

20 Exercises Guaranteed To Strengthen Your Speed, Agility And Dexterity

Published by Dan Denley
www.AmazingGuitarSecrets.com

PO BOX 31
Collierville, TN 38027
© 2005 AmazingGuitarSecrets.com

Exercise 1: Chromatic Ascending

-----1234-2345-----
-----1234-----2345-----
-----1234-----2345-----
-----1234-----2345-----
-----1234-----2345-----
-----1234-----2345-----

-----3456-4567-----
-----3456-----4567-----
-----3456-----4567-----
-----3456-----4567-----
-----3456-----4567-----
-----3456-----4567-----

Continue all the way to fret 12. Then come all the back down:

-----12-13-14-15-----
-----12-13-14-15-----
-----12-13-14-15-----
-----12-13-14-15-----
-----12-13-14-15-----
-----12-13-14-15-----
-----11-12-13-14-----
-----11-12-13-14-----
-----11-12-13-14-----
-----11-12-13-14-----
11-12-13-14-----

Exercise 2: Chromatic Descending

-----4321-5432-----
-----4321-----5432-----
-----4321-----5432-----
-----4321-----5432-----
-----4321-----5432-----
-4321-----5432-----

Continue all the way to fret 12. Then come all the back down:

Exercise 3: Chromatic Ascending/Descending

-----1234-5432-----
-----1234-----5432-----
-----1234-----5432-----
-----1234-----5432-----
-----1234-----5432-----
-1234-----5432-----

Exercise 4: Mixed Chromatic Ascending/Descending

-----4321-5432-----
-----1234-----2345-----
-----4321-----5432-----
-----1234-----2345-----
-----4321-----5432-----
-1234-----2345-----

Exercise 5: Skipping Chromatic Ascending

-----1234-2345-----
-----1234-----2345-----
-----1234-----1234-----2345-----2345-----
-----1234-----1234-----2345-----2345-----
-----1234-----1234-----2345-----2345-----
-1234-----2345-----2345-----

Exercise 6: Skipping Chromatic Ascending

-----4321-5432-----
-----4321-----5432-----
-----4321-----4321-----5432-----5432-----
-----4321-----4321-----5432-----5432-----
-----4321-----5432-----
-4321-----5432-----

Exercise 7: Ascending whole steps intervals

-----1324-2435-----
-----1324-----2435-----
-----1324-----2435-----
-----1324-----2435-----
-----1324-----2435-----
-1324-----2435-----

Exercise 8: Descending whole steps intervals

-----4231-5342-----
-----4231-----5342-----
-----4231-----5342-----
-----4231-----5342-----
-----4231-----5342-----
-4231-----5342-----

Exercise 9: Skipping in whole steps intervals

-----1324-2435-----
-----1324-----2435-----
-----1324-----1324-----2435-----2435-----
-----1324-----1324-----2435-----2435-----
-----1324-----2435-----2435-----
-1324-----2435-----

Exercise 10: Ascending whole steps intervals

-----135-246-----
-----135-----246-----
-----135-----246-----
-----135-----246-----
-----135-----246-----
-----135-----246-----

Exercise 11: Descending whole steps intervals

-----531-642-----
-----531-----642-----
-----531-----642-----
-----531-----642-----
-----531-----642-----
-----531-----642-----

Exercise 12: Arpeggiated whole steps, ascending, skipping ever other string

-----135-246-----
-----135-----246-----
-----135-----135-----246-----246-----
-----135-----135-----246-----246-----
-----135-----246-----246-----
-----135-----246-----

Exercise 13: Arpeggiated whole steps, descending, skipping ever other string

-----531-642-----
-----531-----642-----
-----531-----531-----642-----642-----
-----531-----531-----642-----642-----
-----531-----642-----642-----
-----531-----642-----

Exercise 14: Hammer on 1 fret, ascending (Remember, h=hammon on)

```
-----1h3-2h4-----  
-----1h3-----2h4-----  
-----1h3-----2h4-----  
-----1h3-----2h4-----  
-----1h3-----2h4-----  
-----1h3-----2h4-----
```

Exercise 15: Hammer on 2 frets, ascending

```
-----1h3h5-2h4h6-----  
-----1h3h5-----2h4h6-----  
-----1h3h5-----2h4h6-----  
-----1h3h5-----2h4h6-----  
-----1h3h5-----2h4h6-----  
-----1h3h5-----2h4h6-----
```

Exercise 16: Hammer on 2 frets, ascending, skipping every other string

```
-----1h3h5-2h4h6-----  
-----1h3h5-----2h4h6-----  
-----1h3h5-1h3h5-----2h4h6-----2h4h6-----  
-----1h3h5-----1h3h5-----2h4h6-----2h4h6-----  
-----1h3h5-----1h3h5-----2h4h6-----2h4h6-----  
-----1h3h5-----2h4h6-----
```

Exercise 17: Pull off, ascending (Remember p=pull off)

```
-----3p1-4p2-----  
-----3p1-----4p2-----  
-----3p1-----4p2-----  
-----3p1-----4p2-----  
-----3p1-----4p2-----  
-----3p1-----4p2-----
```

Exercise 18: Pull off, 2 frets, ascending

-----5p3p1-6p4p2-----
-----5p3p1-----6p4p2-----
-----5p3p1-----6p4p2-----
-----5p3p1-----6p4p2-----
-----5p3p1-----6p4p2-----
-----5p3p1-----6p4p2-----

Exercise 19: 4 finger hammer ons

-----1h2h3h4-2h3h4h5-----
-----1h2h3h4-----2h3h4h5-----
-----1h2h3h4-----2h3h4h5-----
-----1h2h3h4-----2h3h4h5-----
-----1h2h3h4-----2h3h4h5-----
-----1h2h3h4-----2h3h4h5-----

Exercise 20: 4 finger hammer ons

-----4p3p2p1-5p4p3p2-----
-----4p3p2p1-----5p4p3p2-----
-----4p3p2p1-----5p4p3p2-----
-----4p3p2p1-----5p4p3p2-----
-----4p3p2p1-----5p4p3p2-----
-----4p3p2p1-----5p4p3p2-----