**PART ONE:**

**CHROMATIC (FOUR NOTES PER STRING) WARMUPS**

**Ways to practice:**

1. **Use any of the patterns and loop it**: Be able to continuously repeat it.
2. **Alternate picking:** Starting on a Down then an Up (D U) or starting on an up stroke (U D).
3. **Chromatically:** Moving up or down on one string.
4. **Vertically**: Moving across the strings (Top to Bottom 6-1 or Bottom to top 1-6).

**Chromatic Fingerings -** Numbers represent left hand fingers. **(PICK A FEW EACH DAY YOU PRATICE).**

Table

Description automatically generated

**Staggered Chromatics -** Do on any two adjacent strings**.** **(WEEKLY)**

E|--------------------------

B|--------------------------

G|--------------------------

D|--------------------------

A|-----3-----4-----1-----2--

E|--1-----2-----3-----4-----

E|--4-----3-----2-----1-----

B|-----2-----1-----4-----3--

G|--------------------------

D|--------------------------

A|--------------------------

E|--------------------------

**STRETCHING EXERCISE - (WEEKLY)**

* Stretching space between fingers 1 & 2
* 12-14-15-16
* Stretching space between fingers 2 & 3
* 12-13-15-16
* Stretching space between fingers 3 & 4
* 12-13-14-16
* Stretching space between all fingers
* 12-14-16-18
* Diagonal stretching (this example is stretching between fingers 1 & 2, but you get the idea)

E-12-------------

b----14----------

g-------15-------

d----------16----

**BONUS EXERCISES** (FOR THE HIGH ACHIEVERS OUT THERE!)

**Adding A Chromatic Note** - **(AS NEEDED)**

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

**Fingers 1,2,3,4 on same fret -** Ascending, Descending & Vertical **(AS NEEDED)**

For Example, play note C (3rd string/3rd fret) using 1st finger then 2nd finger etc. as quickly as **cleanly** possible.

**Warm-Ups Without A Guitar**

**MASSAGES/STRETCHES (AS NEEDED)**

A close-up of a person's hand

Description automatically generated with medium confidenceA close-up of a baby's hand

Description automatically generated with medium confidenceA close-up of hands shaking

Description automatically generated with medium confidence

A picture containing person, hand

Description automatically generatedA picture containing text, indoor, person, screen

Description automatically generatedA close-up of hands on a computer

Description automatically generated with medium confidence

A close-up of a person's hands

Description automatically generated with medium confidenceA close-up of a person's hand

Description automatically generated with low confidence

A close-up of a person's hand

Description automatically generated with low confidence

**A picture containing text, person, indoor

Description automatically generated**

**A picture containing text, person, indoor

Description automatically generated**

**THE SPIDER (OFF AND ON THE GUITAR)**

**A picture containing indoor, person, floor

Description automatically generatedA pair of feet on a table

Description automatically generated with medium confidenceA picture containing person, indoor

Description automatically generated**

**A person playing a guitar

Description automatically generated with medium confidenceTHE SPIDER (ON THE GUITAR)**

**A person playing a guitar

Description automatically generated with medium confidenceA picture containing indoor, music, person, sitar

Description automatically generatedA person playing a guitar

Description automatically generated with medium confidence**