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|  | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT/SUN** | **NOTES** |
| **1. CHROMATICS/ WARMUPS**  10 MINUTES | \*ALL FINGER  COMBINATION  EXERCISES |  | \*STAGGERED  CHROMATICS |  | \*EXERCISES WITHOUT A GUITAR  \*STRETCHES | OPTIONAL EXTRA DAY | ALWAYS |
| **2. NECK WORK**  10 MINUTES | \*NOTE FINDING |  | \*INTERVAL FINDING |  | \*CHORD FINDING |  | ALWAYS |
| **3. PICKING**  10 MINUTES | \*SINGLE STRING EXERCISES |  | \*TWO STRING EXERCISES |  | \*PICKING ACCENTS |  | ALWAYS |
| **4. SCALES**  **PICK ONE A WEEK**  MAJOR,  PENTATONIC/BLUES,  10 MINUTES | **INTERVAL**  \*3RDS  \*4THS  \*5THS  \*6THS  \*OCTAVES |  | **SEQUENCES**  \*3’S  \*4’S  \*6’S  \*PENTATONICS |  | **CONNECTING POSITIONS**  \*CONNECT SCALES UP AND DOWN THE NECK. |  | ALWAYS |
| **5. CHORDS**  **6. ARPEGGIOS**  20 MINUTES | \*TRIADS  \*7TH CHORDS/ARPEGIOS |  | \*OPEN CHORDS (CAGED)  \*DOMINANT  7THS, 9THS  \*BAR CHORDS |  | \*HALF DIM  \*ALT. DOM  \*AUGMENTED |  | ALWAYS |
| **7.IMPROVISATION**  **HABITS ANALYSIS**  10 MINUTES  **8. PROGRESSIONS**  10 MINUTES | PICK A STYLE OR ARTIST  **MAJOR/MINOR**  \*LICKS  \*SEQUENCES |  | REVIEW AND APPLY  **DOMINANT/ALT**  \*LICKS  \*SEQUENCES |  | REPEAT  **II V I’S**  **TURNAROUNDS**  \*LICKS  \*SEQUENCES |  | AS NEEDED  AS NEEDED |
| **9. REPERTOIRE**  10 MINUTES | \*REVIEW |  | \*NEW |  | \*REVIEW |  | AS NEEDED |
| **9A. TECHNIQUES**  10 MINUTES | \* VIBRATO  \*STRING BENDING |  | \*TAPPING  \*HARMONICS  \*DYNAMICS |  | \*WAMMY  \*MUTING  \*DISCOVERY |  | AS NEEDED |
| **9B. EAR TRAINING**  **THEORY**  **READING**  10 MINUTES | \*EAR TRAINING |  | \*THEORY |  | \*SIGHT READING |  | AS NEEDED |