Swift Guitar Lessons

Three Exercises for Speed & Dexterity





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#

$E \mid$	5-6-7-8-9-
Bl	5-6-7-8-9
G	
DI	
Αl	
Ε	-5-6-7-8-9

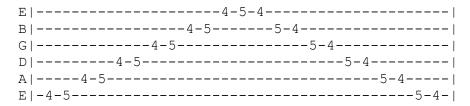
Section #2: The Sci-fi Dexterity Exercise

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

1st and 2nd 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			4-3-1

2nd and 3rd fingers:



3rd and 4th fingers:

Ε	
В	
G	
D	
Α	5-6
Ε	-5-66-5-

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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:

Descending:

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