

In this lesson, I am going to be showing you some fun warm-up exercises before you start playing. Warming up is important to getting the blood flowing throughout your hands, wrists and fingers, stretching your fingers and working on getting to know your fretboard.

A couple of notes to keep in mind with these exercises:

- I love going both up and down the fretboard when playing so you will be seeing that a lot.
- Most of the exercises do not have a specific key or scale that they are in. They are more chromatic based to make things a little bit easier when warming up.
- I also included a more advanced exercise (Exercise 2a and 2b) to help you work on rhythm when warming up.
- If you have a metronome you can play along with these exercises or find some cool drum beats on YouTube that correspond with the time signature and BPM.

Exercise 1:

Exercise 1 is a chromatic exercise in 3/4 time with a tempo of 70 BPM. It consists of two systems of music. The first system has two staves: the top staff is a treble clef with a key signature of one sharp (F#) and the bottom staff is a bass clef. The second system also has two staves: the top staff is a treble clef with a key signature of one sharp (F#) and the bottom staff is a bass clef. The exercise is composed of 15 measures, with the first 12 measures in the first system and the last 3 measures in the second system. The melody in the top staff moves chromatically up and down the fretboard, while the bass staff provides a simple harmonic accompaniment.

Exercise 2a

Exercise 2a is a chromatic exercise in 2/4 time with a tempo of 90 BPM. It consists of two systems of music. The first system has two staves: the top staff is a treble clef with a key signature of one sharp (F#) and the bottom staff is a bass clef. The second system also has two staves: the top staff is a treble clef with a key signature of one sharp (F#) and the bottom staff is a bass clef. The exercise is composed of 12 measures, with the first 6 measures in the first system and the last 6 measures in the second system. The melody in the top staff moves chromatically up and down the fretboard, while the bass staff provides a simple harmonic accompaniment.

Exercise 2b

♩ = 90

Exercise 3 - We are doing the classic spider walk exercise except we are going in the order of a major/minor scale. The root note of each interval will dictate the major/minor scale. In the below example, we start on D.

♩ = 100

Exercise 4



The image shows a musical score for guitar. At the top left, there is a tempo marking of ♩ = 90. The score consists of two staves. The upper staff is in treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. It contains a melody of eighth notes: F#4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3, E3, D3, C#3, B2, A2, G2, F#2, E2, D2, C#2, B1, A1, G1, F#1, E1, D1, C#1, B0, A0, G0, F#0, E0, D0, C#0, B-1, A-1, G-1, F#-1, E-1, D-1, C#-1, B-2, A-2, G-2, F#-2, E-2, D-2, C#-2, B-3, A-3, G-3, F#-3, E-3, D-3, C#-3, B-4, A-4, G-4, F#-4, E-4, D-4, C#-4, B-5, A-5, G-5, F#-5, E-5, D-5, C#-5, B-6, A-6, G-6, F#-6, E-6, D-6, C#-6, B-7, A-7, G-7, F#-7, E-7, D-7, C#-7, B-8, A-8, G-8, F#-8, E-8, D-8, C#-8, B-9, A-9, G-9, F#-9, E-9, D-9, C#-9, B-10, A-10, G-10, F#-10, E-10, D-10, C#-10, B-11, A-11, G-11, F#-11, E-11, D-11, C#-11, B-12, A-12, G-12, F#-12, E-12, D-12, C#-12, B-13, A-13, G-13, F#-13, E-13, D-13, C#-13, B-14, A-14, G-14, F#-14, E-14, D-14, C#-14, B-15, A-15, G-15, F#-15, E-15, D-15, C#-15, B-16, A-16, G-16, F#-16, E-16, D-16, C#-16, B-17, A-17, G-17, F#-17, E-17, D-17, C#-17, B-18, A-18, G-18, F#-18, E-18, D-18, C#-18, B-19, A-19, G-19, F#-19, E-19, D-19, C#-19, B-20, A-20, G-20, 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