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|  | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT/SUN** | **NOTES** |
| **1. CHROMATICS/ WARMUPS**10 MINUTES | \*ALL FINGERCOMBINATIONEXERCISES |  | \*STAGGEREDCHROMATICS |  | \*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)\*DOMINANT7THS, 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 NEEDEDAS 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 |