



Hello friends,

Welcome back to Swiftlessons for another guitar warm-up session! Today I'll be showing you three powerful exercises for developing your speed, accuracy, alternate picking, timing and finger-dexterity all at once! Begin each exercise at a slow tempo, gradually increasing BPM's as you gain proficiency. Let's get started!

### Section #1: The Chromatic Scale

Practicing the chromatic scale (all the notes in the musical alphabet) is very useful for developing your picking technique and dexterity, and is also a great opportunity to review the notes on the fretboard.

#### Notes in Chromatic Scale: A, Bb, B, C, C#, D, Eb, E, F, F#, G, G#

```
E |-----5-6-7-8-9-|
B |-----5-6-7-8-9-|
G |-----5-6-7-8-|
D |-----5-6-7-8-9-|
A |-----5-6-7-8-9-|
E |-5-6-7-8-9-|
```

### Section #2: The Sci-fi Dexterity Exercise

This next exercise is designed to increase range of motion, and dexterity, especially between the third and fourth fingers of your fretting hand.

#### 1<sup>st</sup> and 2<sup>nd</sup> fingers:

```
E |-----3-4-3-----|
B |-----3-4-----4-3-----|
G |-----3-4-----4-3-----|
D |-----3-4-----4-3-----|
A |-----3-4-----4-3-----|
E |-3-4-----4-3-|
```

#### 2<sup>nd</sup> and 3<sup>rd</sup> fingers:

```
E |-----4-5-4-----|
B |-----4-5-----5-4-----|
G |-----4-5-----5-4-----|
D |-----4-5-----5-4-----|
A |-----4-5-----5-4-----|
E |-4-5-----5-4-|
```

#### 3<sup>rd</sup> and 4<sup>th</sup> fingers:

```
E |-----5-6-5-----|
B |-----5-6-----6-5-----|
G |-----5-6-----6-5-----|
D |-----5-6-----6-5-----|
A |-----5-6-----6-5-----|
E |-5-6-----6-5-|
```



### Section #3: The Bumble Bee Climbs

Our next exercise is a chromatic climb up and down a single string. The goal in mind is to maintain a syncopated rhythm and alternate picking throughout.

#### Ascending:

E | -1-2-3-4--2-3-4-5--3-4-5-6--4-5-6-7--5-6-7-8--6-7-8-9--7-8-9-10--8-9-10-11-- |  
B | ----- |  
G | ----- |  
D | ----- |  
A | ----- |  
E | ----- |

E | -9-10-11-12--10-11-12-13--11-12-13-14--12-13-14-15-- |  
B | ----- |  
G | ----- |  
D | ----- |  
A | ----- |  
E | ----- |

#### Descending:

E | -15-14-13-12--14-13-12-11--13-12-11-10--12-11-10-9--11-10-9-8--10-9-8-7-- |  
B | ----- |  
G | ----- |  
D | ----- |  
A | ----- |  
E | ----- |

E | -9-8-7-6--8-7-6-5--7-6-5-4--6-5-4-3--5-4-3-2--4-3-2-1-- |  
B | ----- |  
G | ----- |  
D | ----- |  
A | ----- |  
E | ----- |

### Other Suggested Exercises:

- Major Scale in 3rds Warmup - Speed, Accuracy, and Dexterity
- Powerhouse Exercises for Guitar & Vocals
- Must Know Blues Bassline | Groove Exercise for Guitar & Bass