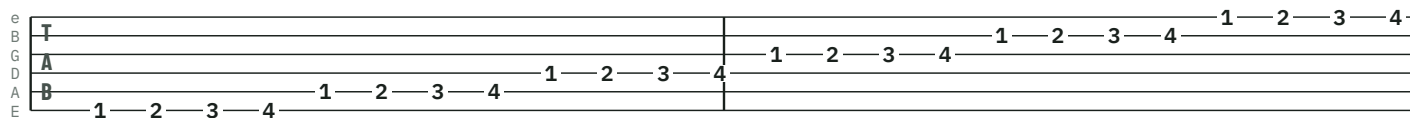
Guitar Warm-Up Exercises

Six warm-up exercises in tab: chromatic runs, the spider, finger independence, string skipping and stretches.

1. Chromatic 1-2-3-4

Clean at: ____ BPM

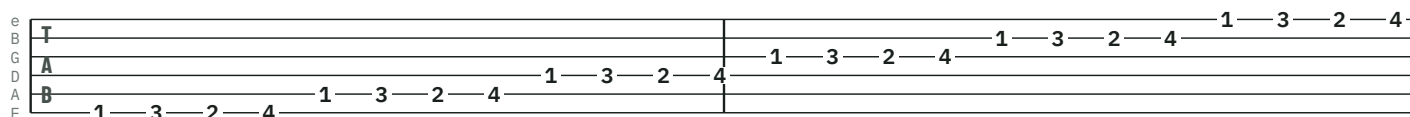
One finger per fret, low E to high e. Alternate picking: down, up, down, up.



2. The spider: 1-3-2-4

Clean at: ____ BPM

Same idea, different finger order. Keep fingers close to the strings.



3. Finger independence: 1-2, 3-4 on pairs

Clean at: ____ BPM

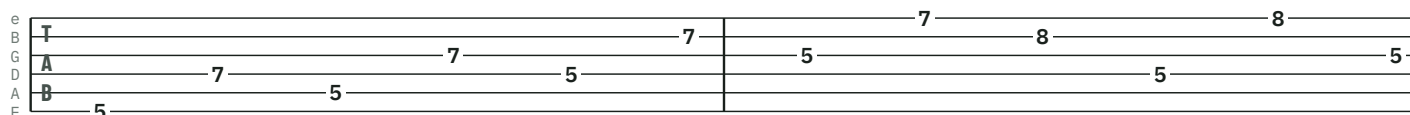
Fingers 1 and 2 on one string, then 3 and 4 on the next.



4. String skipping

Clean at: ____ BPM

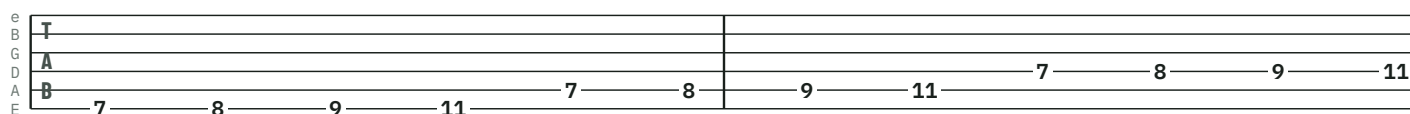
Skip a string each time. Accuracy first, speed later.



5. Stretch: 1-2-3-4 across 5 frets

Clean at: ____ BPM

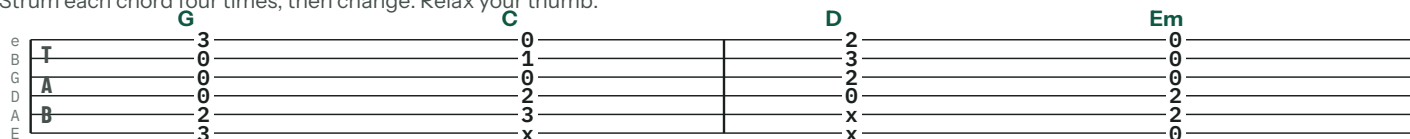
Starts higher up where frets are closer. Never force a stretch.



6. Chord warm-up: G-C-D-Em

Clean at: ____ BPM

Strum each chord four times, then change. Relax your thumb.



Stay relaxed

Press only as hard as you need for a clean note, keep your thumb loose behind the neck, and shake your hands out between exercises. If anything hurts, stop.